

**MOTHERS and BABIES SKILLS UTILIZATION**

*The purpose of this questionnaire is to get a better understanding of the different ways women use the tools that they learned from the Mothers and Babies Course.*

**1.a) Over the past month, how often have you kept track of your mood?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to keep track of your mood?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy keeping track of your mood?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**2.a) Over the past month, how often have you engaged in pleasant activities?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to do pleasant activities?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy doing pleasant activities?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**3.a) Over the past month, how often have you overcome obstacles to doing pleasant activities?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to overcome obstacles to doing pleasant activities?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy overcoming obstacles to doing pleasant activities?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**4.a) Over the past month, how often have you played with your baby?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to play with your baby?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy playing with your baby?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**5.a) Over the past month, how often have you used thought interruption to reduce harmful thoughts?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to use thought interruption?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy using thought interruption?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**6.a) Over the past month, how often have you used worry time to reduce harmful thoughts?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to use worry time?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy using worry time?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**7.a) Over the past month, how often have you used time projection to imagine a better time in the future?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to use time projection?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy using time projection?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**8.a) Over the past month, how often have you used self-instruction to give yourself helpful directions?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to use self-instruction?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy using self-instruction?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**9.a) Over the past month, how often have you had positive contact with others?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to have positive contact with others?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy having positive contact with others?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**10.a) Over the past month, how often have you talked to or contacted someone who has been a positive support to you and your baby?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to contact someone who has been a positive support?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy contacting someone who has been a positive support?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**11.a) Over the past month, have you met a new person or persons who can provide support for you and your baby?**

- 1-2 people     3-4 people     5 or more people     Not at all

(b) How helpful was it for you to meet a new person who can provide support?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy meeting a new person who can provide support?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable

**12.a) Over the past month, how often have you made a request to someone, using assertive communication?**

- Every day     Most of the days     Half of the days     A few times     Not at all

(b) How helpful was it for you to make a request to someone, using assertive communication?

- Not helpful at all     Somewhat helpful     Very helpful

(c) How much did you enjoy making a request to someone, using assertive communication?

- Not enjoyable at all     Somewhat enjoyable     Very enjoyable