

PSYCHOSOCIAL INSTRUMENTS INCLUDED IN THE PIN POSTPARTUM STUDY

The following are psychosocial scales included in the PIN Postpartum Study, organized by the instrument in which they were administered. A brief description of each is provided below the table.

Section	Description
F	Edinburgh Postnatal Depression Scale (EPDS)
L	Perceived Stress Scale, 10-item version
M	Partner or other support
N	State-Trait Anxiety Inventory (STAI) – STATE ONLY
Q	Perceptions of neighborhood safety NOTE: only done if woman moved since prior interview (either 2 nd prenatal interview or 3-month postpartum interview)

The **Edinburgh Postnatal Depression Scale** was developed by Cox et al. (1987) as a postpartum depression screening questionnaire to be used in health care settings and has been used extensively for research. The 10-item scale assesses the woman's mood during the past week with 4-point response categories. A composite score is calculated after reverse coding and summing across items. The developers indicate, "A score of 12 or above was taken in the three centre study (Gerrard et al, 1994) research as an indicator that the individual should be further assessed. Some authorities prefer a lower cut off, to ensure that depressions are not missed.... Scores alone should not replace clinical judgment: women should be further assessed before deciding on treatment." (Cox & Holden, 2003).

The **Perceived Stress Scale** (Cohen & Williamson, 1988) was developed to address the link between the occurrence of stressful events and the perception by the respondent regarding how threatening or demanding such an event was, and is a measure of the "degree to which situations in one's life are appraised as stressful." This scale can provide an index of chronic stress or strain, and coping with these stresses. Each item is rated on a 5-point scale ranging from never (0) to almost always (4). Positively worded items are reverse scored, and the ratings are summed, with higher scores indicating more perceived stress. Internal consistency of the PSS as assessed by Cronbach's alpha was 0.85 in three samples tested by Cohen et al. (1983). [10-ITEM VERSION ADMINISTERED]

The **State-Trait Anxiety Inventory** (Spielberger's STAI) was used to assess state and trait anxiety during pregnancy. This scale has been used extensively in health research and includes a 20-item trait anxiety scale and a 20-item state anxiety scale. The trait-anxiety scale measures general perception of stressful situations that may involve danger or threats to the individual and reflects how often and intensely an individual responds with anxiety (Spielberger, 1983). Because it is designed to be a stable measure of anxiety, the trait-anxiety scale can be

administered only once. The 20-item state-anxiety scale asks about immediate feelings ("right now") and because responses can vary over time, it can be administered repeatedly to assess changes in anxiety. Both scales use a 4-point response and a composite score is generated after reverse scoring appropriate items. Alpha coefficients reported by Spielberger (1983) range from .90 to .94 for the State scale and .89 to .92 for the Trait scale. [STATE ONLY ADMINISTERED IN POSTPARTUM 3-MONTH AND 12-MONTH]

Father's and another close friend/relative's support of the pregnancy. Questions were developed to assess the perceived degree of social support obtained from the father and another close friend. [NO SCALE DEVELOPED FOR THESE QUESTIONS]

Perceptions of Neighborhood Safety (developed by Irva Hertz-Picciotto, described in Stancil et al., 2000). Seven questions to assess the woman's perception of safety in and stress from living in her neighborhood were developed for use in a study of birth outcome. These questions provided a subjective assessment of the respondent's contextual environment and will be used as a proxy of how stressful she perceives that environment to be. [ADMINISTERED ONLY IF WOMAN MOVED BETWEEN PRENATAL 2ND INTERVIEW AND POSTPARTUM 3-MONTH INTERVIEW, OR BETWEEN POSTPARTUM 3-MONTH AND 12-MONTH INTERVIEWS].

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