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Giving birth to a baby is for most women a very important time of life. In order to find out more about how women feel in the immediate time after giving birth, a research programme is being carried out by the School of Psychology, University of the Witwatersrand. It is hoped that this research programme will lead to additional ways of helping women in this period of their lives. Should you agree to participate in this research programme, you could be of help to many other mothers in the future.

If you agree to help with this study, you will be asked to complete some questionnaires about your feelings at this time. Your answers to these questionnaires will be kept in the strictest confidence and will be used for research purposes only. Your name is required for record purposes in the research and will assuredly not be used or revealed in any way.

If you would be so kind as to help with this research, please sign below. Thank you.

SIGNATURE: .................................. DATE: ............

WITNESSES:

1. ............................................
2. ............................................

Appendix 1 Consent form: English version
Om geboorte te gee aan 'n baba is 'n baie belangrike tydperk in die lewens van meeste vroue. 'n Navorsingsprojek word deur die Siclkurde Skool, Universiteit van die Witwatersrand, uitgevoer om vas te stel hoe moedersvoel na geboorte. Deur middel van hierdie projek word daar gepoog om verdere hulp aan moeders te verleen. U toestemming tot deelname aan hierdie navorsingsprojek sal maak van toekomstige hulp en bystand wat aan moeders sal gegee kan word.

Indien u gewillig is om u samewerking te gee, sal u versoek word om 'n aantal vrae te voltooi ten opsigte van u gevoel na geboorte. U antwoorde op die vrae sal as streng vertroulik beskou word en sal slegs vir navorsings doeleindes gebruik word. U naam is nodig net vir rekord doeleindes maar sal nie bloot gestel word nie.

Indien u so vriendelik sou wees om u hulp te verleen aan hierdie navorsingsprojek, teken asseblief u naam in die geege spasie. Denkie.

HANDTEKENING : ..............................  DATUM : ..............

AS GETUIE :

1. .................................................

2. .................................................
Appendix 3  Biographical Questionnaire : English version

Please complete the following:

NAME : ...........................................
DATE : ...........................................

1. Where were you born? ................................
2. What is your home language? ....................
3. What is your nationality? .........................
4. What is your highest attained level of education? …
5. What is your religion? ............................
6. Do you actively practice your religion? ...........
7. When did you get married? ........................
8. Is this your first marriage? ......................
9. Is this your husband's first marriage? ..........
10. Did you work before having the baby? .........
    If yes, what was your occupation? .............
    and, when did you stop work? .................
    Do you intend to go back to work? ..........
    If yes, when? .................................
11. What is your husband's present occupation? ..
12. What hours does your husband work? ..........
13. Please tick which group your family's total income falls into

(continued)
Appendix 3 (continued)

(i) Less than R5,000 per annum .....................
(ii) R5,000 to R10,000 per annum ..................
(iii) R10,000 to R15,000 per annum ............... 
(iv) More than R15,000 per annum ................ 

14. Have you ever consulted a psychiatrist or psychologist concerning personal problems? ........................................

If yes, what was the problem? ..........................

For how long did you see the psychologist/psychiatrist? ........................................

15. What date was your baby born? .....................

16. When were you admitted to hospital? .............

17. Was your baby planned? ..........................

18. Is this your first baby? ..........................

19. Did you attend childbirth preparation classes? ........

20. Many women feel today that they don't know enough about caring for a baby, do you feel the same way? ................

If yes, who do you think will help you to learn about caring for your new baby? ................

Do you think this help will be enough? ................
Appendix 4  Biographical Questionnaire: Afrikaans version

vertouslik

Voltooi die volgende asseblief:

naam: ....................................
datum: ....................................

1. Wanneer was u gebore? ........................................
2. Wat is u moeder taal? ............................ ............
3. Wat is u nasionaliteit? ......................................
4. Wat is u hoogste opvoedkundige standaard? ..........

5. Wat is u godsdiens? ...........................................
6. Is u aktief betrokke by u godsdiens? ..........
7. Wanneer het u getrou? ......................................
8. Is dit u eerste huwelik? ............................ ............
9. Is dit u eggenote se eerste huwelik? ..........
10. Het u gewerk voordat u die baba gehad het? ..........

Indien ja, wat was u beroep? ............................ ............
Wanneer het u opgehou met werk? ..................
Is u van plan om terug te gaan werk toe? ..................
Indien ja, wanneer? ..................

11. Wat is u eggenote se beroep? ............................ ............
12. Watter ure werk hy? ......................................
13. Merk asseblief watter inkomste groep u gesin se inkomste val.

(continued)
Appendix 4 (continued)

(i) Minder as R5,000 per jaar
(ii) R5,000 tot R10,000 per jaar
(iii) R10,000 tot R15,000 per jaar
(iv) Meer as R15,000 per jaar

14. Het u al ooit 'n sielkundige of psigiater geraadpleeg omtrent persoonlike probleme? ........................................

Indien ja, wat was dit probleem? ...................................

Vir hoe lank het u hulle gesien? ...................................

15. Op watter datum was u baba gebore? .........................

16. Wanneer was u na die hospitaal toegelaat? ..................

17. Was u baba beplan? ...........................................

18. Is die u eerste baba? ...........................................

19. Het u voorgeboorte voorbereidings klasse bygewoon? ....

20. Baie moeders voel dat hulle nie genoeg weet van die versorging van babas nie. Voel u ook so? ................

Indien ja, wie dink u sal die beste wees om u te leer van die nuwe baba? .............................................

Dink u dat die hulp genoeg sou wees? ........................
I am asking you these questions in order to find out how you feel about things during this time of having your baby. I want your answers to tell me how you feel at the present time, that is today, or over the past few days.

Please read the questions carefully and then answer as frankly and honestly as you can. Just answer "Yes" or "No", putting a circle around your own answer. If you really cannot make up your mind you may put a circle round "Don't know", but please try to avoid this if you can. After you have finished the questions you are invited to write a few of your own words about the way you feel in the blank space at the bottom of this form.

At the present time -
1. Do you sleep well? Yes No Don't know
2. Do you easily lose your temper? Yes No Don't know
3. Are you worried about your looks? Yes No Don't know
4. Have you a good appetite? Yes No Don't know
5. Are you as happy as you ought to be? Yes No Don't know
6. Do you easily forget things? Yes No Don't know

At the present time -
7. Have you as much interest in sex as ever? Yes No Don't know
8. Is everything a great effort? Yes No Don't know
9. Do you feel ashamed for any reason? Yes No Don't know
10. Can you relax easily? Yes No Don't know
11. Can you feel the baby is really yours? Yes No Don't know
Appendix 5 (continued)

12. Do you want someone with you all the time?  
   Yes  No  Don’t know

At the present time -

13. Are you easily woken up?  
   Yes  No  Don’t know

14. Do you feel calm most of the time?  
   Yes  No  Don’t know

15. Do you feel that you are in good health?  
   Yes  No  Don’t know

16. Does food interest you less than it did?  
   Yes  No  Don’t know

17. Do you cry easily?  
   Yes  No  Don’t know

18. Is your memory as good as it ever was?  
   Yes  No  Don’t know

At the present time -

19. Have you less desire for sex than usual?  
   Yes  No  Don’t know

20. Have you enough energy?  
   Yes  No  Don’t know

21. Are you satisfied with the way you’re coping with things?  
   Yes  No  Don’t know

22. Do you worry a lot about the baby?  
   Yes  No  Don’t know

23. Do you feel unlike your normal self?  
   Yes  No  Don’t know

24. Do you have confidence in yourself?  
   Yes  No  Don’t know

Is there anything you want to add about your feelings at the moment? If so, please write it here.
Appendix 6  Depression Questionnaire : Afrikaans version

VERTROULIK

Ek vra hierdie vrag om vas te stel hoe u voel omtrent dinge gedurende hierdie tyd wannéer u, u baba het. U antwoorde moet ons se hoe u voel op die huidige oomblik - dit is, vandag of oor die afgelope paar dae.

Lees asseblief die vrage noukeurig deur en beantwoord die vrag so eerlik moontlik as u kan. U antwoord met "Ja" of "Nee" deur u antwoord te om sirkel. As u onseker is van u antwoord om sirkel "Weet nie", maar probeer en vermy dit so ver moontlik. As u klaar is met die vrag word u uitgenooi om in die spase hieronder in u eie woorde, te skryf hoe u voel.

Op die huidige oomblik -

1. Slaap u goed?  
Ja  Nee  Weet nie

2. Word u gou kwaad?  
Ja  Nee  Weet nie

3. Is u bekommerd oor u voorkoms?  
Ja  Nee  Weet nie

4. Het u 'n goeie eetlus?  
Ja  Nee  Weet nie

5. Voel u so sukseslik soos u behoort te wees?  
Ja  Nee  Weet nie

6. Vergeet u maklik?  
Ja  Nee  Weet nie

Op die huidige oomblik -

7. Stel u net so belang in seks soos voorheen?  
Ja  Nee  Weet nie

8. Is alles 'n geweldige poging?  
Ja  Nee  Weet nie

9. Voel u skaam vir enige rede?  
Ja  Nee  Weet nie

10. Ontspan u maklik?  
Ja  Nee  Weet nie

11. Voel u dat die baba werklik joune is?  
Ja  Nee  Weet nie

12. Wil u he dat iemand altyd saam met u is?  
Ja  Nee  Weet nie

(Continued)
Appendix 6 (continued)

Op die huidige oomblik -

13. Skrik u maklik wakker? Ja Nee Weet nie
14. Voel u kalm meeste van die tyd? Ja Nee Weet nie
15. Voel u dat u in goeie gesondheid is? Ja Nee Weet nie
16. Stel u minder belang in kos as voorheen? Ja Nee Weet nie
17. Huil u maklik? Ja Nee Weet nie
18. Is u geheue so goed soos dit altyd was? Ja Nee Weet nie

Op die huidige oomblik -

19. Stel u minder belang in seks as voorheen? Ja Nee Weet nie
20. Het u genoeg energie? Ja Nee Weet nie
21. Voel u tevrede met die manier waarop u dinge behartig? Ja Nee Weet nie
22. Is u baie bekommerd oor die baba? Ja Nee Weet nie
23. Voel u nie soos u normale self nie? Ja Nee Weet nie
24. Het u self vertroue? Ja Nee Weet nie

Is daar enige iets anders omtrent u gevoelens op die huidige oomblik? Indien ja, skryf dit hier asseblief.
Many women feel that they need emotional support at this time of giving birth to their new baby. Please rate the emotional support you have received from various people in your life.

<table>
<thead>
<tr>
<th></th>
<th>No Support</th>
<th>A little, but not enough</th>
<th>Adequate, but could have been better</th>
<th>Good</th>
<th>Very Good</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Husband</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Doctor</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Hospital Staff</td>
<td></td>
<td></td>
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</tbody>
</table>
**Appendix 8**

**Social Support Scale: Afrikaans version**

**VERTROULIK**

Baie moeders voel dat hulle 'n behoefte het aan emosionele versterking gedurende hierdie tydstip van geboorte. Meld asseblief hoeveel emosionele versterking u gekry het van die volgende persone in u lewe.

<table>
<thead>
<tr>
<th></th>
<th>Geen verst-</th>
<th>'n Bietjie, maar nie genoeg nie</th>
<th>Genoeg, maar mag better gewees het</th>
<th>Goed</th>
<th>Baie Goed</th>
<th>Puik</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggenoot</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Familie</td>
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<tr>
<td>Dokter</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>Hospitaal Personeel</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>
Each item in this questionnaire consists of two statements. Read each item carefully, and decide which of the two statements you agree with most. Place an X in Column 1 in line with the statement you agree with most. There are no right or wrong answers to each item; some people will agree with the first statement and others with the second.

<table>
<thead>
<tr>
<th>Column 1</th>
</tr>
</thead>
</table>
| 1. a. Children get into trouble because their parents punish them too much. ............
|         b. The trouble with most children nowadays is that their parents are too easy with them. ............
| 2. a. Many of the unhappy things in people's lives are partly due to bad luck. ............
|         b. People's misfortunes result from the mistakes they make. ............
| 3. a. One of the major reasons why we have wars is because people don't take enough interest in politics. ............
|         b. There will always be wars, no matter how hard people try to prevent them. ............
| 4. a. In the long run people get the respect they deserve in this world. ............
|         b. Unfortunately, an individual's worth often passes unrecognized no matter how hard he tries. ............

(Continued)
Appendix 9 (continued)

5. a. The idea that teachers are unfair to students is nonsense. 

b. Most students don’t realize the extent to which their grades are influenced by accidental happenings.

6. a. Without the right breaks one cannot be an effective leader.

b. Capable people who fail to become leaders have not taken advantage of their opportunities.

7. a. No matter how hard you try some people just don’t like you.

b. People who can’t get others to like them don’t understand how to get along with others.

8. a. Heredity plays the major role in determining one’s personality.

b. It is one’s experiences in life which determine what you’re like.

9. a. I have often found that what is going to happen will happen.

b. Trusting to fate has never turned out as well for me as making a decision to take a definite course of action.

10. a. In the case of the well prepared student there is rarely if ever such a thing as an unfair test.

b. Many times exam questions tend to be so unrelated to course work that studying is really useless.
Appendix 9 (continued)

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   b. Trusting to fate has never turned out as well for me as making a decision to take a definite course of action.

10. a. In the case of the well prepared student there is rarely if ever such a thing as an unfair test.

    b. Many times exam questions tend to be so unrelated to course work that studying is really useless.

(Continued)
11. a. Becoming a success is a matter of hard work, luck has little or nothing to do with it. 

b. Getting a good job depends mainly on being in the right place at the right time. 

12. a. The average citizen can have an influence in government decisions. 

b. This world is run by the few people in power, and there is not much the little guy can do about it. 

13. a. When I make plans, I am almost certain that I can make them work. 

b. It is not always wise to plan too far ahead because many things turn out to be a matter of good or bad fortune anyhow. 

14. a. There are certain people who are just no good. 

b. There is some good in everybody. 

15. a. In my case getting what I want has little or nothing to do with luck. 

b. Many times we might just as well decide what to do by tossing a coin. 

16. a. Who gets to be the boss often depends on who was lucky enough to be in the right place first. 

b. Getting people to do the right thing depends upon ability, luck has little or nothing to do with it. 

(Continued)