

Childbirth Preferences Questionnaire

In this questionnaire answer T=True if you find the item to be true for you or F=False. The items are designed to inform you of available childbirth options as well as to clarify your wants, needs, and preferences. Consult the key after completing the questionnaire.

1. T/F I prefer to avoid the use of medications during delivery
2. T/F The doctors and nurses should not make any cuts or incisions during delivery
3. T/F The more couples learn about the mother's body and childbirth, the better
4. T/F Relaxation is a better pain manager than drugs
5. T/F Mothers should be as fit as possible for the delivery
6. T/F If circumstances call for it then surgical removal of the baby is acceptable
7. T/F Most women deliver vaginally. It's O.K. to use surgical methods if desired
8. T/F The mother, father, and doctor should all contribute to the decision to use surgery
9. T/F The health of the baby and mother are the most important considerations
10. T/F Certain women are simply not "built" for vaginal deliveries
11. T/F Couples should take an active role in the delivery
12. T/F The father can be very helpful as a coach for the mother during the delivery
13. T/F A mother can learn to manage delivery pain through breathing and relaxing muscles
14. T/F Delivery is an important event which takes considerable preparation
15. T/F Parents can and should have more control in the delivery process
16. T/F Couples and their new baby are better off if the delivery occurs in the hospital
17. T/F The more training the medical personnel have the better I feel about the delivery
18. T/F Hospitals now have a more "homey" feel about their delivery rooms
19. T/F Hospitals tend to be somewhat flexible in meeting the couple's needs for the delivery
20. T/F Hospitals have all of the medical services the baby and mother could need
21. T/F Home births can be just as safe as hospital births
22. T/F A birth at home is more personal and relaxed than a hospital birth
23. T/F The expenses of a home birth are worth it
24. T/F Most deliveries occur without major medical complications
25. T/F Home births are best attended by qualified medical personnel
26. T/F A spinal block makes the delivery easier for mother and the baby
27. T/F Fetal heart rate monitors are essential for the baby's safety
28. T/F Local anesthetics facilitate an easier delivery for the mother
29. T/F It can be very supporting to have close family and friends in the delivery room at birth
30. T/F Filming or photographing "captures the moments" for the parents which will be cherished

Scoring Key: These items are designed to make you aware of childbirth options and to give you an opportunity to discover your thoughts and feelings about various options. Items relate to the following childbirth options: 1-5 Natural childbirth; 6-10 Cesarean Section; 11-15 Lamaze; 16-20 Hospital Birth; 21-25 Home Birth; and 26-30 Miscellaneous but related issues. Any answer of True indicates an inclination toward these options. Discuss with your partner or other family members why you chose True or False and what your ideal childbirth experience might be.