

Title	Social, biological, behavioural and psychological factors related to physical activity during early pregnancy in the Screening for Pregnancy Endpoints (Cork, Ireland) cohort study
Authors	Flannery, Caragh;Dahly, Darren L.;Byrne, Molly;Khashan, Ali S.;McHugh, Sheena M.;Kenny, Louise C.;McAuliffe, Fionnuala;Kearney, Patricia M.
Publication date	2019-06-20
Original Citation	Flannery, C., Dahly, D., Byrne, M., Khashan, A., McHugh, S., Kenny, L. C., McAuliffe, F. and Kearney, P. M. (2019) 'Social, biological, behavioural and psychological factors related to physical activity during early pregnancy in the Screening for Pregnancy Endpoints (Cork, Ireland) cohort study', BMJ Open, 9(6), e025003. (9pp.) DOI: 10.1136/bmjopen-2018-025003
Type of publication	Article (peer-reviewed)
Link to publisher's version	<a href="https://bmjopen.bmj.com/content/9/6/e025003">https://bmjopen.bmj.com/content/9/6/e025003</a> - 10.1136/bmjopen-2018-025003
Rights	©Author(s) [or their employer(s)] 2019. Re-use permitted under CC BY-NC. No commercial re-use. See rights and permissions. Published by BMJ. This is an open access article distributed in accordance with the Creative Commons Attribution Non Commercial (CC BY-NC 4.0) license, which permits others to distribute, remix, adapt, build upon this work non-commercially, and license their derivative works on different terms, provided the original work is properly cited, appropriate credit is given, any changes made indicated, and the use is non-commercial. See: <a href="http://creativecommons.org/licenses/by-nc/4.0/">http://creativecommons.org/licenses/by-nc/4.0/</a> . - <a href="https://creativecommons.org/licenses/by-nc/4.0/">https://creativecommons.org/licenses/by-nc/4.0/</a>
Download date	2025-08-01 18:16:38
Item downloaded from	<a href="https://hdl.handle.net/10468/8501">https://hdl.handle.net/10468/8501</a>



**University College Cork, Ireland**  
Coláiste na hOllscoile Corcaigh

**Supplementary file 2: Psychological well-being and their interpretations; adapted from McCarthy et al<sup>27</sup>**

<b>Psychological and behavioural scales</b>	<b>Score range and interpretation</b>
<b>Short form of the State Trait Anxiety Index (STAI)<sup>24</sup></b>	Short –form STAI scores 6-24 converted to a score range of 20-80 to mimic the full version of the STAI, with high scores indicating high state anxiety (i.e. current anxiety)
<b>Perceived Stress Scale (PSS)<sup>25</sup></b>	0-40, with high scores representing higher perceived stress (feelings of lack of control)
<b>Edinburgh Postnatal Depression Scale (EPDS)<sup>26</sup></b>	As a continuous measure (0-30) where a higher score indicates a higher probability of depression
<b>Behavioural response to pregnancy scale<sup>27</sup></b>	Two subscales: <ol style="list-style-type: none"> <li>1. Limiting/resting behaviour (0-20)<sup>a</sup></li> <li>2. All-or-nothing behaviour (0-28)<sup>b</sup></li> </ol>

<sup>a</sup>**Limiting response includes:** avoiding exercise, life on hold, avoiding usual activities, going to bed during the day, not being able to do usual level of activities.

<sup>b</sup>**All-or-nothing response includes:** overdoing and needing to rest, pushing oneself, carrying on as normal, doing too much.