

Title	Social, biological, behavioural and psychological factors related to physical activity during early pregnancy in the Screening for Pregnancy Endpoints (Cork, Ireland) cohort study
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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	https://bmjopen.bmj.com/content/9/6/e025003 - 10.1136/bmjopen-2018-025003
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Download date	2024-02-24 15:50:04
Item downloaded from	https://hdl.handle.net/10468/8501



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Supplementary file 2: Psychological well-being and their interpretations; adapted from McCarthy et al²⁷

Psychological and behavioural scales	Score range and interpretation
Short form of the State Trait Anxiety Index (STAI)²⁴	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)
Perceived Stress Scale (PSS)²⁵	0-40, with high scores representing higher perceived stress (feelings of lack of control)
Edinburgh Postnatal Depression Scale (EPDS)²⁶	As a continuous measure (0-30) where a higher score indicates a higher probability of depression
Behavioural response to pregnancy scale²⁷	Two subscales: <ol style="list-style-type: none">1. Limiting/resting behaviour (0-20)^a2. All-or-nothing behaviour (0-28)^b

^a**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.*

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