

# BirthMARQ

## Birth memories and recall questionnaire

*This questionnaire asks about what your memories of the birth of your most recent child are like, and how you feel when you remember the birth now. If you had a caesarean under general anaesthetic, please answer the questions as best you can for your memory of the experience immediately before and after.*

		Strongly Disagree					Strongly Agree	
1	My emotions at the time were extremely positive	1	2	3	4	5	6	7
2	My emotions at the time were extremely negative	1	2	3	4	5	6	7
3	I experienced mixed positive and negative emotions at the time	1	2	3	4	5	6	7
4	While recalling the birth now, my emotions are extremely positive	1	2	3	4	5	6	7
5	While recalling the birth now, I am experiencing mixed positive and negative emotions	1	2	3	4	5	6	7
<b>Centrality of memory</b>								
6	The experience of birth has coloured the way I think and feel about other experiences	1	2	3	4	5	6	7
7	The experience of birth has become central to the way I understand myself and the world	1	2	3	4	5	6	7
8	The experience of birth was a turning point in my life	1	2	3	4	5	6	7
9	I often think about the effects the experience of birth will have on my future	1	2	3	4	5	6	7
<b>Coherence</b>								
10	My memory for the birth comes to me as a logical, coherent series of events with no major gaps	1	2	3	4	5	6	7
11	My memory for the birth is fragmented, i.e. it comes in bits and pieces with bits missing	1	2	3	4	5	6	7
<b>Reliving</b>								
		Not At All					Very Much So	
12	While remembering the birth now, I relive visual impressions I had during the birth	1	2	3	4	5	6	7
13	While remembering the birth now, I relive the bodily sensations I had during the birth	1	2	3	4	5	6	7
14	While remembering the birth now, I feel as though I am reliving it and it is happening now, not in the past	1	2	3	4	5	6	7
15	While remembering the birth now, I relive the sound(s) I heard during the birth	1	2	3	4	5	6	7

<b>Sensory Memory</b>		<b>None At All</b>						<b>A Lot</b>
16	As I recall the birth I can remember smells	1	2	3	4	5	6	7
17	As I recall the birth, I can remember tastes	1	2	3	4	5	6	7
18	As I recall the birth, I can remember sounds	1	2	3	4	5	6	7
19	As I recall the birth, I can remember touch	1	2	3	4	5	6	7
<b>Recall</b>		<b>Never</b>						<b>All the Time</b>
20	My memory for the birth (or parts of the memory) comes to me 'out of the blue' without me trying to think about it	1	2	3	4	5	6	7
21	Things that happen now can unexpectedly bring up memories of the birth (or parts of memories)	1	2	3	4	5	6	7

\* Reverse code items 1, 4 and 11