

Anna M. Dieberger; Mireille N. M. van Poppel; Estelle D. Watson

**Baby steps: Using Intervention Mapping to develop a sustainable perinatal physical activity healthcare intervention**

**Supplementary File 4: Survey on Physical Activity in Pregnancy and Postpartum for Healthcare Providers**

# Survey on Physical Activity in Pregnancy and Postpartum for Healthcare Providers

Thank you for taking the time to complete this survey. It will help us to improve the training and resources that are needed to help healthcare providers to inform and support women to do sufficient physical activity in pregnancy and the postpartum period.

By **physical activity** we mean **any bodily movement that expends energy**. This includes not only sport but also walking to the supermarket, taking the stairs or cleaning.

All **answers** will be analysed **anonymously**. There are no right or wrong answers, as we are interested in your views, beliefs and opinions.

## Personal Information

### 1. What is your profession?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Midwife	General practitioner	Obstetrician	Community Health Worker	Other: _____

### 2. During which stage of pregnancy do you usually see patients? (*multiple answers possible*)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Before pregnancy	1 <sup>st</sup> trimester	2 <sup>nd</sup> trimester	3 <sup>rd</sup> trimester	1 <sup>st</sup> week after birth	> 1 <sup>st</sup> week after birth

### 3. How physically active would you describe yourself?

Very inactive / sedentary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very active
	1	2	3	4	5	6	7	8	9	10	



		Always	Usually	Sometimes	Rarely	Never
<b>Current behaviour</b>						
4.	I advise women to be physically active during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I advise women to be physically active in the postpartum period.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	I inform women about the health benefits of physical activity during and after pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	I initiate talking about physical activity with all pregnant women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	I provide specific recommendations on type, frequency, time and intensity of exercises to women during and after pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	I recommend local exercise classes and physical activity programmes to pregnant and postpartum women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	I determine a woman's motivational level to change her behaviour and adapt my counselling on physical activity accordingly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
<b>Knowledge</b>						
11.	I am aware of the existence of national guidelines regarding physical activity during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	Pregnant women should participate in 150 minutes of moderate physical activity per week or more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	Women should do pelvic floor strengthening exercises (i.e. Kegel exercises) during and after pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	Exercising during pregnancy is beneficial.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	Pregnant women who are regular exercisers should be encouraged to continue an exercise programme throughout pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	I have sufficient knowledge to give advice about physical activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	If women have not exercised prior to pregnancy, they should not attempt to start during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	Experts don't really know if physical activity is beneficial or harmful for obese pregnant women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
<b>Attitude</b>						
19.	I am keen to implement the guidelines regarding physical activity for pregnant and postpartum women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	I feel uncomfortable talking to women who are inactive / obese about their physical activity levels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	I have more important things to discuss with pregnant women during prenatal appointments than their physical activity levels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Skills</b>						
22.	If I encounter a problem when discussing physical activity with pregnant or postpartum women I know how to solve it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	I am able to implement the recommendations regarding physical activity and pregnant / postpartum women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	I have a clear plan of how to address physical activity issues with pregnant women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Beliefs in Capabilities</b>						
25.	I feel competent answering questions about physical activity in pregnancy and the postpartum period.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	I believe that I can help women increase their physical activity levels.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27.	I feel optimistic that if I give physical activity advice to women, they will follow it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Beliefs in Consequences</b>						
28.	The possible harmful effects of moderate intensity exercise on the foetus are minimal if not non-existent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29.	I worry about making pregnant women anxious by advising and encouraging them to be more active.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30.	Inactive / obese pregnant women will feel guilty if I discuss physical activity with them and they find it difficult to be more active.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.	I worry about damaging my relationship with the women when advising to be more active.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
32.	Advising women to be more physically active during pregnancy may put their baby at risk of harm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Social / Professional role and identity</b>						
33.	Advising patients on exercise during and after pregnancy is not a major component of prenatal care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.	Pregnant and postpartum women expect me to discuss physical activity with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.	It is part of my role as a healthcare professional to advise women about the appropriate type and amount of physical activity they should do during and after pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36.	It is part of my role to discuss physical activity during routine care with pregnant / postpartum women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37.	My colleagues do not discuss physical activity routinely with pregnant women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Environmental context and resources</b>						
38.	I am usually too busy to discuss physical activity with pregnant /postpartum women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39.	I am trained to give pregnant women appropriate advice regarding physical activity during and after pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40.	I received formal training on how to motivate and inform pregnant / postpartum women on public health messages.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41.	If I have any questions regarding physical activity in pregnant women there is no one readily available to give me the support and answers I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42.	I know resources where I can find evidence-based answers to questions regarding physical activity during and after pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43.	I know about local exercise classes and physical activity programmes for women during and after pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Satisfaction with training

Please let us know how satisfied you are with the training you received these past 2 days and the provided materials.

		Very much	Somewhat	Undecided	Not really	Not at all
1.	How satisfied are you with the training overall?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	How satisfied are you with the content of the training?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	How useful did you find the training?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	How useful do you find the provided materials?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Comments and suggestions

---

---

---

---

---

**THANK YOU!**

