

Fear of Childbirth Questionnaire

Below is a list of a range of labour and childbirth situations that some women may find frightening. For each of the situations listed, please indicate how fearful you are. Please use the scale below as a guide:

Not at all	0	I am not at all afraid of this aspect of labour and delivery.
Slightly	1	I am a little bit afraid of this aspect of labour and delivery.
Moderately	2	I am quite afraid of this aspect of labour and delivery.
Very	3	I am very afraid of this aspect of labour and delivery.
Extremely	4	I'm extremely afraid of this aspect of labour and delivery.

SITUATION	FEAR				
	Not at all	Slightly	Moderately	Very	Extremely
How fearful are you of...					
1. Being harmed because of incompetent medical care?	0	1	2	3	4
2. Rectal tearing/damage as a consequence of labour/birth?	0	1	2	3	4
3. Dying during labour/birth?	0	1	2	3	4
4. Having general anesthetic?	0	1	2	3	4
5. Being administered injections?	0	1	2	3	4
6. The baby being damaged/handicapped as a consequence of labour/birth?	0	1	2	3	4
7. Other people seeing me naked during labour/birth?	0	1	2	3	4
8. Vaginal tearing during labour/birth?	0	1	2	3	4
9. The baby being harmed during labour/birth?	0	1	2	3	4
10. Baby being hurt by a medical intervention that takes place during labour/birth (e.g., vacuum, anesthetics)?	0	1	2	3	4
11. Not being able to have a cesarean birth, even though this is what I would prefer?	0	1	2	3	4
12. Stretching of my vagina from giving birth vaginally?	0	1	2	3	4
13. Enjoying sexual intercourse less because of stretching from a vaginal birth?	0	1	2	3	4

SITUATION	FEAR				
	Not at all	Slightly	Moderately	Very	Extremely
<i>How fearful are you of...</i>					
14. Losing emotional control in front of other people (being rude, yelling) during labour/birth?	0	1	2	3	4
15. My body looking less attractive following the birth?	0	1	2	3	4
16. The baby suffocating during labour/birth?	0	1	2	3	4
17. Requiring vacuum or forceps?	0	1	2	3	4
18. Not getting the pain medication I need?	0	1	2	3	4
19. Having an episiotomy?	0	1	2	3	4
20. The baby dying during labour/birth?	0	1	2	3	4
21. Having other people see me urinate during labour/birth?	0	1	2	3	4
22. Being administered an epidural?	0	1	2	3	4
23. Being watched by strangers during labour/birth?	0	1	2	3	4
24. My vagina looking less attractive following a vaginal childbirth	0	1	2	3	4
25. Being left with scars from a cesarean birth?	0	1	2	3	4
26. Enjoying sexual intercourse less because of pain or discomfort from the birth?	0	1	2	3	4
27. My partner enjoying sexual intercourse less because of stretching of my vagina from having a vaginal birth?	0	1	2	3	4
28. Needing to have stitches after the birth?	0	1	2	3	4
29. Not being able to have an epidural during labour if I want/need one?	0	1	2	3	4
30. Experiencing pain during labour?	0	1	2	3	4
31. Having a vaginal birth?	0	1	2	3	4
32. Other people seeing me have a bowel movement during labour/birth?	0	1	2	3	4
33. Not being able to have a vaginal birth, even though this is what I would prefer?	0	1	2	3	4

SITUATION	FEAR				
	Not at all	Slightly	Moderately	Very	Extremely
<i>How fearful are you of...</i>					
34. Experiencing pain while pushing the baby out?	0	1	2	3	4
35. Experiencing pain during a vaginal birth?	0	1	2	3	4
36. Having a cesarean birth?	0	1	2	3	4
37. Experiencing pain during contractions?	0	1	2	3	4
38. Having a catheter inserted (a tube inserted into the urethra to collect urine)?	0	1	2	3	4
39. Experiencing pain during a cesarean birth?	0	1	2	3	4
40. Not being able to have the kind of birth I want (i.e., either vaginal or cesarean)?	0	1	2	3	4
Other (specify): _____	0	1	2	3	4

INTERFERENCE SCALE

Sometimes our fears can cause interference in our lives; for example with our work, family, or other things we like to do. Please indicate, using the following scale, how much your childbirth fears are interfering with your life:

No interference	0	My fear does not interfere with any aspect of my life.
Mild interference	1	My fear interferes with my life, but only in very small ways.
Moderate interference	2	My fear interferes with some activities that are important to me. My fear definitely causes problems in my life.
Severe interference	3	My fear prevents me from doing some important things in my life. (e.g., attending important medical appointments, working, caring for my children).
Extreme interference	4	My fear prevents me from doing many important activities. My fear is causing serious problems in my life.

LIFE DOMAIN	INTERFERENCE				
	None	Mild	Moderate	Severe	Extreme
1. With my relationship with my partner/spouse.	0	1	2	3	4
2. With my relationships with family members	0	1	2	3	4
3. With other relationships in my life	0	1	2	3	4
4. With my relationships with my prenatal caregivers	0	1	2	3	4
5. With my work life	0	1	2	3	4
6. With my leisure activities	0	1	2	3	4
7. With getting ready for the new baby	0	1	2	3	4
8. Other (specify): _____	0	1	2	3	4

CFQ SCORING INSTRUCTIONS

CFQ TOTAL SCORE: For the CFQ Total score, sum all 40 items.

SUBSCALE SCORES: For each of the nine subscales listed below, sum the items in the subscale. To create mean score (to be able to compare across subscales), divide the subscale score by the number of items in the subscale.

FEAR OF LOSS OF SEXUAL PLEASURE / ATTRACTIVENESS

- 12 - Stretching of my vagina from giving birth vaginally
- 13 - Enjoying sexual intercourse less because of stretching from a vaginal birth
- 15 - My body looking less attractive following the birth
- 24 - My vagina looking less attractive following a vaginal childbirth
- 26 - Enjoying sexual intercourse less because of pain or discomfort from the birth
- 27 - My partner enjoying sexual intercourse less because of stretching of my vagina from having a vaginal birth

FEAR OF PAIN FROM A VAGINAL BIRTH

- 30 - Experiencing pain during labour
- 31 - Having a vaginal birth
- 34 - Experiencing pain while pushing the baby out
- 35 - Experiencing pain during a vaginal birth
- 37 - Experiencing pain during contractions

FEAR OF MEDICAL INTERVENTIONS

- 1 - Being harmed because of incompetent medical care
- 4 - Having general anesthetic
- 5 - Being administered injections
- 22 - Being administered an epidural
- 25 - Being left with scars from a cesarean birth
- 38 - Having a catheter inserted (a tube inserted into the urethra to collect urine)
- 39 - Experiencing pain during a cesarean birth

FEAR OF EMBARRASSMENT

- 7 - Other people seeing me naked during labour/birth
- 14 - Losing emotional control in front of other people (being rude, yelling) during labour/birth
- 21 - Having other people see me urinate during labour/birth
- 23 - Being watched by strangers during labour/birth
- 32 - Other people seeing me have a bowel movement during labour/birth

FEAR OF HARM TO BABY

- 6 - The baby being damaged/handicapped as a consequence of labour/birth
- 9 - The baby being harmed during labour/birth
- 10 - Baby being hurt by a medical intervention that takes place during labour/birth (e.g., vacuum, anesthetics)

FEAR OF CESAREAN BIRTH

- 33 - Not being able to have a vaginal birth, even though this is what I would prefer
- 36 - Having a caesarian birth
- 40 - Not being able to have the kind of birth I want (i.e., either vaginal or cesarean)

FEAR OF MOM OR BABY DYING

- 3 - Dying during labor/birth
- 16 – The baby suffocating during labour/birth
- 20 – The baby dying during labor/birth

FEAR OF INSUFFICIENT PAIN MEDICATION

- 11 - Not being able to have a cesarean birth, even though this is what I would prefer
- 18 - Not getting the pain medication I need
- 29 - Not being able to have an epidural during labour if I want/need one

FEAR OF BODY DAMAGE FROM A VAGINAL BIRTH

- 2 - Rectal tearing/damage as a consequence of labour/birth
- 8 - Vaginal tearing during labour/birth
- 17 - Requiring vacuum or forceps
- 19 - Having an episiotomy
- 28 - Needing to have stitches after the birth

INTERFERENCE SCORE: For the Interference score, sum all of the seven interference items.