

Needs Assessment

Bright Beginnings

Understanding women's experiences seeking help for feeling anxious, overwhelmed and/or struggling to cope after having a baby

Q1 Some of your details:

How old are you? _____

How many months ago did you give birth? _____

..... How many children do you have?

Q2 Please state after the birth of which child you experienced symptoms of sadness, depression, anxiety or stress e.g. "1st of 3" or "1st and 2nd of 2".

Q3 Did you make an appointment with your GP to discuss seeking help for any symptoms of sadness and depression?

Yes

..... No

Physical Needs

To what extent would you agree with the following statements:
(Click the appropriate)

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
26. I have dependable transportation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I need help finding childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I have all the baby supplies I need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. I have health insurance that meets my physical and mental health needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. I have a stove, refrigerator, and microwave	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. I have access to hot and running water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I have access to nutritious meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. I have access to baby formula	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. I receive SNAP Benefits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. I receive WIC benefits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	No	Yes
36. I receive SNAP Benefits	<input type="radio"/>	<input type="radio"/>
37. I Receive WIC Benefits	<input type="radio"/>	<input type="radio"/>

Friends that encourage women to seek help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Close relationships with health professionals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Continuity of care from a single known person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health professionals being empathetic and non-judgemental	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunity to build trust and respect with healthcare professionals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Honest discussions with GP about medications to get full information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having my voice heard in discussions and decisions about treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet forums and communities/ blogs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social media <u>e.g.</u> Facebook, Twitter, Instagram	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet searches about symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Source- <https://www.cambridge.org/core/journals/primary-health-care-research-and-development/article/understanding-barriers-to-women-seeking-and-receiving-help-for-perinatal-mental-health-problems-in-uk-general-practice-development-of-a-questionnaire/5430A023D2DE26E089E7B18B43587309#supplementary-materials>