

**Questionnaire on  
Husbands' knowledge and attitudes regarding postpartum  
depression (coding and scoring)**

**Part I: Husbands' Demographic Information:**

**1. Nationality**

- 1) Saudi
- 2) Non-Saudi

**2. Age**

- 1) 20 -29
- 2) 30 -39
- 3) 40 -49
- 4) 50 and more

**3. Region**

- 1) Western region
- 2) Southern region
- 3) Central region
- 4) Eastern region
- 5) Northern region

**4. Education level**

- 1) Primary school
- 2) Intermediate school
- 3) High school
- 4) Bachelor degree / Diploma
- 5) Higher than Bachelor degree

**5. Occupation**

- 1) Government employee
- 2) Private /business
- 3) Free business
- 4) Not working

**6. Monthly family Income**

- 1) Less than 5000 riyals
- 2) 5000-10000 riyals
- 3) More than 10000 riyals

**7. Number of years of marriage?**

- 1) 1 - 3 years
- 2) 4 - 6 years
- 3) More than 6 years

**8. Number of living children:**

- 1) 1 child
- 2) 2 children
- 3) 3 children
- 4) 4 children
- 5) > 5 children

**9. Age of the youngest child?**

- 1) 6 months and less
- 2) 7-12 months
- 3) >1-2 years
- 4) More than 2 years

**10. Gender of the children?**

- 1) Only Males
- 2) Only Females
- 3) Both males and females

**11. Are you satisfied with your children gender?**

- 1) Yes
- 2) No

**Part II: Knowledge about PPD**

**Section 1: Previous information about PPD and experienced with PPD**

**1. You have previous information about postpartum depression?**

- 1) Yes
- 2) No

**2. If yes: What the source of your information?**

- 1) Website
- 2) Physicians/ nurses
- 3) Social media
- 4) Family / friends
- 5) TV /radio interviews
- 6) Others

**3. Had come across women with postpartum depression?**

- 1) Yes
- 2) No

**4. Has your wife ever been diagnosed with postpartum depression before?**

- 1) Yes
- 2) No

## Part II: Knowledge about PPD

### Section 2: Knowledge about Causes and symptoms of PPD.

★ Rating scale: Yes (1) point and No / I don't know (0).

A. Causes of Postpartum Depression	YES (1)	NO (0)	I Don't know (0)
1. Genetic/hereditary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Crisis situation (Death of loved one, loss of job, divorce) in life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Poor relationship/ marital conflicts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. History of depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Lack of family support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Ghost possessed or doing sin or Blackmagic*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. lack of confidence in taking care of baby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Health problem/sickness of baby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Domestic violence/husband violence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Older age (more than 20 years) *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Disappointment with gender of the baby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Poverty/financial difficulties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Poor education of the mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Increased work pressure/stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Personal strength *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Substance abuse (Alcohol) among husband	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Single mother	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
B. Symptoms of Postpartum Depression	YES (1)	NO (0)	I Don't know (0)
1. Feeling sad/miserable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Mother bonding with baby *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Worry about bonding with baby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Interested in doing household chores *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Interested in talking with others *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Feeling of fatigue/weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Feeling stressed/anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Loss of interest/pleasure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Sleeping problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Lack of confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Anger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Weight/appetite changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Irritability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Crying spells for no reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Death wishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Postpartum depression may occur after birth to 6 months only*	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Key:</b> * <u>Revise coded</u> (Negatively worded)			

### Part III: Husbands attitudes toward Postpartum Depression

★ Rating scale: Agree (3) point, partly agree (2) and Disagree (1).

Attitudes towards Postpartum Depression	Agree (3)	partly agree (2)	Disagree (1)
1. I feel shame and do not tell anyone that my relative has postpartum depression. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Postpartum women who have postpartum depression cannot be good mothers. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Postpartum women who have postpartum depression should stay at home. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. We should be patient and have empathy with the women who have postpartum depression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Postpartum women who have postpartum depression cannot take care of her own children. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Postpartum depression is an uncured disease and will continue increasing in severity. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Postpartum women who have postpartum depression are a pitiable person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I feel it oppressive to take care of a woman who has postpartum depression. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Postpartum women who have postpartum depression cannot make decisions at all. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Postpartum women who have postpartum depression should not have another child. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I am ready to help if my relative has postpartum depression.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Postpartum women who have postpartum depression is a burden to the family. *	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Postpartum women who have postpartum depression should be treated in hospital.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Postpartum depression is an alert sign that a postpartum woman needs help from a caregiver.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>15.</b> If a woman develops postpartum depression, mother and baby to be separated. *	○	○	○
<b>16.</b> Postpartum depression does not require any treatment. *	○	○	○
<b>17.</b> Postpartum depression is common among women.	○	○	○
<b>18.</b> Breast feeding to be stopped if a woman develops postpartum depression. *	○	○	○
<b>19.</b> Woman with postpartum depression have a high risk of committing suicide. *	○	○	○
<p><b><u>Key:</u></b></p> <p><b><u>* Revise coded</u> (Negatively worded)</b></p>			