

FERTILITY STRESS QUESTIONNAIRE

Answer the following questions according to how you usually feel, not just how you feel on day 28 of your cycle.

Are you optimistic about getting pregnant soon?

1. I feel very optimistic
2. I am cautiously optimistic
3. I am less optimistic than I used to be
4. I am not at all optimistic

If a friend or family member tells you they are pregnant:

1. I feel genuinely happy for them
2. I am happy for them, but resentful it wasn't me
3. I feel sad and angry
4. I am devastated

Is your sex life:

1. The same or better than before infertility
2. Ok, but has been affected by the infertility
3. Clearly suffering and I wonder if it will ever be good again
4. Nonexistent

I feel sad:

1. About as often as before
2. More often than before, but it's manageable
3. Very sad when I get bad news or when I get my period
4. Most or all of the time

My relationship with my friends:

1. Is as good as it's always been
2. Is OK as long as they don't talk about their children/pregnancies
3. Is OK as long as I avoid certain insensitive people
4. I try to avoid almost all of them

My current level of awareness of my menstrual cycle:

1. Is the same – I have a vague idea of where I am in my cycle
2. I know where I am in my cycle when I am receiving treatment
3. I am consistently careful to know the exact days of the important phases
4. I know exactly what day it is every day

My anxiety level:

1. Is the same as before infertility
2. Spikes during certain times of my cycle
3. Is elevated throughout my cycle, but mostly I'm OK
4. Is high most of the time.

My internet time spent on infertility:

1. Is nonexistent
2. I do research
3. I lurk in at least one chat room
4. I research everything I can and check in with at least one chat room regularly

My infertility:

1. Is unpleasant, but only part of my life
2. Takes a lot more mental and emotional energy than I would like
3. Is permeating most aspects of my life
4. Has totally taken over how I feel almost if not all the time

Add up your scores for each of the questions:

- 10 – 17 Great, you seem to be coping well
- 18 – 26 You may want to take some corrective action to reduce the effect infertility is having on your life
- 27 – 34 You are in danger of letting infertility have a highly adverse effect on your life, work, relationships and mental health
- 35 – 40 Warning, infertility is taking over your life and your work, relationships and mental health may be affected