

## APPENDIX A

### ITC Guidelines for Test Adaptation

The International Test Commission (ITC), in collaboration with the European Test Publishers Group, the European Association of Psychological Assessment, the International Association of Applied Psychology, the International Association for Cross-Cultural Psychology, the International Association for the Evaluation of Educational Achievement, the International Language Testing Association, and the International Union of Psychological Science, prepared guidelines for translating and adapting tests and psychological instruments, and establishing score equivalence across language and/or cultural groups. After several years of preparation and field-testing, the following guidelines were approved by the ITC for distribution to national psychological societies, researchers, and test publishers (Hambleton, Merenda, & Spielberger, 2005; International Test Commission, 2010, pp. 2-3). The guidelines are classified into four categories as follows:

#### **Context**

C.1 Effects of cultural differences which are not relevant or important to the main purposes of the study should be minimized to the extent possible.

C.2 The amount of overlap in the construct measured by the test or instrument in the populations of interest should be assessed.

## **Test Development and Adaptation**

D.1 Test developers/publishers should insure that the adaptation process takes full account of linguistic and cultural differences among the populations for whom adapted versions of the test or instrument are intended.

D.2 Test developers/publishers should provide evidence that the language use in the directions, rubrics, and items themselves as well as in the handbook are appropriate for all cultural and language populations for whom the test or instrument is intended.

D.3 Test developers/publishers should provide evidence that the choice of testing techniques, item formats, test conventions, and procedures are familiar to all intended populations.

D.4 Test developers/publishers should provide evidence that item content and stimulus materials are familiar to all intended populations.

D.5 Test developers/publishers should implement systematic judgmental evidence, both linguistic and psychological, to improve the accuracy of the adaptation process and compile evidence on the equivalence of all language versions.

D.6 Test developers/publishers should ensure that the data collection design permits the use of appropriate statistical techniques to establish item equivalence between the different language versions of the test or instrument.

D.7 Test developers/publishers should apply appropriate statistical techniques to (1) establish the equivalence of the different versions of the test or instrument, and (2) identify problematic components or aspects of the test or instrument which may be inadequate to one or more of the intended populations.

D.8 Test developers/publishers should provide information on the evaluation of validity in all target populations for whom the adapted versions are intended.

D.9 Test developers/publishers should provide statistical evidence of the equivalence of questions for all intended populations.

D.10 Non-equivalent questions between versions intended for different populations should not be used in preparing a common scale or in comparing these populations. However, they may be useful in enhancing content validity of scores reported for each population separately.

### **Administration**

A.1 Test developers and administrators should try to anticipate the types of problems that can be expected, and take appropriate actions to remedy these problems through the preparation of appropriate materials and instructions.

A.2 Test administrators should be sensitive to a number of factors related to the stimulus materials, administration procedures, and response modes that can moderate the validity of the inferences drawn from the scores.

A.3 Those aspects of the environment that influence the administration of a test or instrument should be made as similar as possible across populations of interest.

A.4 Test administration instructions should be in the source and target languages to minimize the influence of unwanted sources of variation across populations.

A.5 The test manual should specify all aspects of the administration that require scrutiny in a new cultural context.

A.6 The administrator should be unobtrusive and the administrator-examinee interaction should be minimized. Explicit rules that are described in the manual for administration should be followed.

### **Documentation/Score Interpretations**

I.1 When a test or instrument is adapted for use in another population, documentation of the changes should be provided, along with evidence of the equivalence.

I.2 Score differences among samples of populations administered the test or instrument should not be taken at face value. The researcher has the responsibility to substantiate the differences with other empirical evidence.

I.3 Comparisons across populations can only be made at the level of invariance that has been established for the scale on which scores are reported.

I.4 The test developer should provide specific information on the ways in which the socio-cultural and ecological contexts of the populations might affect performance, and should suggest procedures to account for these effects in the interpretation of results.

## APPENDIX B

### Informed Consent and Research Information Provided to Mothers

Dear Mother

I am busy with a PhD in Clinical Psychology at the University of Pretoria. The topic of my research falls within the realm of the assessment of postpartum depression. The purpose of this study is:

- Firstly to address the problem of the unavailability of suitable postpartum depression screening measures for the majority of Afrikaans-speakers,
- And secondly, to determine the validity and the reliability of the Postpartum Depression Screening Scale for English and Afrikaans speaking South African mothers.

For the purposes of the study I need to screen new mothers for postpartum depression, whether they have symptoms of postpartum depression or not.

Mothers who wish to participate must:

- Be a South African citizen, residing in South Africa
- Be able to speak and read English or Afrikaans fluently
- Be between 4 and 16 weeks postpartum
- Have a baby without a disability.

Individuals who suffer from disorders that affect their ability to complete self-report measures reliably and validly should not volunteer for this study.

Participation is voluntary and screening is done free of charge. The participants' information will be treated with utmost confidentiality. A participant's data will be destroyed if she should decide to withdraw.

I sincerely hope that you will consider participating in this study and kindly request that you complete the questionnaires. If there are any queries please do not hesitate to contact me.

Thank you,  
Melony Struik  
Researcher  
(Contact details).



### Consent form

I \_\_\_\_\_ hereby acknowledge that I am aware of this study and give my consent to participate. I am aware that the results will be treated with the utmost confidentiality and will be used for research purposes only. I may withdraw from participation at any time without adverse consequences and all my data will be destroyed should I decide to withdraw.

Mother's details:

Name: \_\_\_\_\_

Contact no: cel no.: \_\_\_\_\_

Tel (h): \_\_\_\_\_

Home language(s): \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Place

\_\_\_\_\_  
Researcher

Thank you,  
Melony Struik  
Researcher

## **Appendix: Purpose and Procedure of the Research**

UNIVERSITY OF PRETORIA PSYCHOLOGY DEPARTMENT

Pretoria 0002 Republic of South Africa

Research title: Validation of the Postpartum Depression Screening Scale in English and Afrikaans South African postpartum women.

Postpartum depression (PPD) is not uncommon – with up to 20 percent of all mothers, in all circumstances suffering from this type of depression. PPD is not always easy to identify without screening measures and may develop slowly any time during the first year of the baby’s life. Every mother is different and may have a different combination of symptoms. Some may be more anxious or irritable than sad. It may be mild or severe. Some mothers have been depressed ever since the pregnancy, and sometimes “The Blues” just don’t seem to go away. Some mothers manage well initially and then their mood becomes darker and darker. If untreated, it can adversely affect a mother’s functioning as well as her infant’s development. Screening all mothers after birth is therefore very important to ensure that they get the necessary help and support they need.

### **Purpose of the study:**

- Firstly to address the problem of the unavailability of suitable postpartum depression screening measures for the majority of Afrikaans-speakers,
- And secondly, to determine the validity and the reliability of the Postpartum Depression Screening Scale for English and Afrikaans speaking South African mothers.

### **The Postpartum Depression Screening Scale (PDSS)**

The PDSS is a brief 35 item, self-report instrument that can be administered in just 5 minutes. The PDSS screens for PPD and assesses the presence, severity and type of PPD symptoms. It enables health practitioners to identify mothers at risk, mothers who feel unhappy or overwhelmed, so that they may be referred for definitive diagnosis and treatment, thereby getting the necessary help and support they need.

### **Sample:**

Eligibility for sample inclusion: All postpartum mothers, whether they present with symptoms of depression or not must:

- Be a South African citizen, residing in South Africa
- Be able to speak and read English or Afrikaans fluently
- Be between 4 and 16 weeks postpartum
- Have a baby without a disability.



Individuals who suffer from disorders that affect their ability to complete self-report measures reliably and validly will not be asked to volunteer for this study.

### **Procedure**

Mothers who meet the above criteria and who are interested in participating in the research will be screened, either in person (if resident in Port Elizabeth) or online on a secure password protected website. Mothers who wish to participate online must contact the researcher to obtain the required password.

The mothers will be required to complete a form for statistics purposes and three brief mood questionnaires: the PDSS (described above), the Quick Inventory for Depressive Symptomatology - 16-Item - Self Report (QIDS-SR16), and the Edinburgh Postnatal Depression Scale (EPDS). The QIDS-SR16 is a short 16 item multiple choice questionnaire which usually takes no more than 5 minutes to complete. The EPDS is a brief 10 item rating scale and is also quick to complete.

Participants will be required to provide their name and contact number as mothers who present with symptoms of PPD will be contacted by the researcher for referral to their doctor. These mothers will also be advised to join a support group or seek psychological counselling. Only the researcher will have access to participants' personal details.

Participation is voluntary and screening is done free of charge. The participants' information will be treated with utmost confidentiality. A participant's data will be destroyed if she should decide to withdraw.

For queries or further information, please contact:

Melony Struik  
Researcher  
Contact details

or

Research Supervisor: Name  
Contact details

## Afrikaans Version:

### Ingeligte Toestemming en Navorsing Inligting wat aan Moeders Voorsien is

Liewe Moeder

Ek is tans besig met 'n doktrale skripsie in Sielkunde aan die Universiteit van Pretoria. Die onderwerp van my navorsing val binne die raamwerk van die evaluasie van nageboortelike depressie by moeders. Die doel van hierdie navorsing is:

- Eerstens om die gebrek aan geskikte nageboortelike depressie siftingsvraelyste vir die meerderheid Afrikaanssprekendes aan te spreek.
- En tweedens, om die geldigheid en betroubaarheid van die “Postpartum Depression Screening Scale (PDSS)” onder beide Engels- en Afrikaanssprekende moeders te bepaal.

Vir die doeleindes van die studie is dit nodig om nuwe moeders te toets vir simptome van nageboortelike depressie deur vraelyste te voltooi om te bepaal vir nageboortelike depressie.

Moeders wat graag wil deelneem moet:

- Suid-Afrikaanse burgers wees, tans woonagtig in Suid-Afrika
- óf Engels óf Afrikaans goed kan lees en praat.
- tussen 4 en 16 weke ná geboorte wees
- 'n ongestremde baba hê

Individuëe wie nie in staat is om self die vraelyste te voltooi nie word gevra om nie deel te neem nie.

Deelname aan hierdie navorsing sal met die grootste vertroulikheid hanteer word, is ook totaal vrywillig en gratis. Deelnemers kan ter enige tyd gedurende die navorsing onttrek, sonder nagevolge, waarna alle data vernietig sal word.

Ek hoop dat ek op u samewerking kan staatmaak en vra dat u die vraelyste voltooi. Indien u enige navrae het kan u my gerus kontak.

Baie dankie,  
Melony Struik  
(Kontak besonderhede van navorser)

## Toestemming Vorm

Ek \_\_\_\_\_ erken hiermee dat ek bewus is van die navorsingstudie en gee hiermee my toestemming om daaraan deel te neem. Ek is bewus daarvan dat deelname aan die navorsing met die grootste vertroulikheid hanteer sal word en dat data slegs vir die doeleindes van die studie gebruik sal word. Ek is ook bewus daarvan dat ek ter enige tyd gedurende die navorsing mag onttrek, sonder nagevolge, waarna alle data vernietig sal word.

Moeder se inligting:

Naam: \_\_\_\_\_

Kontak no.: Sel: \_\_\_\_\_

Tel (h): \_\_\_\_\_

Huistaal: \_\_\_\_\_

\_\_\_\_\_  
Handtekening

\_\_\_\_\_  
Datum

\_\_\_\_\_  
Plek

\_\_\_\_\_  
Navorser

Baie dankie,  
Melony Struik  
Navorser

## **Bylaag: Doel en Prosedure van die Navorsing**

UNIVERSITEIT VAN PRETORIA SIELKUNDE DEPARTMENT

Pretoria 0002 Republiek van Suid Afrika

Geldigheid van die ‘Postpartum Depression Screening Scale’ by Engels- en Afrikaanssprekende moeders.

Nageboortelike depressie is nie ongewoon nie – tot 20% van alle moeders, uit alle omstandighede lei aan nageboortelike depressie. Nageboortelike depressie is nie altyd maklik identifiseerbaar sonder noukeurige siftingsvraelyste nie en kan enige tyd gedurende die eerste jaar van die baba se lewe ontwikkel. Elke moeder is anders en toon ‘n verskillende kombinasie van simptome. Sommige mag meer angstig of geïrriteerd as neerslagtig wees. Dit mag matig of ernstig wees. Party moeders mag neerslagtig wees van die begin van die swangerskap af en die “blues” wil net nie wyk nie. Sommige moeders hanteer die situasie aanvanklik goed, maar mettertyd vererger hul gemoedstoestand. Onbehandeld kan dit die moeder se daaglikse optrede en die baba se ontwikkeling nadelig beïnvloed. Toets vir nageboortelike depressie aan alle moeders na bevalling is dus van die uiterste belang om die nodige hulp en bystand te kan verleen.

### **Doel van die navorsing:**

- Eerstens om die gebrek aan geskikte nageboortelike depressie siftingsvraelyste vir die meerderheid Afrikaanssprekende moeders aan te spreek,
- En tweedens, om die geldigheid en betroubaarheid van die “Postpartum Depression Screening Scale (PDSS)” onder beide Engels- en Afrikaanssprekende moeders te bepaal.

### **Die ‘Postpartum Depression Screening Scale’ (PDSS)**

Die PDSS is ‘n 35-punt selfverslag instrument wat slegs ongeveer 5 minute neem om te voltooi. Die PDSS is ‘n siftingsvraelys wat die teenwoordigheid, erns en tipe nageboortelike depressie simptome vasstel. Dit stel gesondheidsdeskundiges in staat om moeders met ‘n hoë risiko van nageboortelike depressie, moeders wat ongelukkig of oorweldig voel, vroegtydig en maklik te identifiseer vir vroeë diagnose en behandeling sodat hulle die nodige hulp en bystand mag kry wat hulle nodig het.

### **Steekproef**

Moeders, of hulle simptome het van nageboortelike depressie het of nie, wat graag wil deel neem moet:

- Suid-Afrikaanse burgers wees, tans woonagtig in Suid-Afrika
- óf Engels óf Afrikaans goed kan lees en praat.
- tussen 4 en 16 weke ná geboorte wees
- ‘n ongestremde baba hê

Individue wie nie in staat is om self die vraelyste te voltooi nie word gevra om nie deel te neem nie.

### **Prosedure**

Moeders wat aan die bogenoemde vereistes voldoen en graag wil deelneem aan die studie, kan persoonlik deur die navorser getoets word indien woonagtig in Port Elizabeth. Anders kan moeders deur middel van die “secure password protected website” op die internet deelneem. Indien die moeder op hierdie manier wil deelneem sal sy die navorser moet kontak om die “password” vir deelname aan die studie te kry.

Die moeders sal ‘n vraelys vir statistiek doeleindes en drie kort gemoedsvraelyste moet voltooi: die PDSS (hierbo beskryf), die ‘Quick Inventory for Depressive Symptomatology - 16-Item - Self Report’ (QIDS-SR16), en die ‘Edinburgh Postnatal Depression Scale’ (EPDS). Die QIDS-SR16 is ‘n kort 16 item meervoudige keuse vraelys wat gewoonlik nie meer as 5 minute neem om te voltooi nie. Die EPDS is ‘n kort 10 item vraelys en is ook vinnig om te voltooi.

Deelnemers sal hul naam en ‘n kontak nommer moet voorsien aangesien moeders wat simptome van nageboortelike depressie toon na hul geneesheer verwys word. Die moeders sal ook aangemoedig word om deel te word van ‘n ondersteuningsgroep of om met ‘n sielkundige kontak te maak vir berading. Slegs die navorser sal toegang hê tot die moeder se persoonlike inligting.

Deelname aan hierdie navorsing sal met die grootste vertroulikheid hanteer word, is ook totaal vrywillig en gratis. Deelnemers kan ter enige tyd gedurende die navorsing onttrek, sonder nagevolge, waarna alle data vernietig sal word.

Indien u enige navrae het kontak gerus:  
Melony Struik of  
Navorser  
(Kontak besonderhede)

Navorsing Opsier: Naam  
(Kontak besonderhede)

## APPENDIX C

### Demographic Questionnaire

Please select your answer by making a tick in the appropriate block

1. Today's date: .....
2. Name (optional) .....
3. Telephone or cellphone number where you may be contacted by the researcher if you present with symptoms of postpartum depression .....
4. Home language
 

<input type="checkbox"/> Afrikaans	<input type="checkbox"/> Tsonga	<input type="checkbox"/> Dutch
<input type="checkbox"/> English	<input type="checkbox"/> Tswana	<input type="checkbox"/> French
<input type="checkbox"/> Ndebele	<input type="checkbox"/> Venda	<input type="checkbox"/> German
<input type="checkbox"/> Northern-Sotho	<input type="checkbox"/> Xhosa	<input type="checkbox"/> Greek
<input type="checkbox"/> Southern-Sotho	<input type="checkbox"/> Zulu	<input type="checkbox"/> Portuguese
<input type="checkbox"/> Swazi	<input type="checkbox"/> Chinese	Other .....
5. Did you have English as a subject at high school?
 

<input type="checkbox"/> Yes, as 1 <sup>st</sup> language
<input type="checkbox"/> Yes, as 2 <sup>nd</sup> language
<input type="checkbox"/> Yes, as 3 <sup>rd</sup> language
<input type="checkbox"/> No
6. Are you fluent in English (i.e. can speak and read English well)
 

<input type="checkbox"/> Yes
<input type="checkbox"/> No
7. Are you a South African citizen and currently live in South Africa?
 

<input type="checkbox"/> Yes
<input type="checkbox"/> No
8. Indicate your race/ethnic group
 

<input type="checkbox"/> White	<input type="checkbox"/> Coloured
<input type="checkbox"/> Asian	<input type="checkbox"/> Other
<input type="checkbox"/> Black	
9. Current marital status
 

<input type="checkbox"/> Married
<input type="checkbox"/> Unmarried
<input type="checkbox"/> Widowed
<input type="checkbox"/> Divorced
<input type="checkbox"/> Separated
<input type="checkbox"/> In a de facto relationship (live together as if married)

10. Indicate the highest level of education you have attained:
- |                                                 |                                  |              |
|-------------------------------------------------|----------------------------------|--------------|
| <input type="checkbox"/> Degree or Diploma      | <input type="checkbox"/> Grade 7 | (Standard 5) |
| <input type="checkbox"/> Trade certificate      | <input type="checkbox"/> Grade 6 | (Standard 4) |
| <input type="checkbox"/> Grade 12 (Standard 10) | <input type="checkbox"/> Grade 5 | (Standard 3) |
| <input type="checkbox"/> Grade 11 (Standard 9)  | <input type="checkbox"/> Grade 4 | (Standard 2) |
| <input type="checkbox"/> Grade 10 (Standard 8)  | <input type="checkbox"/> Grade 3 | (Standard 1) |
| <input type="checkbox"/> Grade 9 (Standard 7)   | <input type="checkbox"/> Grade 2 |              |
| <input type="checkbox"/> Grade 8 (Standard 6)   | <input type="checkbox"/> Grade 1 |              |
11. Employment status
- Full-time
  - Part-time
  - Unemployed
  - Self-employed
12. Age (in years) .....
13. Baby's date of birth .....
14. Baby's age in weeks
- |                                  |                                   |                                   |
|----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> 4 weeks | <input type="checkbox"/> 9 weeks  | <input type="checkbox"/> 14 weeks |
| <input type="checkbox"/> 5 weeks | <input type="checkbox"/> 10 weeks | <input type="checkbox"/> 15 weeks |
| <input type="checkbox"/> 6 weeks | <input type="checkbox"/> 11 weeks | <input type="checkbox"/> 16 weeks |
| <input type="checkbox"/> 7 weeks | <input type="checkbox"/> 12 weeks | Other .....                       |
| <input type="checkbox"/> 8 weeks | <input type="checkbox"/> 13 weeks |                                   |
15. Baby's sex
- male
  - female
16. Gestational age of baby at birth
- before 28 weeks
  - 29-33 weeks
  - 34-37 weeks
  - 38-40 weeks
  - Beyond 40 weeks
17. For your most recent birth - what type of delivery did you have?
- Normal vaginal birth
  - Traumatic vaginal birth (e.g. complicated breech delivery, forceps delivery or ventouse (suction) assisted delivery)
  - Elective caesarean (scheduled caesarean)
  - Emergency caesarean (mother was already in labour and experienced complications which necessitated a caesarean delivery)

18. Rate your care during labour and delivery
- Excellent
  - Good
  - Unremarkable
  - Poor
  - Very poor
19. How have you been feeding your baby? (note: bottle feeding implies formula milk)
- Bottle feeding – from birth
  - Breast feeding – from birth
  - Initially breastfed but now bottle feed only
  - Combination of breast and bottle
20. Indicate if you received help and support from the following people after you came home with your baby:
- |               |                          |                                            |
|---------------|--------------------------|--------------------------------------------|
| Baby's father | <input type="checkbox"/> | Yes, most of the time when I needed it     |
|               | <input type="checkbox"/> | Not as often as I needed                   |
|               | <input type="checkbox"/> | Hardly any                                 |
| <br>Family    | <input type="checkbox"/> | <br>Yes, most of the time when I needed it |
|               | <input type="checkbox"/> | Not as often as I needed                   |
|               | <input type="checkbox"/> | Hardly any                                 |
| <br>Friends   | <input type="checkbox"/> | <br>Yes, most of the time when I needed it |
|               | <input type="checkbox"/> | Not as often as I needed                   |
|               | <input type="checkbox"/> | Hardly any                                 |
| <br>Other     | <input type="checkbox"/> | <br>Yes, most of the time when I needed it |
|               | <input type="checkbox"/> | Not as often as I needed                   |
|               | <input type="checkbox"/> | Hardly any                                 |
21. How many times have you been pregnant?
- |                            |                                      |
|----------------------------|--------------------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 5           |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 6           |
| <input type="checkbox"/> 3 | <input type="checkbox"/> More than 6 |
| <input type="checkbox"/> 4 |                                      |
22. How many biological children do you have?
- |                            |                                      |
|----------------------------|--------------------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 5           |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 6           |
| <input type="checkbox"/> 3 | <input type="checkbox"/> More than 6 |
| <input type="checkbox"/> 4 |                                      |
23. Does your baby have any serious illnesses or disabilities?
- No
  - Yes



24. Did your caregiver enquire whether you were depressed at your postnatal checkup?
- No
  - Yes
  - Have not yet had a postnatal checkup
25. Has a doctor or other health practitioner diagnosed you with postpartum depression after this recent pregnancy?
- No
  - Yes
26. Has a health practitioner diagnosed you with antenatal depression during this recent pregnancy?
- No
  - Yes
27. If you answered yes to the above two questions, are you receiving counseling or psychotherapy?
- No
  - Yes
  - Not applicable
28. Are you currently using any medication for depression or anxiety?
- Yes
  - No
29. Please indicate if you have ever been diagnosed with any of the following by a doctor or health practitioner:
- Postpartum depression after a previous pregnancy
  - Antenatal depression during a previous pregnancy
  - Depression
  - Anxiety
  - Obsessive compulsive disorder
  - Anorexia
  - Bulimia
  - None
30. Please read the following statements and choose one which describes you best:
- I think I may have some symptoms of postpartum depression
  - I think I may have postpartum depression
  - I don't really know what postpartum depression is
  - I know what postpartum depression is and I don't think I am suffering from it
  - I feel uncertain about whether or not I may have postpartum depression

31.	Did you have postpartum blues? (Also referred to as ‘baby blues’ - tearfulness, sadness, lack of concentration, feelings of dependency, and anxiety or irritability – these symptoms typically peak on the fourth or fifth day after delivery and may last for a few hours or a few days)	No	Yes
32.	Was this a planned pregnancy?	No	Yes
33.	Did you have difficulty falling pregnant?	No	Yes
34.	Did you have fertility treatment?	No	Yes
35.	Was this a complicated pregnancy? (e.g. pre-eclampsia, threatening miscarriage)	No	Yes
36.	Were you fearful of childbirth – a great deal more anxious and fearful than would be considered normal?	No	Yes
37.	Do you normally suffer from PMS (pre-menstrual syndrome – a condition with symptoms of mild depression, tension, irritability, headache, a feeling of bloatedness, with some evidence of edema, that usually begins in the week prior to menstruation and resolves completely the day after the onset of menstruation)?	No	Yes
38.	Do you consider yourself a perfectionist?	No	Yes

39.	In the past two years, have you experienced any of the following major life stresses?			
a	House alterations		No	Yes
b	Moving house		No	Yes
c	Moving city / immigrate		No	Yes
d	Job changes: self		No	Yes
e	Job changes: partner	Not applicable	No	Yes
f	Job loss / retrenchment: self		No	Yes
g	Job loss / retrenchment: partner	Not applicable	No	Yes
h	Financial concerns		No	Yes
i	Bereavement		No	Yes
j	Loss of close friends / family relocating, emigrating, etc.		No	Yes
k	Serious illness of a family member		No	Yes
l	Another pregnancy and birth		No	Yes
m	Marriage		No	Yes
n	Marital problems		No	Yes
o	Family problems		No	Yes
p	Been victimised by violence or crime		No	Yes
q	Serious injury, illness, or personal health problems		No	Yes

40. How did you feel about expecting a baby?

- Positive
- Ambivalent
- Negative
- 

Other: \_\_\_\_\_

41. Do you experience your baby as:

- Good
- Fussy
- Demanding
- Difficult
- 

Other: \_\_\_\_\_

42. Have you experienced any specific problems with your baby?

- No problems
- Health problems
- Colicky
- Sleep
- Feeding
- Allergies
- Premature
- Other:

\_\_\_\_\_

Thank you for completing this form.

Three mood questionnaires follow. They are brief and each takes only a few minutes to complete. Please complete both on the same day – preferably one after the other as one's mood can vary considerably from day to day. Thank you. Your participation in this study is greatly appreciated.

## Demografiese Vraelys

Merk asseblief u respons in die toepaslike blok

1. Vandag se datum .....
2. Naam (opsioneel) .....
3. Telefoon- of selfoonnommer waar navorser u mag kontak indien u simptome van nageboortelike depressie toon .....
4. Huistaal
  - Afrikaans
  - Engels
  - Ndebele
  - Northern-Sotho
  - Southern-Sotho
  - Swazi
  - Tsonga
  - Tswana
  - Venda
  - Xhosa
  - Zoeloe
  - Chinees
  - Hollands
  - Frans
  - Duits
  - Grieks
  - Portugees
  - Ander: .....
5. Het u Afrikaans as vak op hoërskool geneem?
  - Ja, as 1ste taal
  - Ja, as 2de taal
  - Ja, as 3de taal
  - Nee
6. Is u vlot in Afrikaans? (kan Afrikaans goed praat en lees)
  - Ja
  - Nee
7. Is u 'n Suid-Afrikaanse burger en tans woonagtig in Suid Afrika?
  - Ja
  - Nee
8. Dui u ras / etniese groep aan
  - Blank
  - Asiatics
  - Swart
  - Kleurling
  - Ander
9. Huwelikstatus
  - Getroud
  - Ongetroud
  - Weduwee
  - Geskei
  - Vervreemd
  - Woon saam asof getroud

10. Dui hoogste vlak opvoeding aan wat u verwerf het:
- |                                                 |                                               |
|-------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Graad of Diploma       | <input type="checkbox"/> Graad 7 (Standerd 5) |
| <input type="checkbox"/> Ambag sertifikaat      | <input type="checkbox"/> Graad 6 (Standerd 4) |
| <input type="checkbox"/> Graad 12 (Standerd 10) | <input type="checkbox"/> Graad 5 (Standerd 3) |
| <input type="checkbox"/> Graad 11 (Standerd 9)  | <input type="checkbox"/> Graad 4 (Standerd 2) |
| <input type="checkbox"/> Graad 10 (Standerd 8)  | <input type="checkbox"/> Graad 3 (Standerd 1) |
| <input type="checkbox"/> Graad 9 (Standerd 7)   | <input type="checkbox"/> Graad 2              |
| <input type="checkbox"/> Graad 8 (Standerd 6)   | <input type="checkbox"/> Graad 1              |
11. Werkstatus
- Voltyds
- Deeltyds
- Werkloos
- In eie diens
12. Ouderdom (in jaar) .....
13. Baba se geboortedatum .....
14. Baba se ouderdom in weke
- |                                 |                                  |                                  |
|---------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> 4 weke | <input type="checkbox"/> 9 weke  | <input type="checkbox"/> 14 weke |
| <input type="checkbox"/> 5 weke | <input type="checkbox"/> 10 weke | <input type="checkbox"/> 15 weke |
| <input type="checkbox"/> 6 weke | <input type="checkbox"/> 11 weke | <input type="checkbox"/> 16 weke |
| <input type="checkbox"/> 7 weke | <input type="checkbox"/> 12 weke | <input type="checkbox"/> Ander   |
| <input type="checkbox"/> 8 weke | <input type="checkbox"/> 13 weke |                                  |
15. Baba se geslag
- manlik
- vroulik
16. Op hoeveel weke is u baba gebore?
- Voor 28 weke
- 29-33 weke
- 34-37 weke
- 38-40 weke
- Na 40 weke
17. Met die mees onlangse geboorte – watter tipe bevalling het u gehad?
- Normale vaginale verlossing
- Traumatiese vaginale verlossing (bv. Gekompliseerde stuitverlossing, tangverlossing of ventouse (suierverlossing)).
- Elektiewe keisersnee (beplande keisersnee)
- Nood keisersnee (keisersnee as gevolg van komplikasies tydens kraam)

18. Beoordeel u sorg tydens u kraam en bevalling
- Uitstekend
  - Goed
  - Nie noemenswaardig
  - Swak
  - Baie swak
19. Hoe word u baba gevoed? (let op: bottelvoed impliseer formule melk)
- Bottelvoed – vanaf geboorte
  - Borsvoed – vanaf geboorte
  - Aanvanklik geborsvoed, maar bottelvoed nou uitsluitlik
  - Beide bors- en bottelvoeding
20. Dui aan of u hulp en ondersteuning ontvang het van die volgende mense nadat u met u baba tuis gekom het:
- |               |                          |                                                    |
|---------------|--------------------------|----------------------------------------------------|
| Baba se vader | <input type="checkbox"/> | Ja, meeste van die tyd soos wat ek nodig gehad het |
|               | <input type="checkbox"/> | Nie so dikwels soos wat ek nodig gehad het nie     |
|               | <input type="checkbox"/> | Amper niks nie                                     |
| Familie       | <input type="checkbox"/> | Ja, meeste van die tyd soos wat ek nodig gehad het |
|               | <input type="checkbox"/> | Nie so dikwels soos wat ek nodig gehad het nie     |
|               | <input type="checkbox"/> | Amper niks nie                                     |
| Vriendinne    | <input type="checkbox"/> | Ja, meeste van die tyd soos wat ek nodig gehad het |
|               | <input type="checkbox"/> | Nie so dikwels soos wat ek nodig gehad het nie     |
|               | <input type="checkbox"/> | Amper niks nie                                     |
| Ander mense   | <input type="checkbox"/> | Ja, meeste van die tyd soos wat ek nodig gehad het |
|               | <input type="checkbox"/> | Nie so dikwels soos wat ek nodig gehad het nie     |
|               | <input type="checkbox"/> | Amper niks nie                                     |
21. Hoeveel keer was u al swanger?
- |                            |                                    |
|----------------------------|------------------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 5         |
| <input type="checkbox"/> 2 | <input type="checkbox"/> 6         |
| <input type="checkbox"/> 3 | <input type="checkbox"/> Meer as 6 |
| <input type="checkbox"/> 4 |                                    |
22. Hoeveel biologiese kinders het u?
- 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - Meer as 6

23. Het u baba enige ernstige siektes of gestremdheid?
- Nee
  - Ja
24. Tydens u nageboortelike ondersoek, was u deur u verloskundige of geneesheer gevra of u depressief voel?
- Nee
  - Ja
  - Het nog nie 'n nageboortelike ondersoek gehad nie.
25. Na die mees onlangse swangerskap, was u deur 'n geneesheer of ander professionele gesondheidsdeskundige met nageboortelike depressie gediagnoseer?
- Nee
  - Ja
26. Tydens die mees onlangse swangerskap, was u deur 'n geneesheer of ander professionele gesondheidsdeskundige met voorgeboortelike depressie gediagnoseer?
- Nee
  - Ja
27. Indien u 'ja' op bogenoemde twee vrae beantwoord het, ontvang u berading of psigoterapie?
- Nee
  - Ja
  - Nie van toepassing
28. Gebruik u tans enige medikasie vir depressie of angs?
- Ja
  - Nee
29. Dui asseblief aan of u al ooit met enige van die volgende deur 'n geneesheer of gesondheidsdeskundige gediagnoseer is:
- Nageboortelike depressie na 'n vorige swangerskap
  - Voorgeboortelike depressie tydens 'n vorige swangerskap
  - Depressie
  - Angs
  - Obsessiewe kompulsiewe versteuring
  - Anoreksie
  - Bulimie
  - Geen

30. Lees asseblief die volgende stellings en kies een wat u die beste beskryf:
- Ek dink ek het sommige simptome van nageboortelike depressie
  - Ek dink ek het nageboortelike depressie
  - Ek weet nie regtig wat nageboortelike depressie is nie
  - Ek weet wat nageboortelike depressie is en ek dink nie ek ly daaraan nie
  - Ek voel onseker of ek nageboortelike depressie het of nie

31.	Het u nageboorte “blues” gehad? (Word ook “baby blues” genoem - huilerig, hartseer, moeg, sukkel om te konsentreer, gevoel van afhanklikheid, angstig of geïrriteerd – die simptome bereik tipies ‘n hoogtepunt op die 4de of 5de dag na geboorte en mag ‘n paar uur of ‘n paar dae duur.)	Nee	Ja
32.	Was die swangerskap beplan?	Nee	Ja
33.	Het u gesukkel om swanger te raak?	Nee	Ja
34.	Was u behandel vir onvrugbaarheid?	Nee	Ja
35.	Het u komplikasies tydens u swangerskap ondervind? (bv. preëklampsie, dreigende miskraam)	Nee	Ja
36.	Was u vreesbevange oor die geboorte – heelwat meer angstig en vreesbevange as wat normaal beskou sou word?	Nee	Ja
37.	Ly u gewoonlik aan “PMS” (“pre-menstrual syndrome”- ‘n toestand met simptome van matige depressie, spanning, geïrriteerdheid, hoofpyne, en ‘n gevoel van opgeblaasheid met enige tekens van edeem wat gewoonlik so ‘n week voor menstruasie begin, en na menstruasie weer verdwyn.	Nee	Ja
38.	Beskou u uself as ‘n perfeksionis?	Nee	Ja

39. In die afgelope 2 jaar, het u enige van die volgende belangrike spanning situasies ervaar?

39.	In the past two years, have you experienced any of the following major life stresses?		
a	Huisverbeterings	Nee	Ja
b	Verhuis	Nee	Ja
c	Na ‘n ander stad verhuis / immigreer	Nee	Ja
d	Van werk verander: self	Nee	Ja
e	Van werk verander: eggenoot	Nie van toepassing	Ja
f	Werk verloor / afgedank: self	Nee	Ja
g	Werk verloor / afgedank: eggenoot	Nie van toepassing	Ja
h	Finansiële kommer	Nee	Ja
i	‘n Familielid of vriend verloor	Nee	Ja
j	Intieme vriende of familie wat weggetrek het.	Nee	Ja
k	Familielid wat ernstig siek is	Nee	Ja
l	Nog ‘n swangerskap of geboorte	Nee	Ja





39.	In the past two years, have you experienced any of the following major life stresses?		
m	In die huwelik getree	Nee	Ja
n	Huweliksprobleme	Nee	Ja
o	Familie probleme	Nee	Ja
p	Geviktimiseer of 'n slagoffer van misdaad	Nee	Ja
q	Ernstige ongeluk, siekte of persoonlike gesondheidsprobleem.	Nee	Ja

40. Hoe het u gevoel oor u swangerskap?

- Positief
  - Ambivalent (partykeer meer positief; ander kere effens negatief)
  - Negatief
  - Ander:
- 

41. Ervaar u u baba as:

- Soet
  - Puntenerig
  - Veeleisend
  - Moeilik
  - Ander:
- 

42. Het u enige spesifieke probleme met u baba ervaar?

- Geen probleme
  - Gesondheidsprobleme
  - Koliek
  - Slaap
  - Voeding
  - Allergieë
  - Prematuur
  - Ander:
- 

Baie dankie dat u die vraelys voltooi het.

Drie, kort gemoedsvraelyste volg wat slegs 'n paar minute elk neem om te voltooi. Dit moet op dieselfde dag voltooi word, verkieslik direk na mekaar aangesien 'n mens se gemoed van dag tot dag aansienlik kan verskil. Dankie. U deelname aan die studie word opreg waardeer.

## APPENDIX D

### Postpartum Depression Screening Scale (PDSS) Cheryl Tatano Beck, D.N.Sc., and Robert K. Gable, Ed.D.

Materiaal van die PDSS kopiereg © 2002 deur Western Psychological Services. Formaat vertaal en aangepas deur Melony Struik, Universiteit van Pretoria, vir spesifieke, beperkte navorsingsdoeleindes onder lisensie van die uitgewer, WPS, 12031 Wilshire Boulevard, Los Angeles, California 90025, U.S.A. ([www.wpspublish.com](http://www.wpspublish.com)). Geen gedeelte van hierdie materiaal mag, vir enige rede, in enige vorm of deur enige middel sonder skriftelike verloop van die uitgewer addisioneel gereproduseer word nie.

#### - Afrikaans Version / Afrikaanse Weergawe -

Hieronder is 'n lys van stellings wat beskryf hoe 'n 'moeder kan voel na die geboorte van haar baba. Dui asseblief aan hoe veel jy met elke stelling saamstem of verskil. Beantwoord die vrae soos dit ooreenstem met hoe jy oor die afgelope twee weke gevoel het. Lees elke item versigtig. Omkring dan die nommer wat jou antwoord die beste beskryf. Gee asseblief slegs een antwoord vir elke stelling. Gebruik die volgende skaal om jou antwoorde aan te dui:

- 1 = Verskil sterk
- 2 = Verskil
- 3 = Verskil nie, maar stem ook nie saam nie
- 4 = Stem saam
- 5 = Stem beslis saam

Indien u u antwoord wil verander, trek 'n "X" deur u eertse antwoord. Omkring dan die nommer wat u nuwe keuse die beste beskryf. Indien daar in die vraelys 'n stelling is wat u moeilik vind om te verstaan, dui asseblief die nommer(s) van die stelling(s) aan in die toepaslike spasie aan die einde van die PDSS vraelys.

- 1 = Verskil sterk    2 = Verskil    3 = Verskil nie, maar stem ook nie saam nie    4 = Stem saam  
5 = Stem beslis saam

#### Oor die afgelope twee weke,

		1	2	3	4	5
1	Al het my baba geslaap, het ek gesukkel om te slaap.	1	2	3	4	5
2	Die geringste dingetjie wat met my baba te doen het, het my angstig gemaak.	1	2	3	4	5
3	Ek het gevoel asof my emosies wipplank ry.	1	2	3	4	5

1 = Verskil sterk    2 = Verskil    3 = Verskil nie, maar stem ook nie saam nie    4 = Stem saam  
5 = Stem beslis saam

**Oor die afgelope twee weke,**

		1	2	3	4	5
4	Ek het gevoel of ek van my verstand af raak.	1	2	3	4	5
5	Ek was bang dat ek nooit weer my normale self sou wees nie.	1	2	3	4	5
6	Ek het gevoel asof ek nie die ma is wat ek wou wees nie.	1	2	3	4	5
7	Ek het gedink die dood sou die enigste uitweg uit hierdie nagmerrie wees.	1	2	3	4	5
8	Ek het my eetlus verloor.	1	2	3	4	5
9	Ek het heeltemal oorweldig gevoel.	1	2	3	4	5
10	Ek was bang dat ek nooit weer gelukkig sou wees nie.	1	2	3	4	5
11	Ek kon op niks konsentreer nie.	1	2	3	4	5
12	Ek het soos 'n vreemde vir myself gevoel.	1	2	3	4	5
13	Ek het gevoel asof baie ander ma's beter as ek was.	1	2	3	4	5
14	Ek het begin dink dat dit beter sou wees as ek dood was.	1	2	3	4	5
15	Ek het in die middel van die nag vanself wakker geskrik en gesukkel om weer aan die slaap te raak.	1	2	3	4	5
16	Ek was so angstig ek het gevoel asof ek uit my vel wou spring.	1	2	3	4	5
17	Ek het sonder enige rede baie gehuil.	1	2	3	4	5
18	Ek het gedink ek raak gek.	1	2	3	4	5
19	Ek het myself nie meer geken nie.	1	2	3	4	5
20	Ek het skuldig gevoel omdat dit vir my gevoel het asof ek nie my baba lief genoeg het nie.	1	2	3	4	5
21	Ek wou myself seermaak.	1	2	3	4	5
22	Ek het snags lank rondgerol en gesukkel om aan die slaap te raak.	1	2	3	4	5

1 = Verskil sterk    2 = Verskil    3 = Verskil nie, maar stem ook nie saam nie    4 = Stem saam  
5 = Stem beslis saam

**Oor die afgelope twee weke,**

		1	2	3	4	5
23	Ek het alleen gevoel.	1	2	3	4	5
24	Ek was baie geïrriteerd.	1	2	3	4	5
25	Ek het dit moeilik gevind om die eenvoudigste besluite te neem.	1	2	3	4	5
26	Ek het gevoel asof ek nie normaal was nie.	1	2	3	4	5
27	Dit het gevoel asof ek my ware gevoelens en gedagtes oor my baba moes wegsteek.	1	2	3	4	5
28	Ek het gevoel dat dit vir my baba beter sou wees sonder my.	1	2	3	4	5
29	Ek het geweet ek moes eet, maar kon nie.	1	2	3	4	5
30	Ek het gevoel asof ek heeltyd aan die gang moes bly.	1	2	3	4	5
31	Ek het baie kwaad gevoel en was gereed om te ontplof.	1	2	3	4	5
32	Ek het gesukkel om op 'n taak te konsentreer.	1	2	3	4	5
33	Ek het nie eg gevoel nie.	1	2	3	4	5
34	Ek het gevoel asof ek as ma misluk.	1	2	3	4	5
35	Ek wou eenvoudig hierdie wêreld agterlaat.	1	2	3	4	5

Dui asseblief in die spasie aan \_\_\_\_\_ die nommer(s) van die stelling(s) in die PDSS vraelys wat moeilik was om te verstaan.

Materiaal van die PDSS kopiereg © 2002 deur Western Psychological Services. Formaat vertaal en aangepas deur Melony Struik, Universiteit van Pretoria, vir spesifieke, beperkte navorsingsdoeleindes onder lisensie van die uitgewer, WPS, 12031 Wilshire Boulevard, Los Angeles, California 90025, U.S.A. ([www.wpspublish.com](http://www.wpspublish.com)). Geen gedeelte van hierdie materiaal mag, vir enige rede, in enige vorm of deur enige middel sonder skriftelike verloop van die uitgewer addisioneel gereproduseer word nie.

## APPENDIX E

### The Quick Inventory of Depressive Symptomatology (Self-Report) (QIDS-SR16)

#### - Afrikaans Version / Afrikaanse Weergawe -

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**Merk een stelling vir elke item wat die beste beskryf hoe jy die afgelope 7 dae gevoel het.**

#### **1 Aan die slaap raak:**

- 0 Dit neem my nooit langer as 30 minute om aan die slaap te raak nie.
- 1 Dit neem my minder as die helfte van die tyd minstens 30 minute om aan die slaap te raak.
- 2 Dit neem my meer as die helfte van die tyd minstens 30 minute om aan die slaap te raak.
- 3 Dit neem my meer as die helfte van die tyd meer 60 minute om aan die slaap te raak.

#### **2 Slaap gedurende die nag:**

- 0 Ek word nie snags wakker nie.
- 1 Ek slaap rusteloos en lig, en word elke aand 'n paar keer kort-kort wakker.
- 2 Ek word snags minstens een keer wakker, maar raak weer maklik aan die slaap.
- 3 Meer as helfte van die tyd word ek meer as een keer snags wakker en bly ten minste 20 minute of langer wakker.

#### **3 Word te vroeg wakker:**

- 0 Die meeste van die tyd word ek nie meer as 30 minute voor opstaantyd wakker nie.
- 1 Ek word meer as die helfte van die tyd meer as 30 minute voor opstaantyd wakker.
- 2 Ek word feitlik altyd minstens sowat een uur voor opstaantyd wakker, maar raak uiteindelik weer aan die slaap.
- 3 Ek word minstens een uur voor opstaantyd wakker en kan dan nie weer aan die slaap raak nie.

**4 Slaap te veel:**

- 0 Snags slaap ek nie langer as 7 tot 8 ure nie, en ek slaap nie bedags nie.
- 1 Ek slaap nie meer as 10 ure in `n 24 uur tydperk nie, met insluiting van middagslapies.
- 2 Ek slaap nie meer as 12 ure in `n 24 uur tydperk nie, met insluiting van middagslapies.
- 3 Ek slaap meer as 12 ure in `n 24 uur tydperk, met insluiting van middagslapies.

**5 Hartseer voel:**

- 0 Ek voel nie hartseer nie.
- 1 Ek voel minder as die helfte van die tyd hartseer.
- 2 Ek voel meer as die helfte van die tyd hartseer.
- 3 Ek voel feitlik heeltyd hartseer.

**Voltooi asseblief of 6 of 7 (nie beide nie)**

**6 Afname in eetlus:**

- 0 Daar is geen verandering in my gewone eetlus nie.
- 1 Ek eet effens minder gereeld of minder hoeveelhede kos as gewoonlik.
- 2 Ek eet baie minder as gewoonlik en slegs as ek `n poging aanwend.
- 3 Ek eet selde binne `n tydperk van 24 uur, en slegs met uiterste moeite of wanneer ander mense my aanmoedig om te eet.

**- OF -**

**7 Toename in eetlus:**

- 0 Daar is geen verandering in my gewone eetlus nie.
- 1 Ek het `n behoefte om meer gereeld as gewoonlik te eet.
- 2 Ek eet gereeld meer dikwels en/of groter hoeveelhede kos as gewoonlik.
- 3 Ek voel gedwing om tydens maaltye en tussen maaltye te ooreet.



**Voltooi asseblief of 8 of 9 (nie beide nie)**

**8 Afname in gewig (in die afgelope twee weke):**

- 0 My gewig het nie verander nie.
- 1 Dit voel asof ek 'n bietjie gewig verloor het.
- 2 Ek het 1 of meer kilogram gewig verloor.
- 3 Ek het 2 of meer kilogram gewig verloor.

**- OF -**

**9 Toename in gewig (in die afgelope twee weke):**

- 0 My gewig het nie verander nie.
- 1 Dit voel asof ek effens gewig opgetel het.
- 2 Ek het 1 kilogram of meer opgetel.
- 3 Ek het 2 kilogram of meer opgetel.

**10 Konsentrasie/Besluitnemingsvermoë:**

- 0 Daar is geen verandering in my normale vermoë om te konsentreer of besluite te neem nie.
- 1 Ek voel af en toe besluiteloos of dat my aandag afgelei word.
- 2 Ek sukkel die meeste van die tyd om my aandag te fokus of om besluite te maak.
- 3 Ek kan nie goed genoeg konsentreer om te lees nie en kan selfs nie klein besluite neem nie.

**11 Hoe ek myself beskou:**

- 0 Ek beskou myself as ewe waardevol en verdienstelik as ander mense.
- 1 Ek blameer myself meer as gewoonlik.
- 2 Ek glo hoofsaaklik dat ek probleme vir ander veroorsaak.
- 3 Ek dink feitlik heeltyd oor my groot en klein tekortkominge.

**12 Gedagtes oor die dood of selfmoord:**

- 0 Ek dink nie aan selfmoord of oor die dood nie.
- 1 Ek ervaar die lewe as leeg en twyfel of die lewe die moeite werd is.
- 2 Ek dink verskeie kere per week vir etlike minute aan selfmoord of die dood.
- 3 Ek dink verskeie kere per dag in besonderhede aan selfmoord of die dood, of ek het spesifieke planne vir selfmoord pleeg of het voorheen probeer om my lewe te neem.



**13 Algemene belangstelling:**

- 0 My belangstelling in ander mense en aktiwiteite het nie verander nie.
- 1 Ek kom agter dat ek minder in mense of aktiwiteite belangstel.
- 2 Ek vind dat ek slegs in een of twee aktiwiteite waarmee ek my voorheen besig gehou het belangstel.
- 3 Ek het feitlik geen belangstelling in die aktiwiteite waarmee ek my voorheen besig gehou het.

**14 Energievlak:**

- 0 Daar is geen verandering in my normale energievlak nie.
- 1 Ek raak makliker as gewoonlik moeg.
- 2 Ek moet `n hewige poging aanwend om my daaglikse aktiwiteite te begin of te voltooi (bv. Inkopies of huiswerk doen, kook of werk toe gaan).
- 3 Ek kan die meeste van my daaglikse aktiwiteite glad nie uitvoer nie omdat ek eenvoudig nie die energie het nie.

**15 Gevoel van traagheid:**

- 0 Ek dink, praat en beweeg teen my gewone tempo.
- 1 Ek kom agter dat ek stadiger dink of dat my stem flou of afgestomp klink.
- 2 Dit neem etlike sekondes voordat ek op die meeste vrae reageer en ek is oortuig dat my denke traag is.
- 3 Ek kan dikwels nie op vrae reageer sonder om `n uiterste poging aan te wend nie.

**16 Gevoel van rusteloosheid:**

- 0 Ek voel nie rusteloos nie.
- 1 Ek is dikwels kiewelrig, wring my hande, of moet my sitposisie verander.
- 2 Ek het `n drang om rond te beweeg en voel taamlik rusteloos.
- 3 By tye is dit vir my onmoontlik om te bly sit en ek voel ek moet rond beweeg.



## APPENDIX F

### Additional Tables and Figures for Chapter 8

**Table 67 Association of sample characteristics with English and Afrikaans samples**

Sample Characteristics	Pearson Chi-Square		
	$\chi^2$	<i>df</i>	<i>P</i>
Current marital status	3.06	3	0.383
Indicate the highest level of education you have attained	5.75	7	0.569
Employment status	3.62	3	0.305
Age (in years)	18.07	24	0.800
Baby's age (in weeks)	27.07	12	0.008**
Baby's sex	0.36	1	0.549
Gestational age of baby at birth	6.68	4	0.154
For your most recent birth - what type of delivery did you have?	4.66	3	0.198
Rate your care during labour and delivery	5.25	3	0.154
How have you been feeding your baby? (bottle feeding implies formula milk)	2.49	3	0.476
Indicate if you received help and support from the following people after you came home with your baby:			
Father	10.09	2	0.006**
Family	10.05	2	0.007**
Friends	2.34	2	0.311
Other	4.24	2	0.120
How many times have you been pregnant?	3.00	5	0.700
How many biological children do you have?	3.38	4	0.497
Does your baby have any serious illnesses or disabilities?	1.05	1	0.305
Did your caregiver enquire whether you were depressed at your postnatal check-up?	0.56	2	0.755
Has a doctor or other health practitioner diagnosed you with postpartum depression after this recent pregnancy?	0.01	1	0.910
Has a health practitioner diagnosed you with antenatal depression during this recent pregnancy?	0.05	1	0.823
If you answered yes to the above two questions, are you receiving counseling or psychotherapy?	1.30	2	0.523
Are you currently using any medication for depression or anxiety?	2.53	1	0.112
Please indicate if you have ever been diagnosed with any of the following by a doctor or health practitioner:			
Postpartum depression after a previous pregnancy	0.01	1	0.910
Antenatal depression during a previous pregnancy	0.05	1	0.823

Sample Characteristics	Pearson Chi-Square		
	$\chi^2$	df	P
Please read the following statements and choose one which describes you best:			
I think I may have some symptoms of postpartum depression			
I think I may have postpartum depression	10.90	4	0.028*
I don't really know what postpartum depression is			
I know what postpartum depression is, I don't think I am suffering from it			
I feel uncertain about whether or not I may have postpartum depression			
Did you have postpartum blues?	1.79	1	0.181
Was this a planned pregnancy?	0.99	1	0.319
Did you have difficulty falling pregnant?	0.18	1	0.669
Did you have fertility treatment?	2.35	1	0.125
Was this a complicated pregnancy?	1.55	1	0.213
Were you fearful of childbirth – a great deal more anxious and fearful than would be considered normal?	0.28	1	0.600
Do you normally suffer from PMS	2.51	1	0.113
Do you consider yourself a perfectionist?	2.75	1	0.097
In the past two years, have you experienced any of the following major life stresses?			
House alterations	1.44	1	0.229
Moving house	8.52	1	0.004**
Moving city / immigrate	5.34	1	0.021*
Job changes: self	6.77	1	0.009**
Job changes: partner	9.38	2	0.009**
Job loss / retrenchment: self	1.91	1	0.167
Job loss / retrenchment: partner	0.47	2	0.791
Financial concerns	0.08	1	0.776
Bereavement	5.73	1	0.017*
Loss of close friends / family relocating, emigrating, etc.	0.11	1	0.737
Serious illness of a family member	2.28	1	0.131
Another pregnancy and birth	1.93	1	0.164
Marriage	0.51	1	0.475
Marital problems	0.16	1	0.694
Family problems	0.02	1	0.897
Been victimised by violence or crime	5.07	1	0.024*
Serious injury, illness, or personal health problems	0.01	1	0.935
How did you feel about expecting a baby?			
Positive			
Ambivalent	4.38	3	0.223
Negative			
Other			



Sample Characteristics	Pearson Chi-Square		
	$\chi^2$	<i>df</i>	<i>P</i>
Specify other: Anxious; Anxious overwhelmed; Anxious losing baby; Anxious pregnancy; Anxious responsibility; Anxious motherhood & weight gain.	3.75	5	0.586
Did you experience your baby as:			
Good			
Fussy	5.78	4	0.216
Demanding			
Difficult			
Other			
Have you experienced any specific problems with your baby?			
No problems	0.26	1	0.613
Health problems	0.002	1	0.964
Colicky	2.01	1	0.157
Sleep	0.23	1	0.633
Feeding	4.03	1	0.045*
Allergies	3.25	1	0.071
Premature	13.21	1	0.000***

\*  $p \leq 0.05$

\*\*  $p \leq 0.01$

\*\*\*  $p \leq 0.001$

**Table 68a Crosstabulation of Support Recived from the Baby’s Father and Questionnaire Language**

			PDSS Language		Total
			English	Afrikaans	
Support from Baby’s Father	No	Count	14	13	27
		Expected Count	13.8	13.2	27.0
		Std. Residual	0.0	0.0	
	Yes	Count	144	113	257
		Expected Count	131.7	125.3	257.0
		Std. Residual	1.1	-1.1	
	Some	Count	29	52	81
		Expected Count	41.5	39.5	81.0
		Std. Residual	-1.9	2.0	
Total	Count	187	178	365	
	Expected Count	187.0	178.0	365.0	

**Table 68a Chi-Square Statistics from Crosstabulation of Support Recived from the Baby’s Father and Questionnaire Language**

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	10.09 <sup>a</sup>	2	.006
Likelihood Ratio	10.19	2	.006
Linear-by-Linear Association	6.40	1	.011
Number of Valid Cases	365		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 13.17.

**Table 69a Crosstabulation of Support Recived from Family and Questionnaire Language**

			PDSS Language		Total
			English	Afrikaans	
Support from Family	No	Count	24	23	47
		Expected Count	24.1	22.9	47.0
		Std. Residual	.0	.0	
	Yes	Count	131	100	231
		Expected Count	118.3	112.7	231.0
		Std. Residual	1.2	-1.2	
	Some	Count	32	55	87
		Expected Count	44.6	42.4	87.0
		Std. Residual	-1.9	1.9	
Total	Count	187	178	365	
	Expected Count	187.0	178.0	365.0	

**Table 69b Chi-Square Statistics from Crosstabulation of Support Recived from Family and Questionnaire Language**

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	10.05 <sup>a</sup>	2	.007
Likelihood Ratio	10.13	2	.006
Linear-by-Linear Association	4.81	1	.028
Number of Valid Cases	365		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 22.92.

**Table 70 Summary Statistics of 187 Extreme and Non-Extreme Participants for the English PDSS.**

	Raw Score	Count	Measure	Model Error	Infit		Outfit	
					MNSQ	ZSTD	MNSQ	ZSTD
Mean	48.30	35.00	-0.95	0.30				
S.D.	36.90	0.10	1.84	0.30				
Max	138.00	35.00	4.19	1.85				
Min	0.00	34.00	-6.29	0.16	0.28	-4.30	0.16	-3.90
Real RMSE	0.46		True S.D.	1.78	Separation	3.86	Particip Reliability	0.94
Model RMSE	0.43		True S.D.	1.79	Separation	4.15	Particip Reliability	0.95
S.E. of participant mean = 0.13								
Participant raw score-to-measure correlation = 0.91								
Cronbach Alpha (KR-20) Participant raw score reliability = 0.98								

**Table 71 Summary Statistics of 178 Extreme and Non-Extreme Participants for the Afrikaans PDSS**

	Raw Score	Count	Measure	Model Error	Infit		Outfit	
					MNSQ	ZSTD	MNSQ	ZSTD
Mean	45.70	35.00	-1.21	0.32				
S.D.	34.70	0.10	1.72	0.36				
Max	129.00	35.00	2.60	1.83				
Min	0.00	34.00	-5.84	0.16				
Real RMSE	0.50		True S.D.	1.64	Separation	3.27	Particip Reliability	0.91
Model RMSE	0.49		True S.D.	1.65	Separation	3.39	Particip Reliability	0.92
S.E. of participant mean = 0.13								
Participant raw score-to-measure correlation = 0.91								
Cronbach Alpha (KR-20) Participant raw score reliability = 0.98								

**Table 72 Item Option and Distractor Frequencies for English PDSS Sleeping/Eating Disturbances Content Scale: Measure Order (N = 187)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
29	0	0	109	58	-2.19	.14	1.0	-.61	PDSS_29	0 Strongly Disagree
	1	1	36	19	-.85	.12	1.0	.12		1 Disagree
	2	2	17	9	0.39	.18	0.5	.30		2 Neither Disagree nor Agree
	3	3	13	7	0.04*	.23	1.9	.20		3 Agree
	4	4	12	6	1.94	.40	1.2	.48		4 Strongly Agree
8	0	0	93	50	-2.38	.15	1.1	-.62	PDSS_8	0 Strongly Disagree
	1	1	38	20	-1.02	.14	1.4	.07		1 Disagree
	2	2	17	9	-0.41	.20	1.2	.16		2 Neither Disagree nor Agree
	3	3	28	15	0.26	.18	1.1	.37		3 Agree
	4	4	11	6	1.84	.42	0.9	.44		4 Strongly Agree
22	0	0	87	47	-2.63	.14	0.8	-.72	PDSS_22	0 Strongly Disagree
	1	1	36	19	-1.02	.10	0.6	.07		1 Disagree
	2	2	20	11	-0.04	.17	0.8	.24		2 Neither Disagree nor Agree
	3	3	29	16	0.20	.16	0.8	.36		3 Agree
	4	4	15	8	1.43	.34	0.9	.45		4 Strongly Agree
15	0	0	84	45	-2.66	.14	0.9	-.71	PDSS_15	0 Strongly Disagree
	1	1	36	19	-1.03	.11	0.8	.07		1 Disagree
	2	2	18	10	-0.25	.16	0.7	.19		2 Neither Disagree nor Agree
	3	3	30	16	-0.08	.11	0.7	.30		3 Agree
	4	4	18	10	1.63	.29	0.7	.54		4 Strongly Agree
		MISSING ***		1	1#	-1.24				.00
1	0	0	61	33	-3.03	.17	1.3	-.69	PDSS_1	0 Strongly Disagree
	1	1	49	26	-1.35	.10	0.6	-.02		1 Disagree
	2	2	17	9	-0.51	.16	0.8	.14		2 Neither Disagree nor Agree
	3	3	42	22	0.07	.17	1.2	.41		3 Agree
	4	4	18	10	0.98	.32	1.1	.42		4 Strongly Agree

\* Average ability does not ascend with category score

# Missing % includes all categories. Scored % only of scored categories

**Table 73 Item Option and Distractor Frequencies for English PDSS Anxiety/Insecurity Content Scale: Measure Order (N = 187)**

ENTRY	DATA	SCORE	DATA	AVERAGE	S.E.	OUTF				
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
16	0	0	85	45	-2.31	.19	1.1	-.68	PDSS_16	0 Strongly Disagree
	1	1	44	24	-0.31	.11	0.4	.08		1 Disagree
	2	2	22	12	0.57	.20	1.0	.20		2 Neither Disagree nor Agree
	3	3	26	14	1.52	.20	0.8	.39		3 Agree
	4	4	10	5	3.62	.46	0.9	.46		4 Strongly Agree
30	0	0	84	45	-2.29	.19	1.0	-.67	PDSS_30	0 Strongly Disagree
	1	1	44	24	-0.28	.14	0.7	.09		1 Disagree
	2	2	22	12	0.48	.18	0.8	.19		2 Neither Disagree nor Agree
	3	3	24	13	1.18	.25	2.0	.32		3 Agree
	4	4	13	7	3.40	.38	0.7	.50		4 Strongly Agree
23	0	0	52	28	-3.07	.23	1.0	-.68	PDSS_23	0 Strongly Disagree
	1	1	34	18	-1.13	.18	1.7	-.10		1 Disagree
	2	2	20	11	-0.66	.12	0.4	.00		2 Neither Disagree nor Agree
	3	3	42	22	0.23	.12	0.6	.21		3 Agree
	4	4	39	21	2.05	.23	0.7	.62		4 Strongly Agree
2	0	0	33	18	-3.62	.29	1.1	-.62	PDSS_2	0 Strongly Disagree
	1	1	53	28	-1.50	.16	1.3	-.24		1 Disagree
	2	2	22	12	-0.13	.17	0.9	.08		2 Neither Disagree nor Agree
	3	3	46	25	0.54	.19	1.7	.31		3 Agree
	4	4	33	18	1.68	.30	1.7	.49		4 Strongly Agree
9	0	0	25	13	-4.20	.31	1.4	-.63	PDSS_9	0 Strongly Disagree
	1	1	34	18	-1.98	.17	0.7	-.28		1 Disagree
	2	2	30	16	-0.85	.16	0.8	-.04		2 Neither Disagree nor Agree
	3	3	62	33	0.04	.14	1.0	.22		3 Agree
	4	4	36	19	2.05	.24	0.8	.59		4 Strongly Agree



**Table 74 Item Option and Distractor Frequencies for English PDSS Emotional Liability Content Scale: Measure Order (N = 187)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
10	0	0	73	39	-2.49	.19	0.8	-.72	PDSS_10	0 Strongly Disagree
	1	1	40	21	-0.41	.13	0.5	-.02		1 Disagree
	2	2	23	12	0.74	.18	0.7	.17		2 Neither Disagree nor Agree
	3	3	30	16	1.47	.18	0.9	.33		3 Agree
	4	4	21	11	3.57	.35	1.1	.58		4 Strongly Agree
31	0	0	80	43	-2.28	.19	1.4	-.70	PDSS_31	0 Strongly Disagree
	1	1	21	11	-0.70	.19	0.6	-.05		1 Disagree
	2	2	21	11	0.60	.12	0.3	.14		2 Neither Disagree nor Agree
	3	3	39	21	0.97	.19	2.5	.28		3 Agree
	4	4	26	14	3.28	.31	1.0	.60		4 Strongly Agree
17	0	0	62	33	-2.71	.20	1.0	-.69	PDSS_17	0 Strongly Disagree
	1	1	36	19	-0.77	.13	0.5	-.09		1 Disagree
	2	2	20	11	0.36	.20	0.8	.10		2 Neither Disagree nor Agree
	3	3	38	20	1.04	.20	1.9	.29		3 Agree
	4	4	31	17	2.81	.32	1.2	.58		4 Strongly Agree
3	0	0	33	18	-3.45	.27	1.2	-.60	PDSS_3	0 Strongly Disagree
	1	1	38	20	-1.76	.17	0.8	-.30		1 Disagree
	2	2	20	11	-0.68	.25	1.2	-.05		2 Neither Disagree nor Agree
	3	3	53	28	0.54	.14	0.8	.23		3 Agree
	4	4	43	23	2.41	.26	1.0	.62		4 Strongly Agree
24	0	0	23	12	-3.69	.37	1.8	-.52	PDSS_24	0 Strongly Disagree
	1	1	40	21	-2.11	.18	0.9	-.39		1 Disagree
	2	2	25	13	-0.79	.18	0.7	-.07		2 Neither Disagree nor Agree
	3	3	48	26	0.08	.14	0.9	.10		3 Agree
	4	4	51	27	2.41	.21	0.7	.70		4 Strongly Agree

**Table 75 Item Option and Distractor Frequencies for English PDSS Mental Confusion Content Scale: Measure Order (N = 187)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
18	0	0	87	47	-3.50	.20	0.9	-.73	PDSS_18	0 Strongly Disagree
	1	1	35	19	-0.87	.14	0.5	.06		1 Disagree
	2	2	19	10	-0.07	.15	0.5	.13		2 Neither Disagree nor Agree
	3	3	25	13	0.76	.23	1.3	.27		3 Agree
	4	4	21	11	4.16	.35	0.6	.66		4 Strongly Agree
32	0	0	59	32	-4.21	.22	1.1	-.69	PDSS_32	0 Strongly Disagree
	1	1	53	28	-1.60	.16	0.9	-.08		1 Disagree
	2	2	22	12	-0.30	.15	0.5	.12		2 Neither Disagree nor Agree
	3	3	38	20	1.03	.20	0.7	.39		3 Agree
	4	4	15	8	4.71	.37	0.8	.60		4 Strongly Agree
11	0	0	49	26	-4.58	.21	1.1	-.68	PDSS_11	0 Strongly Disagree
	1	1	55	29	-1.89	.17	1.2	-.14		1 Disagree
	2	2	27	14	-0.09	.16	0.6	.16		2 Neither Disagree nor Agree
	3	3	43	23	0.96	.22	0.9	.41		3 Agree
	4	4	13	7	4.54	.59	1.0	.54		4 Strongly Agree
4	0	0	64	34	-4.00	.22	1.3	-.68	PDSS_4	0 Strongly Disagree
	1	1	46	25	-1.53	.17	1.0	-.06		1 Disagree
	2	2	24	13	-0.32	.20	1.1	.12		2 Neither Disagree nor Agree
	3	3	31	17	0.60	.24	1.3	.28		3 Agree
	4	4	22	12	3.88	.38	0.7	.64		4 Strongly Agree
25	0	0	49	26	-4.68	.20	1.1	-.70	PDSS_25	0 Strongly Disagree
	1	1	44	24	-1.94	.15	0.6	-.13		1 Disagree
	2	2	32	17	-0.11	.25	1.9	.17		2 Neither Disagree nor Agree
	3	3	42	22	0.34	.21	1.4	.29		3 Agree
	4	4	20	11	3.67	.49	1.2	.58		4 Strongly Agree

**Table 76 Item Option and Distractor Frequencies for English PDSS Loss of Self Content Scale: Measure Order (N = 187)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
33	0	0	78	42	-4.60	.18	0.8	-.79	PDSS_33	0 Strongly Disagree
	1	1	45	24	-1.07	.14	0.4	.07		1 Disagree
	2	2	24	13	0.38	.25	1.0	.21		2 Neither Disagree nor Agree
	3	3	21	11	1.46	.22	0.7	.31		3 Agree
	4	4	19	10	4.67	.40	1.5	.62		4 Strongly Agree
19	0	0	82	44	-4.37	.19	0.9	-.76	PDSS_19	0 Strongly Disagree
	1	1	37	20	-1.36	.21	1.2	.02		1 Disagree
	2	2	19	10	0.08	.20	0.6	.16		2 Neither Disagree nor Agree
	3	3	29	16	1.22	.22	0.8	.35		3 Agree
	4	4	20	11	4.67	.32	0.8	.64		4 Strongly Agree
12	0	0	71	38	-4.74	.19	1.1	-.76	PDSS_12	0 Strongly Disagree
	1	1	42	22	-1.37	.19	0.9	.02		1 Disagree
	2	2	28	15	-0.30	.18	0.8	.15		2 Neither Disagree nor Agree
	3	3	27	14	1.37	.29	1.3	.35		3 Agree
	4	4	19	10	4.61	.37	1.1	.61		4 Strongly Agree
26	0	0	69	37	-4.86	.17	0.9	-.77	PDSS_26	0 Strongly Disagree
	1	1	45	24	-1.47	.18	0.8	.00		1 Disagree
	2	2	23	12	-0.12	.16	0.5	.15		2 Neither Disagree nor Agree
	3	3	26	14	1.14	.29	1.3	.32		3 Agree
	4	4	24	13	4.03	.40	1.2	.63		4 Strongly Agree
5	0	0	49	26	-5.25	.21	1.5	-.67	PDSS_5	0 Strongly Disagree
	1	1	46	25	-2.60	.22	1.0	-.19		1 Disagree
	2	2	23	12	-0.94	.23	1.0	.06		2 Neither Disagree nor Agree
	3	3	36	19	0.30	.23	1.6	.26		3 Agree
	4	4	33	18	3.33	.39	1.1	.67		4 Strongly Agree

**Table 77 Item Option and Distractor Frequencies for English PDSS Guilt/Shame Content Scale: Measure Order (N = 187)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
27	0	0	92	49	-3.42	.22	1.1	-.71	PDSS_27	0 Strongly Disagree
	1	1	38	20	-0.90	.17	1.0	.06		1 Disagree
	2	2	18	10	0.45	.31	1.5	.18		2 Neither Disagree nor Agree
	3	3	19	10	1.90	.35	1.2	.35		3 Agree
	4	4	20	11	3.59	.40	2.3	.55		4 Strongly Agree
20	0	0	98	52	-3.35	.21	1.6	-.73	PDSS_20	0 Strongly Disagree
	1	1	30	16	-0.71	.15	0.5	.08		1 Disagree
	2	2	12	6	0.47	.24	0.5	.15		2 Neither Disagree nor Agree
	3	3	25	13	1.23	.28	1.2	.32		3 Agree
	4	4	22	12	3.67	.37	1.8	.59		4 Strongly Agree
34	0	0	76	41	-4.11	.19	0.7	-.78	PDSS_34	0 Strongly Disagree
	1	1	42	22	-0.93	.12	0.5	.06		1 Disagree
	2	2	12	6	-0.45	.14	0.5	.07		2 Neither Disagree nor Agree
	3	3	28	15	0.77	.17	0.4	.28		3 Agree
	4	4	29	16	3.52	.27	0.7	.67		4 Strongly Agree
13	0	0	52	28	-4.78	.19	1.3	-.72	PDSS_13	0 Strongly Disagree
	1	1	39	21	-2.09	.20	0.9	-.14		1 Disagree
	2	2	20	11	-0.46	.19	0.9	.09		2 Neither Disagree nor Agree
	3	3	50	27	0.32	.20	1.1	.31		3 Agree
	4	4	26	14	3.45	.31	0.9	.62		4 Strongly Agree
6	0	0	49	26	-4.82	.21	1.5	-.70	PDSS_6	0 Strongly Disagree
	1	1	43	23	-2.29	.19	0.8	-.19		1 Disagree
	2	2	22	12	-0.46	.13	0.5	.10		2 Neither Disagree nor Agree
	3	3	43	23	0.18	.17	0.8	.26		3 Agree
	4	4	30	16	3.45	.25	0.6	.68		4 Strongly Agree

**Table 78 Item Option and Distractor Frequencies for English PDSS Suicidal Thoughts Content Scale: Measure Order (N = 187)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
21	0	0	136	73	-4.01	.08	0.7	-.79	PDSS_21	0 Strongly Disagree
	1	1	20	11	-1.17	.25	1.1	.23		1 Disagree
	2	2	16	9	-0.23	.32	0.8	.31		2 Neither Disagree nor Agree
	3	3	7	4	0.96	.74	1.5	.30		3 Agree
	4	4	8	4	5.34	.35	0.8	.69		4 Strongly Agree
7	0	0	140	75	-3.93	.08	0.8	-.79	PDSS_7	0 Strongly Disagree
	1	1	17	9	-1.57	.17	0.7	.15		1 Disagree
	2	2	10	5	-0.04	.35	0.6	.26		2 Neither Disagree nor Agree
	3	3	11	6	1.12	.46	0.6	.39		3 Agree
	4	4	9	5	4.76	.66	1.4	.68		4 Strongly Agree
14	0	0	138	74	-3.97	.08	0.8	-.79	PDSS_14	0 Strongly Disagree
	1	1	13	7	-1.72	.18	0.6	.12		1 Disagree
	2	2	12	6	-0.66	.21	0.4	.22		2 Neither Disagree nor Agree
	3	3	14	7	0.44	.32	0.7	.37		3 Agree
	4	4	10	5	4.95	.40	0.6	.74		4 Strongly Agree
35	0	0	130	70	-4.07	.07	0.9	-.78	PDSS_35	0 Strongly Disagree
	1	1	21	11	-1.65	.13	0.4	.16		1 Disagree
	2	2	8	4	-1.10	.35	1.2	.14		2 Neither Disagree nor Agree
	3	3	12	6	-0.16	.26	0.7	.28		3 Agree
	4	4	15	8	3.78	.54	0.6	.78		4 Strongly Agree
		MISSING ***		1	1#	-4.15			-.04	
28	0	0	127	68	-4.03	.09	1.9	-.72	PDSS_28	0 Strongly Disagree
	1	1	21	11	-1.92	.26	2.0	.12		1 Disagree
	2	2	13	7	-1.57	.26	1.5	.13		2 Neither Disagree nor Agree
	3	3	9	5	-0.63	.33	1.2	.19		3 Agree
	4	4	17	9	3.26	.61	1.6	.77		4 Strongly Agree

# Missing % includes all categories. Scored % only of scored categories

**Table 79 Item Option and Distractor Frequencies for Afrikaans PDSS Sleeping/Eating Disturbances Content Scale: Measure Order (N = 178)**

ENTRY	DATA	SCORE	DATA	AVERAGE	S.E.	OUTF				
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
29	0	0	112	63	-2.83	.13	1.1	-.72	PDSS_29	0 Strongly Disagree
	1	1	26	15	-0.79	.16	1.0	.25		1 Disagree
	2	2	9	5	-0.14	.22	0.5	.22		2 Neither Disagree nor Agree
	3	3	26	15	0.14	.13	1.0	.47		3 Agree
	4	4	5	3	0.93	.37	0.8	.27		4 Strongly Agree
22	0	0	107	60	-2.96	.12	0.7	-.77	PDSS_22	0 Strongly Disagree
	1	1	29	16	-0.91	.15	0.9	.24		1 Disagree
	2	2	7	4	-0.21	.22	0.4	.19		2 Neither Disagree nor Agree
	3	3	27	15	0.29	.10	0.4	.51		3 Agree
	4	4	8	4	0.84	.26	0.7	.33		4 Strongly Agree
15	0	0	110	62	-2.91	.13	0.8	-.75	PDSS_15	0 Strongly Disagree
	1	1	28	16	-0.81	.12	0.5	.26		1 Disagree
	2	2	6	3	0.13	.28	0.6	.21		2 Neither Disagree nor Agree
	3	3	24	13	0.19	.13	0.7	.46		3 Agree
	4	4	10	6	0.63	.24	0.8	.34		4 Strongly Agree
8	0	0	94	53	-3.13	.13	1.2	-.76	PDSS_8	0 Strongly Disagree
	1	1	40	22	-1.00	.14	1.0	.26		1 Disagree
	2	2	8	4	-0.37	.30	1.1	.18		2 Neither Disagree nor Agree
	3	3	30	17	0.00	.12	1.1	.47		3 Agree
	4	4	6	3	1.20	.27	0.7	.32		4 Strongly Agree
1	0	0	82	46	-3.32	.13	1.3	-.76	PDSS_1	0 Strongly Disagree
	1	1	36	20	-1.46	.16	1.0	.11		1 Disagree
	2	2	15	8	-0.29	.27	1.8	.27		2 Neither Disagree nor Agree
	3	3	34	19	-0.18	.14	1.4	.46		3 Agree
	4	4	11	6	0.42	.17	0.9	.33		4 Strongly Agree

**Table 80 Item Option and Distractor Frequencies for Afrikaans PDSS Anxiety/Insecurity Content Scale: Measure Order (N = 178)**

ENTRY	DATA	SCORE	DATA	AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS
16	0	0	81	46	-1.82	.16	0.8	-.70	PDSS_16
	1	1	37	21	-0.09	.12	0.6	.14	
	2	2	17	10	0.26	.16	0.9	.16	
	3	3	37	21	1.10	.13	0.7	.50	
	4	4	6	3	1.65	.21	0.9	.24	
30	0	0	67	38	-1.91	.19	1.5	-.64	PDSS_30
	1	1	30	17	-0.40	.20	1.7	.04	
	2	2	25	14	0.38	.13	0.5	.22	
	3	3	44	25	0.51	.16	2.2	.36	
	4	4	12	7	1.04	.36	1.6	.25	
2	0	0	47	26	-2.35	.22	1.1	-.65	PDSS_2
	1	1	40	22	-0.94	.15	1.0	-.13	
	2	2	24	13	-0.34	.13	0.6	.05	
	3	3	43	24	0.55	.10	0.6	.37	
	4	4	24	13	1.53	.15	0.7	.49	
23	0	0	52	29	-2.42	.19	0.7	-.72	PDSS_23
	1	1	19	11	-1.16	.19	0.9	-.13	
	2	2	12	7	0.05	.19	1.0	.09	
	3	3	57	32	0.22	.10	0.9	.31	
	4	4	38	21	1.02	.15	1.0	.49	
9	0	0	21	12	-3.48	.29	1.2	-.64	PDSS_9
	1	1	31	17	-1.67	.16	0.7	-.31	
	2	2	26	15	-0.69	.14	0.6	-.04	
	3	3	66	37	0.26	.12	1.2	.37	
	4	4	34	19	0.88	.16	1.1	.41	

**Table 81 Item Option and Distractor Frequencies for Afrikaans PDSS Emotional Liability Content Scale: Measure Order (N = 178)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
10	0	0	76	43	-2.51	.22	1.0	-.72	PDSS_10	0 Strongly Disagree
	1	1	27	15	-0.24	.14	0.5	.05		1 Disagree
	2	2	15	8	0.55	.20	0.8	.14		2 Neither Disagree nor Agree
	3	3	43	24	1.18	.16	1.7	.41		3 Agree
	4	4	17	10	2.67	.40	1.1	.44		4 Strongly Agree
17	0	0	58	33	-2.95	.24	1.1	-.71	PDSS_17	0 Strongly Disagree
	1	1	30	17	-1.02	.21	1.3	-.09		1 Disagree
	2	2	25	14	0.59	.20	1.4	.19		2 Neither Disagree nor Agree
	3	3	44	25	1.02	.12	0.7	.37		3 Agree
	4	4	21	12	2.33	.38	1.2	.44		4 Strongly Agree
31	0	0	57	32	-3.18	.22	0.9	-.77	PDSS_31	0 Strongly Disagree
	1	1	33	19	-0.54	.12	0.4	.00		1 Disagree
	2	2	26	15	0.41	.18	1.1	.16		2 Neither Disagree nor Agree
	3	3	40	22	0.96	.14	0.9	.34		3 Agree
	4	4	22	12	2.58	.32	1.0	.49		4 Strongly Agree
3	0	0	35	20	-3.95	.25	2.2	-.72	PDSS_3	0 Strongly Disagree
	1	1	24	13	-1.85	.25	1.1	-.22		1 Disagree
	2	2	17	10	-0.22	.14	0.7	.04		2 Neither Disagree nor Agree
	3	3	72	40	0.38	.13	1.2	.31		3 Agree
	4	4	30	17	2.20	.27	0.9	.52		4 Strongly Agree
24	0	0	33	19	-4.15	.22	1.4	-.73	PDSS_24	0 Strongly Disagree
	1	1	32	18	-1.61	.19	0.7	-.22		1 Disagree
	2	2	15	8	-0.56	.26	0.9	.00		2 Neither Disagree nor Agree
	3	3	63	35	0.48	.10	0.7	.31		3 Agree
	4	4	35	20	2.11	.26	0.9	.55		4 Strongly Agree



**Table 82 Item Option and Distractor Frequencies for Afrikaans PDSS Mental Confusion Content Scale: Measure Order (N = 178)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
18	0	0	86	48	-3.82	.19	0.9	-.70	PDSS_18	0 Strongly Disagree
	1	1	47	26	-1.32	.14	0.8	.12		1 Disagree
	2	2	16	9	-0.22	.22	0.7	.19		2 Neither Disagree nor Agree
	3	3	20	11	1.21	.23	0.5	.40		3 Agree
	4	4	9	5	4.27	.82	0.9	.52		4 Strongly Agree
11	0	0	50	28	-4.86	.21	1.0	-.69	PDSS_11	0 Strongly Disagree
	1	1	65	37	-2.09	.13	0.7	-.06		1 Disagree
	2	2	21	12	-0.34	.16	0.4	.21		2 Neither Disagree nor Agree
	3	3	38	21	0.76	.24	1.0	.50		3 Agree
	4	4	4	2	6.36	.71	0.7	.46		4 Strongly Agree
25	0	0	57	32	-4.71	.20	0.9	-.72	PDSS_25	0 Strongly Disagree
	1	1	58	33	-1.85	.11	0.5	.00		1 Disagree
	2	2	16	9	-0.45	.24	0.8	.16		2 Neither Disagree nor Agree
	3	3	40	22	0.48	.22	1.1	.47		3 Agree
	4	4	7	4	4.62	1.06	0.7	.48		4 Strongly Agree
32	0	0	58	33	-4.42	.24	1.7	-.66	PDSS_32	0 Strongly Disagree
	1	1	52	29	-2.08	.14	0.8	-.05		1 Disagree
	2	2	24	13	-0.87	.22	1.1	.14		2 Neither Disagree nor Agree
	3	3	36	20	0.59	.24	1.0	.45		3 Agree
	4	4	8	4	4.12	.96	1.1	.48		4 Strongly Agree
4	0	0	67	38	-4.28	.21	1.1	-.69	PDSS_4	0 Strongly Disagree
	1	1	45	25	-1.74	.16	1.2	.03		1 Disagree
	2	2	18	10	-0.65	.27	1.3	.15		2 Neither Disagree nor Agree
	3	3	36	20	0.26	.25	1.5	.39		3 Agree
	4	4	12	7	2.99	.87	2.4	.48		4 Strongly Agree

**Table 83 Item Option and Distractor Frequencies for Afrikaans PDSS Loss of Self Content Scale: Measure Order (N = 178)**

ENTRY	DATA	SCORE	DATA	AVERAGE	S.E.	OUTF				
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
33	0	0	86	48	-3.79	.19	1.1	-.72	PDSS_33	0 Strongly Disagree
	1	1	40	22	-1.30	.18	1.1	.08		1 Disagree
	2	2	14	8	-0.18	.27	1.3	.16		2 Neither Disagree nor Agree
	3	3	26	15	1.33	.26	1.3	.44		3 Agree
	4	4	12	7	3.71	.58	1.3	.51		4 Strongly Agree
26	0	0	80	45	-4.13	.17	0.8	-.78	PDSS_26	0 Strongly Disagree
	1	1	35	20	-1.33	.16	0.8	.06		1 Disagree
	2	2	18	10	-0.01	.15	0.3	.20		2 Neither Disagree nor Agree
	3	3	34	19	1.19	.27	1.0	.49		3 Agree
	4	4	11	6	3.21	.72	1.6	.44		4 Strongly Agree
19	0	0	79	44	-4.02	.19	1.1	-.74	PDSS_19	0 Strongly Disagree
	1	1	37	21	-1.57	.16	0.9	.02		1 Disagree
	2	2	15	8	-0.13	.27	0.8	.17		2 Neither Disagree nor Agree
	3	3	33	19	0.73	.20	0.9	.41		3 Agree
	4	4	14	8	3.78	.43	0.7	.56		4 Strongly Agree
12	0	0	71	40	-4.39	.16	0.8	-.78	PDSS_12	0 Strongly Disagree
	1	1	41	23	-1.53	.14	0.6	.03		1 Disagree
	2	2	14	8	-0.42	.18	0.4	.13		2 Neither Disagree nor Agree
	3	3	42	24	0.98	.22	0.9	.52		3 Agree
	4	4	10	6	3.81	.60	1.0	.47		4 Strongly Agree
5	0	0	56	31	-4.86	.13	0.9	-.76	PDSS_5	0 Strongly Disagree
	1	1	41	23	-1.95	.18	1.2	-.05		1 Disagree
	2	2	15	8	-1.11	.27	1.1	.06		2 Neither Disagree nor Agree
	3	3	44	25	0.26	.19	0.9	.39		3 Agree
	4	4	22	12	2.55	.48	1.2	.56		4 Strongly Agree

**Table 84 Item Option and Distractor Frequencies for Afrikaans PDSS Guilt/Shame Content Scale: Measure Order (N = 178)**

ENTRY	DATA	SCORE	DATA	AVERAGE	S.E.	OUTF				
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
27	0	0	97	54	-3.28	.21	1.1	-.72	PDSS_27	0 Strongly Disagree
	1	1	27	15	-0.82	.17	1.0	.07		1 Disagree
	2	2	15	8	0.96	.29	1.0	.24		2 Neither Disagree nor Agree
	3	3	24	13	1.40	.21	0.9	.37		3 Agree
	4	4	15	8	3.71	.53	3.0	.52		4 Strongly Agree
20	0	0	97	54	-3.35	.20	0.9	-.75	PDSS_20	0 Strongly Disagree
	1	1	25	14	-0.70	.17	0.8	.09		1 Disagree
	2	2	5	3	0.90	.47	1.1	.13		2 Neither Disagree nor Agree
	3	3	36	20	1.21	.18	0.8	.43		3 Agree
	4	4	15	8	3.85	.44	1.1	.53		4 Strongly Agree
34	0	0	61	34	-4.57	.16	0.9	-.79	PDSS_34	0 Strongly Disagree
	1	1	36	20	-1.49	.19	1.1	-.03		1 Disagree
	2	2	15	8	-0.30	.25	0.9	.11		2 Neither Disagree nor Agree
	3	3	44	25	0.69	.14	0.5	.39		3 Agree
	4	4	22	12	3.18	.42	1.0	.57		4 Strongly Agree
6	0	0	61	34	-4.59	.16	1.4	-.80	PDSS_6	0 Strongly Disagree
	1	1	28	16	-1.58	.15	0.5	-.04		1 Disagree
	2	2	15	8	-0.77	.26	1.0	.06		2 Neither Disagree nor Agree
	3	3	51	29	0.48	.14	0.7	.39		3 Agree
	4	4	23	13	3.23	.38	0.8	.60		4 Strongly Agree
13	0	0	56	31	-4.68	.19	4.0	-.77	PDSS_13	0 Strongly Disagree
	1	1	24	13	-1.85	.23	1.0	-.07		1 Disagree
	2	2	22	12	-1.17	.15	0.5	.02		2 Neither Disagree nor Agree
	3	3	50	28	0.43	.15	0.7	.37		3 Agree
	4	4	26	15	2.84	.40	1.0	.58		4 Strongly Agree

**Table 85 Item Option and Distractor Frequencies for Afrikaans PDSS Suicidal Thoughts Content Scale: Measure Order (N = 178)**

ENTRY	DATA	SCORE	DATA		AVERAGE	S.E.	OUTF			
NUMBER	CODE	VALUE	COUNT	%	ABILITY	MEAN	MNSQ	$r_{it}$	PDSS	
7	0	0	135	76	-4.86	.12	1.0	-.79	PDSS_7	0 Strongly Disagree
	1	1	22	12	-1.56	.20	0.9	.30		1 Disagree
	2	2	10	6	0.45	.38	0.6	.38		2 Neither Disagree nor Agree
	3	3	6	3	2.28	.44	0.5	.42		3 Agree
	4	4	5	3	3.32	1.30	5.1	.45		4 Strongly Agree
21	0	0	138	78	-4.82	.11	0.8	-.80	PDSS_21	0 Strongly Disagree
	1	1	18	10	-1.46	.23	1.0	.28		1 Disagree
	2	2	4	2	0.18	.78	1.0	.22		2 Neither Disagree nor Agree
	3	3	13	7	1.15	.38	0.8	.52		3 Agree
	4	4	5	3	3.86	.94	0.8	.49		4 Strongly Agree
14	0	0	131	74	-4.98	.10	0.9	-.82	PDSS_14	0 Strongly Disagree
	1	1	22	12	-1.76	.15	0.6	.28		1 Disagree
	2	2	9	5	-0.11	.26	0.3	.31		2 Neither Disagree nor Agree
	3	3	11	6	1.53	.46	0.8	.51		3 Agree
	4	4	5	3	3.76	.84	1.2	.48		4 Strongly Agree
35	0	0	123	69	-5.15	.09	0.9	-.83	PDSS_35	0 Strongly Disagree
	1	1	24	14	-1.99	.19	0.8	.26		1 Disagree
	2	2	8	5	-0.80	.34	0.7	.24		2 Neither Disagree nor Agree
	3	3	14	8	0.38	.37	1.1	.45		3 Agree
	4	4	8	5	3.45	.59	0.7	.59		4 Strongly Agree
		MISSING ***		1	1#	-2.01			.05	
28	0	0	112	63	-5.34	.07	2.1	-.82	PDSS_28	0 Strongly Disagree
	1	1	25	14	-2.45	.26	1.9	.19		1 Disagree
	2	2	10	6	-1.51	.26	0.7	.20		2 Neither Disagree nor Agree
	3	3	23	13	-0.29	.32	1.2	.50		3 Agree
	4	4	8	4	3.08	.82	1.0	.56		4 Strongly Agree

# Missing % includes all categories. Scored % only of scored categories

**Table 86 Item Correlations with PDSS Dimensions (N = 365)**

PDSS Item	Sleeping / eating disturbances	Anxiety / insecurity	Emotional lability	Mental confusion	Loss of self	Guilt / shame	Suicidal thoughts
<b>Sleeping/Eating Disturbances (SLP)</b>							
PDSS 1	.786**	.488**	.449**	.531**	.457**	.412**	.419**
PDSS 8	.768**	.614**	.582**	.553**	.594**	.584**	.454**
PDSS 15	.832**	.551**	.496**	.563**	.516**	.446**	.453**
PDSS 22	.860**	.584**	.537**	.622**	.584**	.499**	.514**
PDSS 29	.750**	.599**	.560**	.540**	.570**	.563**	.430**
<b>Anxiety/Insecurity (ANX)</b>							
PDSS 2	.616**	.813**	.656**	.623**	.638**	.603**	.433**
PDSS 9	.511**	.815**	.794**	.672**	.665**	.704**	.468**
PDSS 16	.644**	.814**	.708**	.699**	.697**	.615**	.554**
PDSS 23	.564**	.847**	.788**	.674**	.735**	.723**	.524**
PDSS 30	.507**	.726**	.576**	.534**	.536**	.508**	.366**
<b>Emotional Lability (ELB)</b>							
PDSS 3	.552**	.738**	.851**	.727**	.709**	.662**	.447**
PDSS 10	.612**	.768**	.844**	.752**	.815**	.784**	.660**
PDSS 17	.616**	.784**	.850**	.715**	.704**	.700**	.538**
PDSS 24	.496**	.740**	.867**	.688**	.668**	.676**	.479**
PDSS 31	.510**	.714**	.856**	.664**	.659**	.693**	.575**
<b>Mental Confusion (MNT)</b>							
PDSS 4	.559**	.682**	.722**	.847**	.796**	.666**	.609**
PDSS 11	.645**	.693**	.712**	.881**	.759**	.665**	.575**
PDSS 18	.617**	.738**	.741**	.883**	.825**	.686**	.643**
PDSS 25	.627**	.678**	.740**	.864**	.738**	.650**	.563**
PDSS 32	.610**	.671**	.694**	.875**	.725**	.622**	.551**
<b>Loss of Self (LOS)</b>							
PDSS 5	.601**	.708**	.751**	.756**	.876**	.748**	.591**
PDSS 12	.626**	.745**	.774**	.821**	.906**	.755**	.624**
PDSS 19	.583**	.761**	.750**	.785**	.909**	.744**	.598**
PDSS 26	.646**	.729**	.744**	.813**	.905**	.763**	.641**
PDSS 33	.587**	.717**	.719**	.800**	.894**	.745**	.653**
<b>Guilt/Shame (GLT)</b>							
PDSS 6	.586**	.733**	.769**	.700**	.772**	.907**	.606**
PDSS 13	.509**	.720**	.743**	.638**	.717**	.875**	.534**
PDSS 20	.515**	.630**	.664**	.622**	.716**	.866**	.651**



PDSS Item	Sleeping / eating disturbances	Anxiety / insecurity	Emotional lability	Mental confusion	Loss of self	Guilt / shame	Suicidal thoughts
PDSS 27	.549**	.628**	.663**	.673**	.717**	.847**	.708**
PDSS 34	.591**	.759**	.797**	.711**	.772**	.922**	.689**
<b>Suicidal Thoughts (SUI)</b>							
PDSS 7	.499**	.494**	.530**	.600**	.606**	.585**	.919**
PDSS 14	.509**	.506**	.549**	.625**	.606**	.629**	.941**
PDSS 21	.471**	.490**	.559**	.598**	.579**	.594**	.910**
PDSS 28	.553**	.593**	.617**	.625**	.700**	.768**	.850**
PDSS 35	.536**	.555**	.611**	.627**	.637**	.673**	.934**

\*\* Correlation is significant at the 0.01 level (2-tailed).

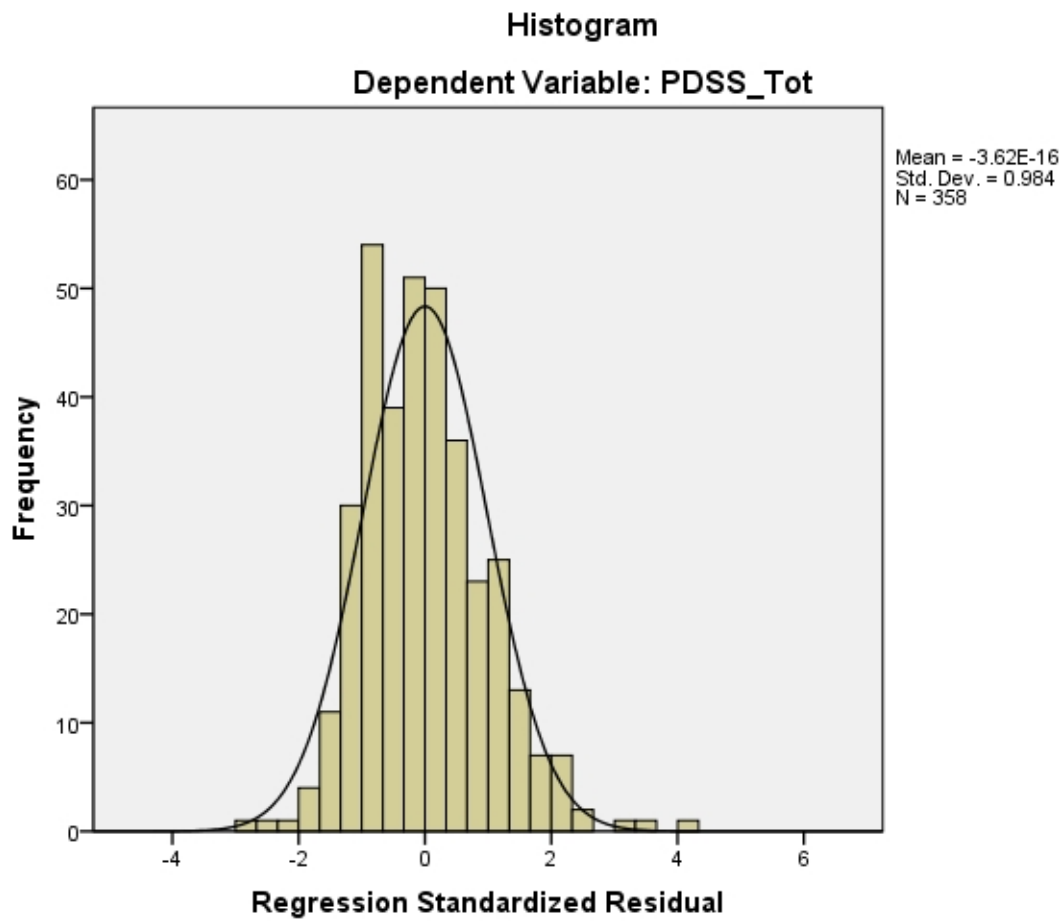
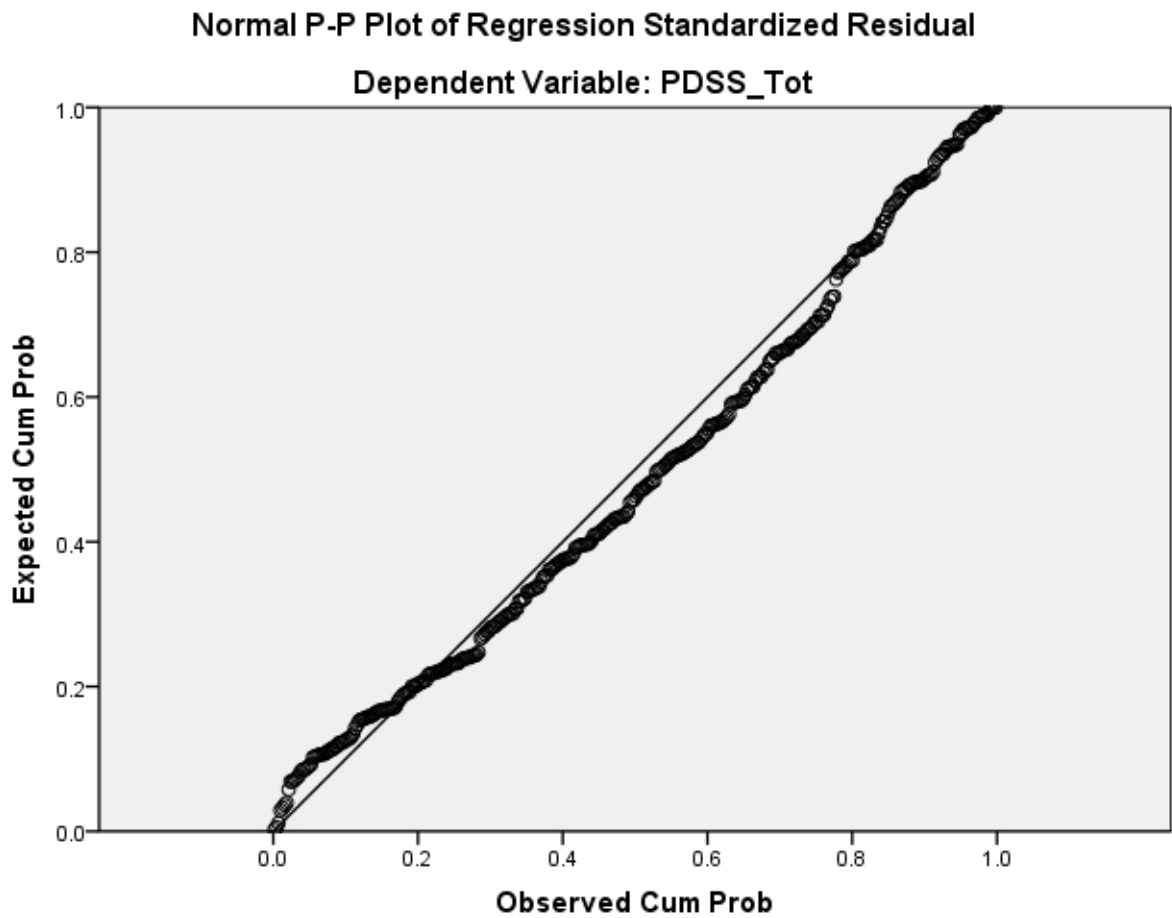


Figure 15 Histogram showing the distribution of the regression standardized residuals.



*Figure 16 Normal probability plot showing the distribution of the regression standardized residuals.*



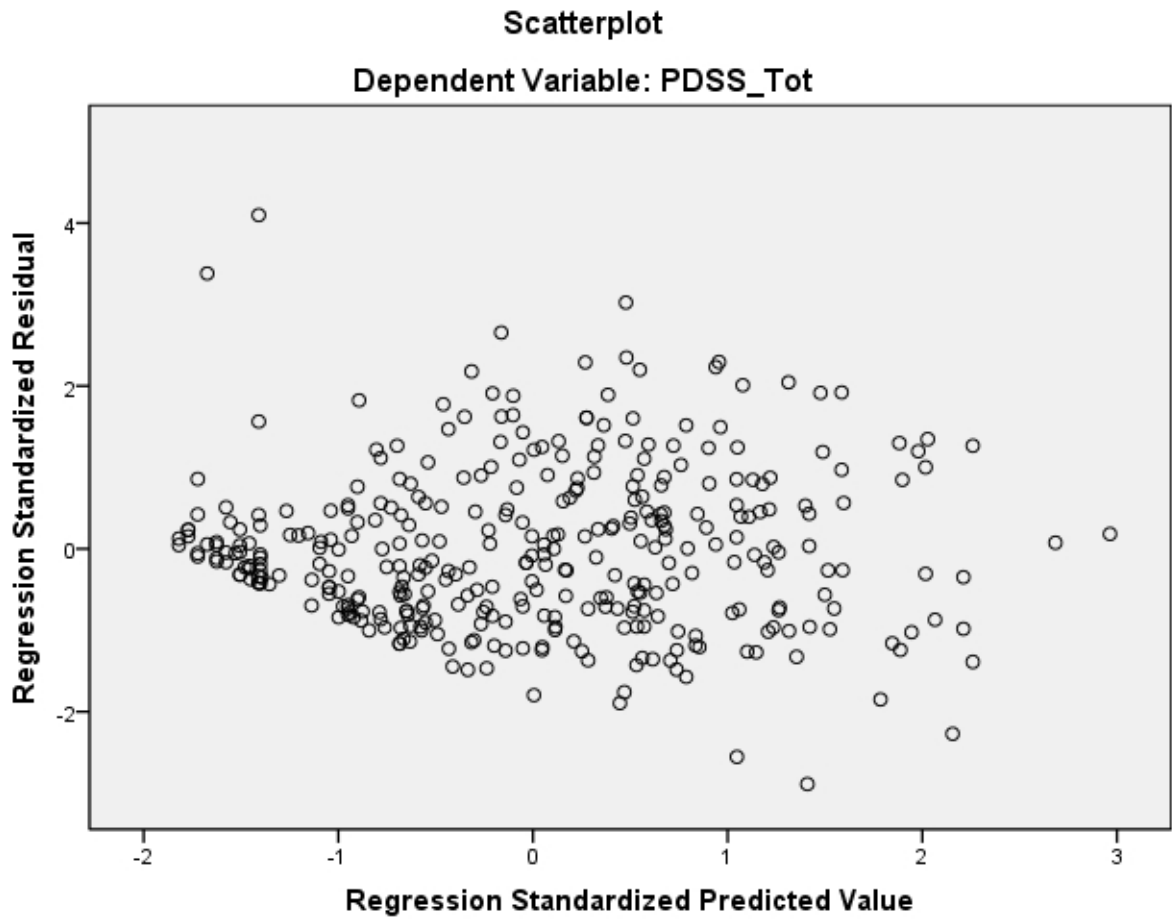


Figure 17 Scatterplot.

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