

Antepartum Bed rest Emotional Impact Inventory (ABEII)

Please respond to each item by circling one response per row.

While on bed rest...		
1	I feel bored.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
2	I feel anxious.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
3	I feel inadequate.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
4	I cry more than usual.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
5	I feel stressed.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
6	I feel out of control.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
7	I feel sad or depressed.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
8	I feel that I have very few options.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

9	I feel that I have little to look forward to each week.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
10	I find it hard to keep my mind off of my concerns about my pregnancy.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
11	I get sudden feelings of panic.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
12	I feel that I can control the minor irritations in my life.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
13	I find it hard to keep my emotions steady.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
14	The time passes very slowly for me.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
15	I feel very alone.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
16	I feel angry because of things that are happening that are outside of my control.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always
17	I feel depressed or sad about being less active than usual.	1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

18 | I have a hard time relaxing.

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Always