

Date your baby was born: ____ / ____ / ____



City Birth Trauma Scale Short Form

This questionnaire asks about your experience during the birth of your most recent baby. It asks about potential traumatic events during (or immediately after) the labour and birth, and whether you are experiencing symptoms that are reported by some people after birth.

Although these questions refer to the birth, some people have symptoms about events that happened before or after labour and birth. If this is the case for you, and these events were related to pregnancy, birth, or the baby then please answer for these events.

Please tick the responses closest to your experience.

Q1. Did you find any part of the birth distressing or traumatic?	YES 1	NO 0
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The next questions ask about symptoms you may have experienced. Please indicate how often you have experienced the following symptoms in the last week:

	NOT AT ALL	ONCE	2 - 4 TIMES	5 OR MORE TIMES
Q2. Getting upset when reminded of the birth	0	1	2	3
Q3. Trying to avoid thinking about the birth	0	1	2	3
Q4. Feeling strong negative emotions about the birth (e.g. fear, anger, shame)	0	1	2	3
Q5. Feeling tense and on edge	0	1	2	3

Thank you for completing this questionnaire

Scoring information

The questionnaire can be used as a brief measure of traumatic birth and PTSD symptoms.

Traumatic birth is present if respondents answer:

- Q1. 'yes' (score 1)

Questions Q2 to Q5 assess symptoms of PTSD.

PTSD symptoms are present if respondents answer:

- Q2. Reexperiencing symptom (score of 1 or more)
- Q3. Avoidance symptom (score of 1 or more)
- Q4. Negative cognitions and mood symptom (score of 1 or more)
- Q5. Hyperarousal symptom (score of 1 or more)

Questions Q2 to Q4 can be summed to give an indication of the extent of PTSD symptoms. A cut-off has not been established for the short form so this needs further research.

Norms from the INTERSECT dataset of 11,302 women (www.intersectstudy.org) can be used as a guide. These are:

- Women who had major complications during birth: mean score 4.11
- Women whose infants had major complications: mean score 4.11
- Women who had emergency caesarean sections: mean score 3.30
- Women who had probable depression (assessed by EPDS): mean score 3.85