The Wijma Delivery Expectancy/Experience Questionnaire
(W-DEQ) version B
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INSTRUCTION

This questionnaire is about feelings and thoughts women may have after childbirth.

The answers to each question appear as a scale from 0 to 5. The outermost answers (0 and 5 respectively) correspond to the opposite extremes of a certain feeling or thought.

Please complete each question by drawing a circle around the number belonging to the answer which most closely corresponds to **how you now think** your labour and delivery was.

Please answer **how you now think** your delivery was - *not the way you wish it would have been.*

I How did you experience your labour and delivery as a whole?

1 0 1 2 3 4 5
Extremely fantastic — Not at all fantastic

2 0 1 2 3 4 5
Extremely frightful — Not at all frightful

II How did you feel in general during the labour and delivery?

3 0 1 2 3 4 5
Extremely lonely — Not at all lonely

4 0 1 2 3 4 5
Extremely strong — Not at all strong

5 0 1 2 3 4 5
Extremely confident — Not at all confident

6 0 1 2 3 4 5
Extremely afraid — Not at all afraid

7 0 1 2 3 4 5
Extremely deserted — Not at all deserted

II How did you feel in general during the labour and delivery?

8	0	1	2	3	4	5
	Extremely weak					Not at all weak
9	0	1	2	3	4	5
	Extremely safe					Not at all safe
10	0	1	2	3	4	5
	Extremely independent					Not at all independent
11	0	1	2	3	4	5
	Extremely desolate					Not at all desolate
12	0	1	2	3	4	5
	Extremely tense					Not at all tense
13	0	1	2	3	4	5
	Extremely glad					Not at all glad
14	0	1	2	3	4	5
	Extremely proud					Not at all proud
15	0	1	2	3	4	5
	Extremely abandoned					Not at all abandoned
16	0	1	2	3	4	5
	Totally composed					Not at all composed
17	0	1	2	3	4	5
	Extremely relaxed					Not at all relaxed
18	0	1	2	3	4	5
	Extremely happy					Not at all happy

III What did you feel during the labour and delivery?

19 0 1 2 3 4 5
Extreme panic — No panic at all

20 0 1 2 3 4 5
Extreme hopelessness — No hopelessness at all

21 0 1 2 3 4 5
Extreme longing for the child — No longing for the child at all

22 0 1 2 3 4 5
Extreme self-confidence — No self-confidence at all

23 0 1 2 3 4 5
Extreme trust — No trust at all

24 0 1 2 3 4 5
Extreme pain — No pain at all

IV What happened when the labour was most intense?

25 0 1 2 3 4 5
I behaved extremely badly — I did not behave badly at all

26 0 1 2 3 4 5
I allowed my body to take total control — I did not allow my body to take control at all

27 0 1 2 3 4 5
I lost totally control of myself — I did not lose control of myself at all

V How was the very moment you delivered the baby?

28 0 1 2 3 4 5
Extremely enjoyable — Not at all enjoyable

29 0 1 2 3 4 5
Extremely natural — Not at all natural

30 0 1 2 3 4 5
Totally as it should be — Not at all as it should be

31 0 1 2 3 4 5
Extremely dangerous — Not at all dangerous

VI Had you, during the labour and delivery, fantasies like for example.....

32 ... fantasies that your child would die during labour/delivery?

0 1 2 3 4 5
Never — Very often

33 ... fantasies that your child would be injured during labour/delivery?

0 1 2 3 4 5
Never — Very often

Would you please now check that you have not forgotten to answer any questions?