

SCREENIVF English version

Introduction for patients who are going to start fertility treatment

Screening on distress in fertility treatment

We would like to support couples during treatment in the best possible way, which is why we are using ScreenIVF to help us determine the possible emotional impact of treatment on you. We will then be able to advise you to whether you might benefit from additional support from the psychological support team after completing the questionnaire via email.

You will receive the results of the screening questionnaire via email. If you have any questions or concerns please contact Lizanne Van Waart on lizanne@vanwaart.co.za

Anxiety

Below you can find a couple of statements that people use to describe themselves. Read every item carefully and encircle the number next to the statement that most closely matches with how you felt during *the last week*. There are no right or wrong answers. Don't think too much, your first impression is usually best. So it is about how you felt during *the last week*.

	Nearly never	Sometimes	Often	Nearly always
I feel fine *	1	2	3	4
I feel satisfied *	1	2	3	4
I worry too much about not really important things	1	2	3	4
I am happy *	1	2	3	4
I am troubled by disturbing thoughts	1	2	3	4
I feel safe *	1	2	3	4
I am pleased *	1	2	3	4
There are thoughts that keep haunting me	1	2	3	4
I take disappointments so seriously that I cannot get them out of my mind	1	2	3	4
I get very nervous and worried when thinking about my current troubles	1	2	3	4

* reverse scoring, see instruction. Do not indicate asterisks on patient form

Depression

The next questionnaire consists of statements in a cluster together. Read every statement carefully. In each cluster select that statement that most closely matches with how you felt during the last week. Encircle the number before the line of the statement you chose. Be sure that you carefully read each statement before making a choice. So it is about how you felt during *the last week*.

- 0 I do not feel sad.
 - 1 I feel sad.
 - 2 I am sad all the time and I can't snap out of it.
 - 3 I am so sad and unhappy that I can't stand it.
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- 0 I am not particularly discouraged about the future.
 - 1 I feel discouraged about the future.
 - 2 I feel I have nothing to look forward to.
 - 3 I feel the future is hopeless and that things cannot improve.
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- 0 I do not feel like a failure.
 - 1 I feel I have failed more than the average person.
 - 2 As I look back on my life, all I can see is a lot of failures.
 - 3 I feel I am a complete failure as a person.

- 0 I get as much satisfaction out of things as I used to.
 - 1 I don't enjoy things the way I used to.
 - 2 I don't get real satisfaction out of anything anymore.
 - 3 I am dissatisfied or bored with everything.
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- 0 I don't feel disappointed in myself.
 - 1 I am disappointed in myself.
 - 2 I am disgusted with myself.
 - 3 I hate myself.
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- 0 I don't feel I am any worse than anybody else.
 - 1 I am critical of myself for my weaknesses or mistakes.
 - 2 I blame myself all the time for my faults.
 - 3 I blame myself for everything bad that happens.
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- 0 I don't have any thoughts about killing myself.
 - 1 I have thoughts about killing myself, but I would not carry them out.
 - 2 I would like to kill myself.
 - 3 I would like to kill myself if I had the chance.

Social support

These statements are about your social relationships. We ask you to encircle the number of items that most closely match with how you feel about your social relationships. The questions refer to how you felt about your social relationships the last six months.

	Nearly never	Sometimes	Regularly	Often
When I feel tense or nervous, there is someone to help me	1	2	3	4
When I experience some nice things, there is someone with whom to talk about it	1	2	3	4
When I am in pain there is someone to comfort me	1	2	3	4
When I am sad there is someone with whom to talk about it	1	2	3	4
When I need help with a job I cannot carry out alone there is someone to help me	1	2	3	4

Cognitions regarding fertility problems

The next items are statements from people with fertility problems. We ask you to indicate to what extent you agree with the statements. You can do that by encircling the number next to the statement that most closely matches with what you think about the statement. Do not think too deeply, your first impression is usually best.

	Do not agree	Agree a little bit	agree	Strongly agree
1. Because of my fertility problems I miss things that are most important for me	1	2	3	4
2. I can deal with the consequences of my fertility problems	1	2	3	4
3. I have learned to live with my fertility problems	1	2	3	4
4. My fertility problems control my life	1	2	3	4
5. My fertility problems sometimes give me the feeling of being useless	1	2	3	4
6. My fertility problems make my life incomplete	1	2	3	4
7. I have learned to accept my fertility problems	1	2	3	4
8. My fertility problems affect everything that is important for me	1	2	3	4
9. I can accept my fertility problems	1	2	3	4
10. I think I can cope with my fertility problems, even if they are not solved	1	2	3	4
11. I often feel helpless because of my fertility problems	1	2	3	4
12. I can cope well with my fertility problems	1	2	3	4

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