Infertility Coping Questionnaire

These questions pertain to this cycle or the experience you have right now. Only complete the questions marked with an asterisk (*) if you are currently attempting to conceive.

|   | Description                                                                 | Not at all | Rarely | Sometimes | Often | Always |
|---|------------------------------------------------------------------------------|-----------|--------|-----------|-------|--------|
| 1 | Avoid reminders of my difficulty conceiving (e.g., children, pregnant women, pregnancy magazines, children’s TV network) | 1         | 2      | 3         | 4     | 5      |
| 2 | Hide my feelings about getting pregnant from others                          | 1         | 2      | 3         | 4     | 5      |
| 3 | Avoid doing things that increase my likelihood of conceiving (e.g. not tracking my cycle, not following fertility treatments) | 1         | 2      | 3         | 4     | 5      |
|   | *                                                                           |           |        |           |       |        |
| 4 | Tell myself to stop when I start thinking about trying to get pregnant       | 1         | 2      | 3         | 4     | 5      |
| 5 | Fill my downtime with activities to avoid thinking about getting pregnant    | 1         | 2      | 3         | 4     | 5      |
| 6 | Avoid thinking about the future                                            | 1         | 2      | 3         | 4     | 5      |
| 7 | Avoiding social situation (e.g., engaging in isolation, avoiding friends and family) |           |        |           |       |        |
| 8 | Act towards finding a solution to my difficulties conceiving (e.g., tracking my cycle, pursuing fertility treatments) | 1         | 2      | 3         | 4     | 5      |
|   | *                                                                           |           |        |           |       |        |
| 9 | Focus on exploring next steps to pursue if my current attempts fail.        | 1         | 2      | 3         | 4     | 5      |
| 10| Take time to understand, identify, or express my feelings                   | 1         | 2      | 3         | 4     | 5      |
| 11| Seek information or advice that can help me achieve pregnancy               | 1         | 2      | 3         | 4     | 5      |
| 12| Try to find meaning in my experience                                        | 1         | 2      | 3         | 4     | 5      |
| 13| Try to grow as a person as a result of this experience                       | 1         | 2      | 3         | 4     | 5      |
| 14| Accept the situation as it is                                               | 1         | 2      | 3         | 4     | 5      |
| 15| Tell myself that maybe it would be for the best if I did not achieve pregnancy | 1         | 2      | 3         | 4     | 5      |
|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 16. | Decide that I do not care about the result | 1 | 2 | 3 | 4 | 5 |
| 17. | Prepare myself for the worst | 1 | 2 | 3 | 4 | 5 |
| 18. | Tell myself that having biological children is less important to me than I thought | 1 | 2 | 3 | 4 | 5 |
| 19. | Think about how I will effectively manage my emotions if I don’t achieve pregnancy this time around | 1 | 2 | 3 | 4 | 5 |
| 20. | Try to keep my expectations low when it comes to my chances of achieving pregnancy | 1 | 2 | 3 | 4 | 5 |
| 21. | Refuse to believe that I’m having trouble getting pregnant | 1 | 2 | 3 | 4 | 5 |
| 22. | Believe that everything will work out (e.g., I will have a child one day, pray for a miracle) | 1 | 2 | 3 | 4 | 5 |
| 23. | Stay optimistic that my efforts will be successful | 1 | 2 | 3 | 4 | 5 |
| 24. | Pretend that my trouble getting pregnant does not bother me | 1 | 2 | 3 | 4 | 5 |
| 25. | Fantasize about how things might turn out | 1 | 2 | 3 | 4 | 5 |
| 26. | Believe that I will feel better in time | 1 | 2 | 3 | 4 | 5 |
| 27. | Seek spiritual comfort (e.g. attend religious service, speak with clergy) | 1 | 2 | 3 | 4 | 5 |
| 28. | Seek emotional support about my problems getting pregnant from professionals (e.g., counsellor, doctor) | 1 | 2 | 3 | 4 | 5 |
| 29. | Seek emotional support about my problems getting pregnant from friends or loved ones | 1 | 2 | 3 | 4 | 5 |
| 30. | Seek emotional support about my problems getting pregnant on the internet (e.g., blogs, chatrooms) | 1 | 2 | 3 | 4 | 5 |
| 31. | Seek emotional support about my problems getting pregnant from others with similar experience (e.g., support group, friend with infertility) | 1 | 2 | 3 | 4 | 5 |
|   | Focus on my physical health to reduce anxiety levels (e.g., diet, exercise) | 1 | 2 | 3 | 4 | 5 |
|---|------------------------------------------------------------------------|---|---|---|---|---|
| 33 | Use strategies to practice self-care (e.g., meditation, watch movie)     | 1 | 2 | 3 | 4 | 5 |
| 34 | Foster my spirituality or grow my faith (e.g., praying, reading religious text) | 1 | 2 | 3 | 4 | 5 |
| 35 | Use food, non-prescription drugs, or alcohol to help myself cope         | 1 | 2 | 3 | 4 | 5 |
| 36 | Use prescribed medication to help myself cope (e.g., antidepressants, antianxiety medication) | 1 | 2 | 3 | 4 | 5 |
| 37 | Try to find humor where I could                                        | 1 | 2 | 3 | 4 | 5 |
| 38 | Focus on caring for others (e.g., loved ones, volunteering)             | 1 | 2 | 3 | 4 | 5 |
| 39 | Focus on other life goals (e.g., take a new class, focus on my career)  | 1 | 2 | 3 | 4 | 5 |