

**Table 1. Semi-structured Qualitative Questionnaire: Maternal Stress**

- 1) Could you describe a typical day in your life?
- 2) What are some of your regular commitments (eg, work, school, volunteering, regular household activities)?
- 3) When you think about your life since becoming a mother, what are the primary things that cause you stress?
- 4) What issues do you feel like you deal with alone? What issues do you feel you have help with from:
  - a) Husband/partner
  - b) Friends
  - c) Family
- 5) What was one particularly stressful thing that happened in the last week?
- 6) (If applicable) How does your work contribute to your stress?
- 7) (If applicable) Do you feel that *not* working makes your life more or less stressful?
- 8) Are there any particulars about your children's temperaments that contribute to stress?
- 9) Does your childcare situation (if applicable) relieve stress? Increase stress?
- 10) What do you do to relieve your stress?
- 11) What things (if they occurred) might relieve your stress?
- 12) Compared with what your mother, for example (or a woman of that generation), might have experienced, what stresses do you feel you have to deal with as a mother?