

Twin pregnancy and activity survey:

How old are you?

<20

21-30

31-40

41-50

> 51

Where do you live?

Countryside

City < 50.000 citizens

City 50.000-100.000 citizens

City 100.000-500.000 citizens

City > 500.000 citizens

What is your education?

Basic

Secondary

High

Vocational

What was the week of pregnancy at delivery?

Was your last pregnancy twin?

Twin: monochorionic or dichorionic

How tall are you? (cm)

How much did you weight just before pregnancy? (kilograms)

How many kilograms did you put during last pregnancy? (kg) (if you lost weight, you can write for example -4kg)

What was the newborns weight at delivery? (your last pregnancy) (grams)

How many times did you deliver a baby ?

Did the gynecologist inform you about the benefits of exercising during pregnancy?

Yes

No

I do not know

Did the gynecologist inform you about the benefits of exercising during pregnancy?

Yes

No

I do not know

Did you look for information on proper physical activity during pregnancy?

Yes

No

I do not know

Did your gynecologist diagnose some contraindications to aerobic activity during last pregnancy?

We have not talked about physical activity in pregnancy during medical visits

Yes

No

If "yes", what was the contraindication: (only women, who chose yes in the previous question)

Hemodynamically significant heart disease

Restrictive lung disease

Incompetent cervix or cerclage

Multiple gestation at risk of premature labor

Persistent second- or third-trimester bleeding

Placenta previa after 26 weeks of gestation

Premature labor during the current pregnancy

Ruptured membranes

Preeclampsia or pregnancy-induced hypertension

Severe anemia

Hemodynamically significant heart disease

Did you participate in childbirth school classes during pregnancy?

Yes

No

Did the childbirth school provide information on physical activity during pregnancy?

Yes

No

I do not know

Did the childbirth school ensure physical activity classes (e.g. Ball exercises, stretching, etc.)

Yes

No

I do not know

Did you look for information on proper physical activity during pregnancy?

Yes

No

If yes, where did you look for it?

on the internet

in books

in childbirth school meetings
from friends
from physiotherapist
from midwives
I did not find any reliable source of information.

Did you exercise during your last pregnancy?
(did you perform exercises such as: regular walks, marching, jogging, total body workout at a gym, swimming, yoga, pilates, fitness, exercise-ball workouts or home gymnastics. Exercises had to be done regularly (at least twice a week) and one training should last at least 15 minutes.)

Yes

No

Why you didn't exercise during pregnancy?

Fear for infant's health

Medical contraindications confirmed by a gynecologist

I didn't see the benefits of pregnancy exercise

Lack of knowledge about benefits of exercise during pregnancy

Because i didn't want to

Lack of power

Lack of time

Fear for my health

Fear for social opinion

How long did you exercise regularly before pregnancy? (1 session should last at least 15 minutes, exercises had to be done at least 2 times per week)

I did not exercise before pregnancy

Less than half year

Half year

Year

Two years

More than two years

Did you take drugs because of lower the blood pressure, prescribed by a doctor?

Yes

No

I do not know

Did you have preeclampsia during your last pregnancy?

(a condition in pregnancy characterized by high blood pressure (>140/90 mm Hg) accompanied by proteinuria, renal or liver insufficiency or fetal growth restriction)

Yes

No

I do not know

Were you advised to take ursodeoxycholic acid during your last pregnancy by a doctor?
(Poursan, Ursopol, Ursocam, Ursofalk, Ursoxyn)

Yes

No

I do not know

Were you advised by a doctor to implement diet with reduced carbohydrates due to abnormal fasting glucose result?

Yes, I was advised with diet

Yes, I was advised with insulin and diet

No

During your last pregnancy, did you have:

Constipation

Lower limbs oedema

Spine ache

Mood swings

Fatigue

Problems with sleeping

Reduction of libido

Heartburn

Calf cramps

Varicose veins

Any ailments

How did you deliver your twins?

Vaginal delivery

Cesarean section

Vaginal delivery first twin and then cesarean section

Did your labour start spontaneously, or it was induced?

Spontaneous

Induced

I do not know

What kind of exercises did you perform during 1 trimesters of pregnancy? (the same question was created for 2 and 3 trimester)

I didn't exercise in 1,2 or 3 trimesters

Walking

Marching/jogging

Running

Home gymnastics

Exercise-ball workouts/home gymnastics

Total body workout at a gym

Swimming

Yoga

Fitness

Pilates

How many times weekly did you exercise in 1 trimester? (the same question was created for 2 and 3 trimester)

2 times per week

3 times per week

4 times per week

5 times per week

6 times per week

7 times per week

More than 7 times weekly

How much time weekly did you spend on exercising in 1 trimester? (the same question was created for 2 and 3 trimester)

0-60 minutes

60-150 minutes

More than 150 minutes

How long did you exercise during pregnancy?

Till confirmation of pregnancy by a doctor

Till 1 trimester

Till 2 trimester

Till 3 trimester

I stopped 1 week before delivery

I exercised till the end of pregnancy

What did you perform exercises for?

to improve the overall fitness

continue pre-pregnancy physical activity

enable faster recovery after the forthcoming delivery

to prepare yourself for delivery

to help the babies

to sleep better

to have less ailments during pregnancy

Did you have family and partner acceptance in performing physical activity during pregnancy?

Yes

No

I don't know

Did your exercises meet with a positive reaction from the others?

Yes

No

I don't know

Did you feel discriminated by social opinion on exercising during a pregnancy?

Yes

No

I don't know

Did you perform exercises away from home to avoid being recognized or social discrimination?

Yes

No

I don't know