

Supplementary Material 1
Survey 1-Participant Demographics and CMV Questionnaire

Thank you for participating in this questionnaire about cytomegalovirus (CMV) testing during pregnancy.

Part 1

General information about you and your awareness of CMV.

1. **Name:**
2. **Email address:**
3. **Phone number:**
4. **What is your home postcode?**
5. **What country/region were you born in?**
 - a. Australia
 - b. United Kingdom
 - c. India
 - d. China/Hong Kong
 - e. Iraq
 - f. Lebanon
 - g. Malaysia/ Singapore
 - h. New Zealand
 - i. Philippines
 - j. Somalia
 - k. South Africa
 - l. Thailand
 - m. Vietnam
 - n. USA
 - o. Other:
6. **What is the highest degree or level of school that you have completed?**
 - a. Year 11 of high school or below
 - b. Year 12 of high school or equivalent
 - c. Graduate diploma
 - d. Bachelor's degree
 - e. Master's degree
 - f. Doctorate degree or higher
 - g. Other: please specify
7. **How many times have you been pregnant?**
 - a. 1 (this is my first pregnancy)
 - b. 2
 - c. 3
 - d. >3
8. **How many children have you given birth to before this pregnancy?**
 - a. 0
 - b. 1

- c. 2
- d. 3
- e. >3

9. **At what gestational age did you have your first visit with your GP or obstetrician?**

- a. 4-6 weeks
- b. 7-9 weeks
- c. 10-12 weeks
- d. Can't recall

10. **Do you have regular contact with children under 3 years of age as part of your job or in the home (more than 8 hours contact per week)?**

- a. Yes
- b. No

11. **Before joining this study, had you ever heard of CMV?**

- a. Yes
- b. No

12. **Did your GP or obstetrician inform you about being tested for CMV during your first antenatal visit?**

- a. Yes
- b. No
- c. Can't recall

13. **Did your GP or obstetrician discuss your CMV serology test result after your first antenatal visit?**

- a. Yes
- b. No

14. Please rate the following statement: (only if answered 'yes' at Q12)

I was anxious about getting tested for CMV infection at my first antenatal visit.

Strongly Agree Agree Neutral Disagree Strongly Disagree Not applicable

15. Please rate the following statement: (only if answered 'yes' at Q13)

I felt anxious when my GP or obstetrician discussed my CMV serology result

Strongly Agree Agree Neutral Disagree Strongly Disagree Not applicable

16. Have you received any information about how to prevent CMV infection during this pregnancy?

- a. Yes
- b. No

If yes, please describe the source of this information (tick all/any that apply)

- a. my GP

- b. a midwife
- c. a hospital doctor
- d. website
- e. social media
- f. friends
- g. family
- h. other:

17. I felt anxious after receiving information on CMV prevention measures

Strongly Agree Agree Neutral Disagree Strongly Disagree Not applicable

The next part of the survey is a standard questionnaire that estimates a person’s state of anxiety. We are asking you to complete this so that we can measure whether CMV testing during pregnancy has any impact on anxiety levels.

Part 2

A number of statements which people have used to describe themselves are given below. Please read each statement and circle the appropriate number to the right of the statement to indicate how you feel right now, that is, at this moment. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

1 Not at all 2 Somewhat 3 Moderately so 4 Very much so

- 1. I feel calm.
- 2. I feel secure.
- 3. I am tense.
- 4 I feel strained.
- 5. I feel at ease.
- 6. I feel upset.
- 7. I am presently worrying over possible misfortunes.
- 8. I feel satisfied.
- 9. I feel frightened.
- 10. I feel comfortable.
- 11. I feel self-confident.
- 12. I feel nervous.
- 13. I am jittery.
- 14. I feel indecisive.
- 15. I am relaxed.

16. I feel content.
17. I am worried.
18. I feel confused.
19. I feel steady.
20. I feel pleasant.

A number of statements which people have used to describe themselves are given below. Please read each statement and circle the appropriate number to the right of the statement to indicate how you *generally* feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you generally feel.

1 Almost never 2 Sometimes 3 Often 4 Almost always

21. I feel pleasant.
22. I feel nervous and restless.
23. I feel satisfied with myself.
24. I wish I could be as happy as others seem to be.
25. I feel like a failure.
26. I feel rested.
27. I am 'calm, cool and collected'.
28. I feel that difficulties are piling up so that I cannot overcome them.
29. I worry too much over something that really doesn't matter.
30. I am happy.
31. I have disturbing thoughts.
32. I lack self confidence.
33. I feel secure.
34. I make decisions easily
35. I feel inadequate.
36. I am content.
37. Some unimportant thought runs through my mind and bothers me.
38. I take disappointments so keenly that I can't put them out of my mind.

39. I am a steady person.

40. I get in a state of tension or turmoil as I think over my recent concerns and interests.

Thank you for completing the first survey.

We will send you an email link to the second survey when you are between 15-20 weeks of pregnancy.

If you have any questions or comments about the study, please contact us at ESE-CMV@unimelb.edu.au. More information can be found on our website page [here](#).

If you have any concerns about your health or your pregnancy, please contact your maternity health care professional.