

KY-Moms Universal Prevention Education¹

Thank you for considering participation in the pre- and post-survey.

All participants who engage in the education sessions are asked to do the pre- and post-surveys. The surveys should take between 5 and 10 minutes each. The survey responses will help the people responsible for the content find what participants are learning from the sessions and how the educational materials may need to be improved.

The surveys are anonymous, meaning we will not ask for your name or other identifying information. Instead, you will be asked to create a unique ID with the first letter of your first and last name and then the last 4-digits of your phone number (e.g., TL7608). This unique, anonymous ID will allow us to match your pre- and post-surveys. You will also be asked to have your support person fill out a pre- and post-survey. This is to help us better understand what content support people want or need to learn about.

Although the online survey will not allow you to skip a question (to help minimize missing data), you can stop at any time. If you choose to terminate the survey early, your responses will not be

¹ Revised 07/01/2026



Date: ____/____/____ (MM/DD/YYYY)

Presenter: _____

The next three questions are used to create a code for your entry: (First letter of your first and last name and last 4-digits of your phone number; i.e., Nancy Brown = NB1234)

For Mother to Fill Out:

What is the first letter of your first name: ____

What is the first letter of your last name: ____

What are the last 4 digits of your phone number: ____

POST-SURVEY - MOTHER

I am: ☐ Pregnant ☐ Just delivered my baby How old were you on your last birthday: ____	My race/ethnicity is: ☐ White ☐ African-American/Black ☐ Hispanic/Latina ☐ Other ☐ Prefer not to say	County the class took place: _____ Affiliated Regional Prevention Center (RPC): _____ <i>(Please ask your class presenter if you are uncertain of your county and RPC Affiliation)</i>
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For the following questions, please indicate whether you believe the statement is true or false.	TRUE	FALSE	NOT SURE
1. Feeling sad after having a baby means I may be a bad mother.		x	
2. My baby grows and learns at their own pace, so I don't need to do a lot to help them.		x	
3. Drinking alcohol during pregnancy can cause Fetal Alcohol Syndrome.	x		
4. It's okay to have some alcohol while I am pregnant.		x	
5. It can hurt my baby if I stop using illicit substances on my own.	x		
6. I need to be careful about the cleaning products I use because they can hurt my baby while pregnant or breastfeeding.	x		
7. Even if I don't drink coffee or tea, I need to watch how much caffeine I'm getting from other food and drinks.	x		
8. When someone can't stop using substances even when they are causing harm to the people they love, they might need treatment for a substance use disorder.	x		
9. Medicine and cleaning supplies have safety caps, so I don't need to keep them locked away.		x	
10. Smoking cigarettes or vaping while I'm pregnant can cause birth defects, stillbirth, miscarriage, and sudden unexplained infant death (SUID).	x		
11. Breastfeeding while I am using substances is okay because only the nutrients pass through to the baby.		x	
12. Marijuana use during pregnancy has no long-term effects on the baby.		x	
13. Over-the-counter medicines and vitamins are okay to use while I'm pregnant because they are legal.		x	
14. As long as I'm not smoking, it's safe for my baby and me to be in a room where someone is smoking.		x	
15. I am more likely to be depressed after having my baby if I don't have people around to support me.	x		
16. I have to figure out breastfeeding on my own because I'm the mother.		x	
17. Pregnant women who are hurt by their partners often feel stressed and sad, which can lead them to use things like cigarettes, alcohol, and other substances.	x		
18. Vaping is safer than smoking cigarettes while pregnant or breastfeeding.		x	
19. Marijuana today is stronger than marijuana decades ago.	x		

The next section is for your support person to fill out (*circle one response below*).

1 = Start support person pre or post survey (Start support person survey)

2 = I do not have a support person with me today (Skip to thank you message)

3 = My support person does not want to participate (Skip to thank you message)

POST-SURVEY – MOTHER’S SUPPORT PERSON



KY-Moms
Maternal Assistance
Towards Recovery

Date: ____/____/____ (MM/DD/YYYY)

Presenter: _____

The next three questions are used to create a code for your entry: (First letter of your first and last name and last 4-digits of your phone number; i.e., Nancy Brown = NB1234)

For Mother’s Support Person to Fill Out:

What is the first letter for your first name: ____

What is the first letter of your last name: ____

What are the last 4 digits of your phone number: ____

What is your relationship with the mother?

- ☐ Spouse or partner
☐ Parent or other family member
☐ Friend

Gender:

- ☐ Female
☐ Male
☐ Transgender
☐ Other
☐ Prefer not to say

My race/ethnicity is:

- ☐ White
☐ African-American/Black
☐ Hispanic/Latino
☐ Other
☐ Prefer not to say

How old were you on your last birthday: ____

For the following questions, please indicate whether you believe the statement is true or false.

TRUE

FALSE

NOT SURE

1. A mother who feels sad after having a baby means she may be a bad parent.
2. A baby grows and learns at their own pace, so parents don’t need to do a lot to help them.
3. Drinking alcohol during pregnancy can cause Fetal Alcohol Syndrome.
4. It’s okay for a woman to have some alcohol while pregnant.
5. It can hurt a baby if a mother stops using illicit substances on her own.
6. Pregnant or breastfeeding women need to be careful about using cleaning chemicals.
7. Even if a pregnant woman doesn’t drink coffee or tea, she needs to watch how much caffeine she’s getting from other food and drinks.
8. When someone can’t stop using substances even when they are causing harm to their baby and people they love, they might have a substance use disorder.
9. Medicine and cleaning supplies have safety caps, so they don’t need to be locked away.
10. Smoking or vaping while a woman is pregnant can cause birth defects, stillbirth, miscarriage, and sudden unexplained infant death (SUID).
11. Breastfeeding while a woman is using substances is okay because only the nutrients pass through to the baby.
12. Marijuana use during pregnancy has no long-term effects on the baby.
13. Over-the-counter medicines and vitamins are okay to use while a woman is pregnant because they are legal.
14. As long as the mother is not smoking, it’s safe for the baby and mother to be in a room where someone is smoking.
15. Mothers are more likely to be depressed after having a baby if they don’t have people around to support them.
16. New mothers need figure out breastfeeding on their own.
17. Pregnant women who are hurt by their partners often feel stressed and sad, which can lead them to use things like cigarettes, alcohol, and other substances.

18. Vaping is safer than smoking cigarettes while pregnant or breastfeeding.			
19. Marijuana today is stronger than marijuana decades ago.			

Thank you for your participation, your answers are very important to us and will help improve the program for other moms and their supports.