

**Mindful Kangaroo Care: Mindfulness Intervention for mothers during skin-to-skin care: a randomized control pilot study.**

**Additional file #5: Maternal Demographic Form**

A- What is your age: \_\_\_\_\_ years

B- What is the highest degree or level of school you have completed? If currently enrolled, highest degree received?

- 1- Less than high school
- 2- High school degree
- 3- College or Undergraduate degree
- 4- Graduate degree

C) How many pregnancies did you have including this last one and including any losses ? \_\_\_\_\_

D) How many babies did you deliver (term or preterm) including this last one? \_\_\_\_\_

E) Were your other children born premature (before 37 weeks)? Yes / No / not applicable

F) Were your other children hospitalized in Newborn Intensive Care Unit (NICU)?  
Yes / No / not applicable

G) Do you have any prior experience with holding skin-to-skin with your other children?  
Yes / No / not applicable

H) Was your prior experience with kangaroo care or holding skin-to-skin in an NICU?  
Yes / No / not applicable

I) Do you practice mindfulness? Yes / No  
If yes, for how long (in years have you been practicing): \_\_\_\_\_

J) Have you ever had a diagnosis of depression? Yes / No

K) Have you ever had a diagnosis of anxiety? Yes / No

L) Gestational Age of this baby: \_\_\_\_\_ weeks + \_\_\_/7 days

M) Birth weight of this baby: \_\_\_\_\_ grams

N) Delivery type: Vaginal / Cesarean

O) At what age this current baby and you had your first skin-to-skin experience (in days)? \_\_\_\_\_

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For researchers only

At what age we start the data collection (in days)? \_\_\_\_\_