

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

Additional file #9: Feasibility form

Recruitment capability

Date recruited (D/M/Y) : ____ / ____ / 2019

Who recruited: _____

Completed the study (4 weeks): Yes / No ; if no, how many weeks _____

Comments: _____

Data collection (0= not completed, 1= partially completed, 2= fully completed)

General Demographic Form: _____

Week 1 Kangaroo care log: _____

Week 2 Kangaroo care log: _____

Week 3 Kangaroo care log: _____

Week 4 Kangaroo care log: _____

Week 1 Mindfulness scale: _____

Week 4 Mindfulness scale: _____

Week 1 Stress scale: _____

Week 4 Stress scale: _____

Week 1 Depression and Anxiety: _____

Week 4 Depression and Anxiety: _____

Acceptability form: _____

Comments: _____

Resources

Week 1 duration of encounter (in minutes) _____ min

Week 1 easiness to meet the patient in kangaroo care (intervention) or meet patient (control)

(1= Complicated, 2= Neutral, 3= Easy)

Availability of investigator to coach: (0=None, 1 = Only One, 2= More than one)

Comments: _____

Week 2 duration of encounter (in minutes) _____ min

Week 2 easiness to meet the patient in kangaroo care (intervention) or meet patient (control)

(1= Complicated, 2= Neutral, 3= Easy)

Availability of investigator to coach: (0=None, 1 = Only One, 2= More than one)

Comments: _____

Week 3 duration of encounter (in minutes) _____ min

Week 3 easiness to meet the patient (1= Complicated, 2= Neutral, 3= Easy)

Availability of investigator to coach: (0=None, 1 = Only One, 2= More than one)

Comments: _____

Week 4 duration of encounter (in minutes) _____ min

Week 4 easiness to meet the patient (1= Complicated, 2= Neutral, 3= Easy)

Availability of investigator to coach: (0=None, 1 = Only One, 2= More than one)

Comments: _____

Issues to download or stream 1st week MP3 recording (intervention only): _____

Issues to download or stream 2nd week MP3 recording (intervention only): _____

Comments: _____

