

Berlin questionnaire on the effects of birth trauma – BFAG ©

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Please think about the birth of your child. Much in your life has changed since then.
In the following questionnaire, indicate how you have felt or behaved in the past few days.
Please choose only one answer per question!

	never	rarely	sometimes	often	very often
1. How often have you ruminated about the birth of your child?	1	2	3	4	5
2. Do intrusive, vivid images related to that situation back then occur to you?	1	2	3	4	5
3. Does it feel like you are reliving the birth in certain moments?	1	2	3	4	5
4. Do you avoid places or people that could remind you of it?	1	2	3	4	5
5. How often do you suddenly think about the birthing process without intending to?	1	2	3	4	5
6. Do you feel that you can't remember many things or that certain memories lack context?	1	2	3	4	5
7. How strong is your fear that something similar could happen to you again?	1	2	3	4	5
8. Do you still feel uncomfortable in your body after the birth and do you attribute this to your experience during childbirth?	1	2	3	4	5
9. Are you more afraid than other mothers you know that something could happen to your child?	1	2	3	4	5
10. How often do you have distressing dreams related to your experience?	1	2	3	4	5
11. Are you physically tense and agitated when you think about the birth?	1	2	3	4	5
12. Are you afraid that you might hurt your child?	1	2	3	4	5
13. Are you very startled by loud noises?	1	2	3	4	5
14. How often do you withdraw from other people and become significantly less active than before?	1	2	3	4	5
15. How often do you avoid being close to your child?	1	2	3	4	5
16. How often do you have fits of anger that you didn't experience before?	1	2	3	4	5
17. Do you feel that some things no longer bring you joy, even though they used to be fulfilling?	1	2	3	4	5
18. Do you often have headaches or back pain and find it difficult to breathe deeply?	1	2	3	4	5
19. Are you angry or ashamed because you feel that your body has failed?	1	2	3	4	5

20. Does it happen that you cannot find the words to describe what you have experienced?	1	2	3	4	5
Now add up all the points! Total:					

How long have these reactions been present?

- I did not experience any of the described reactions.
- They have lasted less than four weeks.
- They have lasted between four and twelve weeks.
- They have lasted between three and six months.
They have lasted longer than six months.

If the described thoughts and feelings persist for longer than six months, they may permanently impair quality of life without support.

Evaluation: Enter Never - 1 point = up to a maximum of 20 points
Rarely - 2 point = up to a maximum of 40 points
Sometimes - 3 point = up to a maximum of 60 points
Often - 4 point = up to a maximum of 80 points
Very often - 5 point = up to a maximum of 100 points

If you score between 21 and 50, you have coped well with the birth and only need to take small steps toward processing the experience.

If you score between 51 and 70, consider how your social environment can support you in integrating this experience into your life.

If you score between 71 and 100, have the courage to reach out to a counseling center or a psychotherapist to receive professional support!