

Patient Name: _____

Patient DOB: _____

The COMPI Coping Strategy Scale

Schmidt (2006)

	People cope with their fertility problems in different ways. How do you cope? I...	Not Used	Used Somewhat	Used Quite A Bit	Used A Great Deal	
1	Avoid being with pregnant women or children	☐	☐	☐	☐	AA
2	Leave, when people are talking about pregnancies and children	☐	☐	☐	☐	AA
3	Try to keep my feelings to myself	☐	☐	☐	☐	AA
4	Turn to work or substitute activity to take my mind off things	☐	☐	☐	☐	AA
5	Let my feelings out somehow	☐	☐	☐	☐	AC
6	Accept sympathy and understanding from someone	☐	☐	☐	☐	AC
7	Ask other childless people for advice	☐	☐	☐	☐	AC
8	Ask a relative or friend for advice	☐	☐	☐	☐	AC
9	Read or watch television about childlessness	☐	☐	☐	☐	AC
10	Hope a miracle will happen	☐	☐	☐	☐	PA
11	Feel that the only thing I can do is wait	☐	☐	☐	☐	PA
12	Have fantasies and wishes about how things might turn out	☐	☐	☐	☐	PA
13	Have grown as a person in a good way	☐	☐	☐	☐	MBC
14	Think about the infertility in a positive light	☐	☐	☐	☐	MBC
15	Find my marriage/partnership even more valuable now	☐	☐	☐	☐	MBC
16	Find other life goals	☐	☐	☐	☐	MBC
17	Believe there is a meaning in our difficulties in having children	☐	☐	☐	☐	MBC
18	Talk to someone about my emotions as childless	☐	☐	☐	☐	AC
19	Talk to someone about how tests and treatments affect me emotionally	☐	☐	☐	☐	AC

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The COMPI Fertility Problem Stress Scale

Schmidt (2006)

	For each item, please tick the box that indicates how much the statement/question applies to you	Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree	
1	My life has been disrupted because of this fertility problem	☐	☐	☐	☐	☐	PD
2	It is very stressful for me to deal with this fertility problem	☐	☐	☐	☐	☐	PD

	How much stress has your fertility problem placed on the following:	None At All	A Little	Some	A Great Deal	
3	Your relationships with people with children?	☐	☐	☐	☐	PD
4	Your relationships to pregnant women?	☐	☐	☐	☐	PD
5	Your physical health?	☐	☐	☐	☐	PD
6	Your mental health?	☐	☐	☐	☐	PD

	What consequences has your childlessness had for your marriage/partnership?	Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree	
7	Childlessness has caused a crisis in our relationship	☐	☐	☐	☐	☐	MD
8	Childlessness has caused thoughts about divorce	☐	☐	☐	☐	☐	MD

	How much stress has your fertility problem placed on the following:	Not At All	A Little	Some	A Great Deal	
9	Your marriage/partnership?	☐	☐	☐	☐	MD
10	Your sex life?	☐	☐	☐	☐	MD

	How much stress has your fertility problem placed on the following:	Not At All	A Little	Some	A Great Deal	
11	Your relationships with your family?	☐	☐	☐	☐	SD
12	Your relationships with you family in law?	☐	☐	☐	☐	SD
13	Your relationships with friends?	☐	☐	☐	☐	SD
14	Your relationships with workmates?	☐	☐	☐	☐	SD

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FertiQoL International

Fertility Quality of Life Questionnaire (2008)

For each question, kindly check (tick the box) for the response that most closely reflects how you think and feel.
Relate answers to your current thoughts and feelings. Some questions may relate to your private life, but they
are necessary to adequately measure all aspects of your life.

Please complete the items marked with an asterisk (*) only if you have a partner.

	For each question, check the response that is closest to your current thoughts and feelings	Very Poor	Poor	Neither Good nor Poor	Good	Very Good
A	How would you rate your health?	☐	☐	☐	☐	☐
	For each question, check the response that is closest to your current thoughts and feelings	Very Dissatisfied	Dissatisfied	Neither Satisfied Nor Dissatisfied	Satisfied	Very Satisfied
B	Are you satisfied with your quality of life?	☐	☐	☐	☐	☐
	For each question, check the response that is closest to your current thoughts and feelings	Completely	A Great Deal	Moderately	Not Much	Not At All
Q1	Are your attention and concentration impaired by thoughts of infertility?	☐	☐	☐	☐	☐
Q2	Do you think you cannot move ahead with other life goals and plans because of fertility problems?	☐	☐	☐	☐	☐
Q3	Do you feel drained or worn out because of fertility problems?	☐	☐	☐	☐	☐
Q4	Do you feel able to cope with your fertility problems?	☐	☐	☐	☐	☐
	For each question, check the response that is closest to your current thoughts and feelings	Very Dissatisfied	Dissatisfied	Neither Satisfied Nor Dissatisfied	Satisfied	Very Satisfied
Q5	Are you satisfied with the support you receive from friends with regard to your fertility problems?	☐	☐	☐	☐	☐
*Q6	Are you satisfied with your sexual relationship even though you have fertility problems?	☐	☐	☐	☐	☐
	For each question, check the response that is closest to your current thoughts and feelings	Always	Very often	Quite Often	Seldom	Never
Q7	Do your fertility problems cause feelings of jealousy and resentment?	☐	☐	☐	☐	☐
Q8	Do you experience grief and/or feelings of loss about not being able to have a child (or more children)?	☐	☐	☐	☐	☐
Q9	Do you fluctuate between hope and despair because of fertility problems?	☐	☐	☐	☐	☐
Q10	Are you socially isolated because of fertility problems?	☐	☐	☐	☐	☐
*Q11	Are you and your partner affectionate with each other even though you have fertility problems?	☐	☐	☐	☐	☐

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	For each question, check the response that is closest to your current thoughts and feelings	Always	Very often	Quite Often	Seldom	Never
Q12	Do your fertility problems interfere with your day-to-day work obligations	☐	☐	☐	☐	☐
Q13	Do you feel uncomfortable attending social situations like holidays and celebrations because of your fertility problems?	☐	☐	☐	☐	☐
Q14	Do you feel your family can understand what you are going through?	☐	☐	☐	☐	☐
	For each question, check the response that is closest to your current thoughts and feelings	An Extreme Amount	Very Much	A Moderate Amount	A Little	Not At All
*Q15	Have fertility problems strengthened your commitment to you partner?	☐	☐	☐	☐	☐
Q16	Do you feel sad and depressed about your fertility problems?	☐	☐	☐	☐	☐
Q17	Do your fertility problems make you inferior to people with children?	☐	☐	☐	☐	☐
Q18	Are you bothered by fatigue because of fertility problems?	☐	☐	☐	☐	☐
*Q19	Have fertility problems had a negative impact on your relationship with your partner?	☐	☐	☐	☐	☐
*Q20	Do you find it difficult to talk to your partner about your feelings related to infertility?	☐	☐	☐	☐	☐
*Q21	Are you content with your relationship even though you have fertility problems?	☐	☐	☐	☐	☐
Q22	Do you feel social pressure on you to have (or have more) children?	☐	☐	☐	☐	☐
Q23	Do your fertility problems make you angry?	☐	☐	☐	☐	☐
Q24	Do you feel pain and physical discomfort because of your fertility problems?	☐	☐	☐	☐	☐