

### Desire to Avoid Pregnancy (DAP) Measure: Instrument, Item Descriptions, and Scoring

#### DAP Instrument

We would like to ask you about your current thoughts and feelings about the idea of becoming pregnant in the next 3 months and having a baby in the next year. People have very different thoughts and feelings about pregnancy and having a baby that can change over time. There are no right or wrong answers. For each statement, choose one response that seems right at this point in your life.

The following statements have to do with your thoughts and feelings about the idea of becoming PREGNANT in the next 3 months. Even if you do not think you can become pregnant, please imagine how you would feel about becoming pregnant.

Note: Do not include codes in the participant-administered version.

Item	Strongly Agree		Neither Agree Nor Disagree		Strongly Disagree	
	0	1	2	3	4	0
I wouldn't mind it if I became pregnant in the next 3 months.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
It would be a good thing for me if I became pregnant in the next 3 months.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
Thinking about becoming pregnant in the next 3 months makes me feel unhappy.	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Thinking about becoming pregnant in the next 3 months makes me feel excited.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	
Becoming pregnant in the next 3 months would bring me closer to my main partner.  <i>(By main partner, we mean <b>the romantic partner that is the most serious to you</b>. If you don't have a romantic partner, please think about the person with whom you last had sexual relations.)</i>	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	

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For more information about the Desire to Avoid Pregnancy (DAP) scale, contact [Corinne.Rocca@ucsf.edu](mailto:Corinne.Rocca@ucsf.edu).

Changes to introductory language: V3.0 (6/2020): "women" replaced with "people." V2.0 (12/2019): "questions" replaced with "statement;" "answer" replaced with "response;" "ask about" replaced with "have to do with."

*The following statements have to do with your thoughts and feelings about the idea of having a BABY in the next year. Even if you do not think you can have a baby, please imagine how you would feel about having a baby.*

Item	Neither				
	Strongly Agree	Agree	Agree Nor Disagree	Disagree	Strongly Disagree
I want to have a baby within the next year.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
If I had a baby in the next year, it would be bad for my life.	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
It would be a positive addition to my life to have a baby in the next year.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
It would be the end of the world for me to have a baby in the next year.	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Thinking about having a baby within the next year makes me smile.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Thinking about having a baby within the next year makes me feel stressed out.	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
I would feel a loss of freedom if I had a baby in the next year.	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
If I had a baby in the next year, it would be hard for me to manage raising the child.	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
I would worry that having a baby in the next year would make it harder for me to achieve other things in my life.	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

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## DAP Item Descriptions

#	Label	Domain	Topic	Direction
1	Pregnant: wouldn't mind	1	Pregnancy	Positive
2	Pregnant: good thing for me	1	Pregnancy	Positive
3	Pregnant: unhappy	2	Pregnancy	Negative
4	Pregnant: excited	2	Pregnancy	Positive
5	Pregnant: closer to partner	3	Pregnancy	Positive
6	Baby: want	1	Child	Positive
7	Baby: bad for life	1	Child	Negative
8	Baby: positive addition to life	1	Child	Positive
9	Baby: end of the world for me	1	Child	Negative
10	Baby: makes me smile	2	Child	Positive
11	Baby: stressed out	2	Child	Negative
12	Baby: loss of freedom	3	Child	Negative
13	Baby: hard for me to manage	3	Child	Negative
14	Baby: harder to achieve other things	3	Child	Negative

Domain 1: Cognitive Desires and Preferences

Domain 2: Affective Feelings and Attitudes

Domain 3: Anticipated Practical Consequences

## Scoring

Each DAP item has response options that range from 0-4. For negatively worded items, 4 is “strongly agree;” for positively worded items, 4 is “strongly disagree.” Do not include codes on the version being administered. It is recommended that researchers using IRM fit item responses to a partial credit model. Researchers using a classical approach should sum raw item scores and divide by 14 to obtain an average pregnancy preferences score (final range: 0-4). Higher scores reflect a higher desire to avoid pregnancy. The DAP is intended to be used as a continuous measure; rounding scores is not recommended.

## Reference

Rocca CH, Ralph L, Wilson M, Gould H, Foster DG. *Psychometric Evaluation of an Instrument to Measure Prospective Pregnancy Preferences: The Desire to Avoid Pregnancy Scale*. February 2019. *Medical Care*; 57(2): 152-158.

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