

## Mind2Care

Pregnancy and childbirth can be experienced in a different way by different women. Some women are happy and look forward to having a baby. Others have doubts, feel uncertain or anxious. The Mind2Care questionnaire examines the way you feel. If necessary, you can receive an advice for additional support during pregnancy.

### Completing the questionnaire

You can complete the questionnaire online. To open the questionnaire, you need to register at IVIDO. This registration process only needs to be completed once.

IVIDO is an organisation which protects your personal information in a safe digital environment.

#### 1. Registration at Ivido

Your midwife or doctor asked you to complete the questionnaire. You will receive an email with an invitation to the Mind2Care questionnaire. Please, follow the steps in this email.

The registration process at IVIDO will take some time. We believe it is important to protect your personal information. That is why we choose for this type of registration.

In the email you will find an animation with further explanation of the registration process.

## "A questionnaire for a personal advice during pregnancy"

#### 2. Accept the invitation

At the IVIDO home page you will find the invitation from your midwife or doctor. Click on this invitation. You will get access to the Mind2Care questionnaire.

Persoonlijk

Uitnodiging voor behandelrelatie  
Zwangerschapsbegeleiding

You complete the questionnaire at home. You can complete it online on a computer, tablet or mobile phone.

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### Questions

Do you have any questions about the Mind2Care questionnaire or about this leaflet? Check our website [www.mind2care.nl](http://www.mind2care.nl) or contact your midwife or doctor.

Do you have any questions about the registration process or about completing the questionnaire online? Contact our [helpdesk](#).



### Personal advice

After completing the questionnaire, you will receive a personal advice. This advice will tell you if you qualify for additional professional support during pregnancy. The advice is not mandatory.

Your midwife or doctor will discuss this advice with you. If you agree, he/she can refer you to the advised additional support. You will be referred to support the closest by your home.

### Privacy

Your midwife or doctor also receives your advice. However, he/she is not able to get insight into the specific answers you filled out on the questionnaire. Only you will have this detailed information.



### About Mind2Care

The Mind2Care questionnaire is the result of research by Dutch scientists and professionals in perinatal health. The questionnaire is maintained by the Mind2Care foundation, in collaboration with the Dutch National Center of Perinatal Psychiatry (in Dutch 'Landelijk Kenniscentrum Psychiatrie en Zwangerschap' LKPZ).

Only authorised health care professionals who have a contract with the Mind2Care foundation can use the questionnaire. For you, there are no additional costs.