TABLE 1 Sociodemographic characteristics of pregnant women included in this study

|  |  |
| --- | --- |
| Variable | Frequency (%) |
| Mean age  a | 32.96 (18-43; 4.28) |
| Weeks of gestation | 24.43 (16-36; 6.78) |
| Nationality  b |  |
| Spanish | 212 (93.4) |
| Other | 15 (6.6) |
| Educational level  b |  |
| < 12 years | 58 (39.2) |
| > 12 years | 90 (60.8) |
| Marital status  b |  |
| In a relationship | 271 (98.5) |
| Not in a relationship | 4 (1.5) |
| Parity |  |
| Primiparous | 81 (30.2) |
| Multiparous | 187 (69.8) |
| Previous miscarriage |  |
| Yes | 39 (17.1) |
| No | 189 (82.9) |
| Pregnancy planification |  |
| Yes | 179 (84.8) |
| No | 32 (15.2) |
| Type of pregnancy |  |
| Natural | 188 (89.1) |
| Assisted Reproduction | 23 (10.9) |
| Pregnancy complications |  |
| Low risk | 194 (72.4) |
| Medium risk | 35 (13.1) |
| High risk | 18 (6.7) |
| Unknown | 21 (7.8) |

a Values reflect means (range; SD), b Values reflect frequencies (%)

TABLE 2. Anxiety Control Questionnaire-Revised internal structure and factor loadings across studies

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Item | Brown et al., 2004 (*n*=700) | Suso-Ribera et al., 2019 (*n*=267) | Osma et al., 2016 (n= 382) | Current study (*n*=275) |
| F1 | F2 | F3 | F1 | F2 | F3 | G | S1 | S2 | F1 | F2 | F3 |
| 1 | How well I cope with difficult situations depends on whether I have outside help |  |  | 0.49 |  |  | 0.77 | 0.50 |  |  |  |  | 0.56 |
| 2 | When I am put under stress, I am likely to lose control |  |  | 0.71 |  |  | 1.02 | 0.55 |  | 0.44 |  |  | 0.90 |
| 11 | When I am under stress, I am not always sure how I will react |  |  | 0.56 |  |  | 0.77 | 0.44 |  | 0.46 |  |  | 0.67 |
| 14 | I usually find it hard to deal with difficult problems |  |  | 0.69 |  |  | 1.08 | 0.71 |  |  |  |  | 0.87 |
| 15 | When I am anxious, I find it hard to focus on anything other than my anxiety | 0.57 |  |  |  |  | 0.94 | 0.62 |  |  |  |  | 0.90 |
| 3 | When I am frightened by something, there is generally nothing I can do |  | 0.71 |  |  | 0.96 |  | 0.63 |  |  |  | 0.81 |  |
| 4 | Whether I can successfully escape a frightening situation is always a matter of chance with me |  | 0.62 |  |  | 0.86 |  | 0.49 |  |  |  | 0.83 |  |
| 7 | There is little I can do to change frightening events |  | 0.62 |  |  | 0.78 |  | 0.61 |  |  |  | 0.69 |  |
| 8 | The extent to which a difficult situation resolves itself has nothing to do with my actions |  | 0.55 |  |  | 0.71 |  | 0.55 |  |  |  | 0.75 |  |
| 9 | If something is going to hurt me, it will happen no matter I what do |  | 0.50 |  |  | 0.62 |  | 0.41 | 0.33 |  |  | 0.79 |  |
| 12 | Most events that make me anxious are outside my control |  | 0.43 |  |  | 0.70 |  | 0.55 |  |  |  | 0.84 |  |
| 5 | I can usually put worrisome thoughts out of my mind easily | 0.55 |  |  | 0.82 |  |  |  | 0.32 |  | 0.75 |  |  |
| 6 | I am able to control my level of anxiety | 0.64 |  |  | 1.09 |  |  | -0.53 | 0.49 |  | 1.05 |  |  |
| 10 | I can usually relax when I want | 0.57 |  |  | 0.89 |  |  | -0.52 | 0.45 |  | 0.96 |  |  |
| 13 | I am unconcerned if I become anxious in a difficult situation, because I am confident in mi ability to cope with my symptoms | 0.62 |  |  | 0.99 |  |  | -0.52 | 0.39 |  | 1.02 |  |  |
|  | Reliability | .73 | .73 | .71 | .76 | .77 | .79 | .85 | .83 | .75 |  |  |  |
| F1 = Anxiety Control Questionnaire-Emotion; F2 = Anxiety Control Questionnaire-Threat; F3 = Anxiety Control Questionnaire-Stress; G = General Anxiety Perception of Control; S1 = Specific Factor 1 “Stress and Threat Control”; S2 = Specific factor 2 “Emotion Control” . |

TABLE 3 Means of study variables and correlated with the Anxiety Control Questionnaire-Revised in pregnant women

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | N; Mean (*SD*) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 1. ACQ-R total | 275; 46.64 (11.72) | [.82] |  |  |  |  |  |  |  |  |  |
| 2. Emotion control | 275; 10.76 (4.34) | .74 | [.76] |  |  |  |  |  |  |  |  |
| 3. Threat control | 275; 21.04 (5.38) | .83 | .36 | [.69] |  |  |  |  |  |  |  |
| 4. Stress control | 275; 14.83 (4.72) | .86 | .52 | .58 | [.76] |  |  |  |  |  |  |
| 5. Depression | 262; 10.15 (6.72) | -.43 | -.42 | -.30 | -.35 | [.87] |  |  |  |  |  |
| 6. Anxiety-state | 249; 13.31 (10.18) | -.49 | -.46 | -.37 | -.39 | .67 | [.95] |  |  |  |  |
| 7. Anxiety-trait | 250; 18.06 (9.84) | -.70 | -.66 | -.49 | -.58 | .73 | .72 | [.90] |  |  |  |
| 8. Positive affect | 251; 31.11 (6.81) | .46 | .47 | .33 | .36 | -.42 | -.46 | -.52 | [.90] |  |  |
| 9. Negative affect | 251; 16.79 (5.45) | -.55 | -.49 | -.38 | -.48 | .53 | .61 | .72 | -.30 | [.88] |  |
| 10. Quality of life | 231; 8.03 (1.86) | .46 | .41 | .36 | .37 | -.56 | -.54 | -.60 | .52 | -.41 | [.87] |

*Note:* values in brackets correspond to Cronbach’s alphas. All *p* values are <.001. ACQ-R total=higher-order control factor.