

The womb twin survivors questionnaire has been the main research tool used by Althea to create a psychological profile of womb twin survivors. Althea is no longer collecting data from the responses. However, many people have said it is very helpful to review the statements and evaluate them.

Therefore, the **survey** is kept here for you to explore anonymously.

Question 1 of 8

Signs of a twin (or more) in your mother's pregnancy with you

Please check any of the following that you **KNOW** are true in your case

Mother abnormally large around the waist in the first three months

Bleeding in the first three months

Miscarriage or suspected miscarriage but pregnancy continued

Attempted abortion but pregnancy continued

Mother took Clomid or other drug to stimulate ovulation

Ultrasound evidence of a second gestational sac

More than one embryo implanted after IVF

Mother took oestrogen medication during pregnancy

A doctor/nurse suspected a twin pregnancy

Another person suspected a twin pregnancy

I have no details of my mother's pregnancy

Other

Question 2 of 8

Signs of a twin (or more) at or around the time of your birth

Please check any of the following that you **KNOW** are true in your case

Breech delivery

Small for dates

My twin was born with me but was stillborn

My twin was born with me but died in the first 6 months of life (inc. neonatal death)

My twin was born with me but died aged more than 6 months

Additional sacs or cords found attached to placenta after delivery

Fetus papyraceous present at birth

Placenta unusually large

Nodules or thickening of the placenta

My birth was traumatic (please add details below)

I know nothing about my birth

Other or more details

Question 3 of 8

Other signs and indications in your own body that you may be a womb twin survivor

Dermoid cyst

Teratoma

Fetus in fetu

Split organs

Congenital abnormality (please give details below)

Left handed

Ambidextrous

Chimera

Sexual characteristics of opposite sex (please give details)

Other or more details

Question 4 of 8

About you: *

Rate every statement according to how strongly you agree (5 is the strongest.)

	1	2	3	4	5
I suffer from depression					

I have a problem with food and eating					
I fear abandonment					
I fear rejection					
I have wanted to commit suicide more than once in my life					
I am afraid of being alone in the dark					
I have been searching for something all my life but I don't know what it is					
I get very intense and involved at the start of a relationship but then I sabotage it somehow					
I am a woman, but I have a strong male side					
I am a man, but I have a strong female side					

Question 5 of 8

More about you: *

Rate every statement according to how strongly you agree (5 is the strongest.)

	1	2	3	4	5
I frequently feel unable to cope with life					
I grieve deeply and for a very long time after someone close to me, or a beloved pet, has died					
Deep down, I feel very vulnerable, as it would not take much to totally annihilate me as an individual					

I am easily bored					
I think a lot about death and dying					
I am addicted to substances or activities that are potentially damaging to my health, wealth or well-being					
All my life I have been "putting on a show," pretending to be someone else, and I know it's not my authentic self					
I feel the pain of others as if it were my own					
Deep down, I feel alone, even when I am among friends					
I easily get into a love/hate relationship with individuals I want to get close to					
It upsets me if I am unable to reduce the suffering of others					
I often find it difficult to fall asleep, even when I am very tired					

Question 6 of 8

More about you: *

Rate every statement according to how strongly you agree (5 is the strongest.)

	1	2	3	4	5
I know I do not rest enough					
There are two very different sides to my character					

All my life I have felt as if something is missing					
I spend a lot of time talking to myself in a mirror					
I find disappointment very painful					
I think I am psychic					
I am a perfectionist					
I find it hard to forgive people who have hurt me					
I have been in an exploitative relationship with another person					
All my life I have felt empty inside					
I don't let other people get close to me					
I am paranoid					

Question 7 of 8

Even more about you: *

Rate every statement according to how strongly you agree (5 is the strongest.)

	1	2	3	4	5
I feel driven by "musts" and "shoulds"					
I am dyslexic					
I get extremely upset about silly little things					
I feel different from other people					

I feel guilty about everything					
I always feel in some way unsatisfied, but I don't know why					
I know I am not realising my true potential					
I have strong, inner imaginary life that I use as a coping mechanism					
Deep down, I somehow know I experienced death before I was born					
I find it hard to let go of unfinished projects: I am always going to finish them one day					
I have a strange, irrational feeling that somehow "I don't exist" or "I'm not really here".					
I feel very privileged, simply to be alive					

Question 8 of 8

Even more about you: *

Rate every statement according to how strongly you agree (5 is the strongest.)

	1	2	3	4	5
There is at least one room (including shed or garage) in my home that is completely full of stuff					
I generally lack energy and motivation					
I have a problem with expressing anger - either there is too much or too little					
I suffer from low self esteem					

I often feel torn in two between two decisions					
I have suffered for a long time from feeling vaguely unwell, as if I am slowly dying (please give details)					
I make a lot of effort to protect my privacy					
I am so intuitive and empathetic that it is a problem for me					
All my life I have felt restless and unsettled					
All my life I have carried deeply felt emotional pain that persists, despite all my efforts to heal myself					
I have a deep desire to heal the world and everyone in it					
I feel guilty about being alive at all					
I want to succeed in life, but I always end up somehow sabotaging my chances of success					