

Questionnaire with answers:

1. **Demographics:**

How old are you? _____

Are you happy to tell us your gender? If so, what do you class as your gender?

Female

Male

Non-binary

Prefer not to answer

Other, please specify

Are you happy to tell us your sexual orientation? If so, what is your sexual orientation?

Heterosexual

Homosexual

Bisexual

Asexual

Prefer not to answer

Other, please specify

What is your ethnicity?

- Asian
- Black, Caribbean or African
- Mixed or multiple ethnic groups
- White
- Other ethnic group

Where do you currently reside? _____

What is your highest level of education?

No formal education

Primary education

Secondary education or high school

Vocational qualification

University education

2. **Personal fertility history:**

Do you have any biological children?

Yes

No

Are you currently trying to get pregnant?

Yes

No

Not applicable

Do you have a condition which affects your fertility?

Yes

No

Not sure

Do you have worries/concerns about conceiving in the future?

Yes

No

Not applicable

Do you know anybody that has had fertility treatment?

Yes

No

Have you had fertility treatment?

Yes

No

If yes to the above question then,

Have you had ovulation induction

Have you had IUI

Have you had IVF (In Vitro Fertilisation)/ICSI (Intracytoplasmic sperm infection)

Also if yes to the above question, then what year did you have fertility treatment? _____

Would you consider fertility preservation methods such as freezing your eggs or sperm?

Yes

No

Maybe

I have already done this

Not applicable

3. Test your fertility knowledge

Infertility is defined as the inability to achieve a pregnancy after a period of regular unprotected intercourse.

How long do you think this period is?

6 months

12 months

15 months

18 months

24 months

How many days are in an average menstrual cycle?

21 days

23 days

25 days

28 days

32 days

35 days

Which days of the average menstrual cycle are considered the best days (most fertile) to have sexual intercourse in order to become pregnant?

Day 1-5

Day 6-9

Day 10-15

Day 16-22

Day 23-28

On what day, of an average 28-day menstrual cycle, does ovulation (an egg being released) occur?

Day 7

Day 10

Day 14

Day 20

Day 24

How often do you think you need to have sexual intercourse to maximise the chance of conception?

Everyday

Twice daily

Two to Three times a week

Once a week

Twice a month

How long can sperm survive in the female reproductive tract?

Around 1 day

Around 3 days

Around 5 days

Around 10 days

Around 15 days

Once an egg is released from the ovary (ovulated), how long is it capable of being fertilised by a sperm?

Around 6-12 hours

Around 12-24 hours

Around 24-48 hours

Around 48-72 hours

Around 72-96 hours

Do you think the age you try to get pregnant matters for women? Yes/no

If yes, then at what age do you think fertility really starts declining? 30

Do you think the age you try to get pregnant matters for men? Yes/no

If yes, then at what age do you think fertility starts declining? 40-45

4. Causes of infertility

Which of the following factors can negatively impact male fertility?

- Smoking
 - Depression/mental health
 - Alcohol
 - Being overweight
 - Using steroids for muscle growth
 - Eating (a lot of red meat)
 - Lifting heavy weights
 - Using hot tubs
 - Low sperm count
 - Multiple sexual partners
 - Frequent masturbation
 - Premature ejaculation
 - Genital size or shape
 - Height

Which of the following factors can negatively impact female fertility?

- Smoking
 - Depression/mental health
 - Being overweight

- Having recurrent yeast infections
- Previous UTIs
- Eating (a lot) of red meat
- Polycystic ovarian syndrome
- Endometriosis
- Previous terminations of pregnancy
- Multiple sexual partners
- Hormonal contraception use
- Frequent masturbation
- Breast size
- Genital size or shape
- Height

Sexually transmitted infections (STIs) are a cause of infertility in both men and women. Many STI's cause structural damage to the tubes which carry the egg to the womb (the fallopian tubes) and the tubes which carry the sperm to the penis (the sperm ducts). What STI is the most likely to cause this damage?

Chlamydia
Gonorrhea
Syphilis
Bacterial Vaginosis
Herpes
Trichomoniasis
HIV

In a couple struggling to conceive, is the problem more likely due to male or female problems?

Male
Female
Equal

5. Fertility treatment knowledge

Approximately how many couples struggle with infertility worldwide currently?

Around 8 million
Around 28 million
Around 48 million
Around 88 million
Around 100 million

What is the average success rate of conceiving with one cycle of IVF?

24%
32%
48%
73%

How much on average does one cycle of IVF cost?

£200-£500
£500-£1000
£1,500-£5,000
£5,000-£7000

Since the first IVF birth in 1978, how many babies have been born using this process?

0.5 million

3 million
8 million
20 million

In the UK, what is the average number of NHS IVF funded cycles for couples struggling to conceive?

1
2
3
4
5

Do you think your health service should fund IVF?

Yes
No

If yes, how many cycles?

1
2
3
4
5

If not, who should fund? _____

I feel like I received substantial teaching on fertility in school/college?

- Highly agree
- Agree
- Neutral
- Disagree
- Highly disagree

What would you like to have been taught? _____