# research in practice

## Maternal antenatal attachment scale

These questions are about your thoughts and feelings about the developing baby. Please tick one box only in answer to each question.

1. <u>Over the past</u> two weeks I have thought about, or been preoccupied with the baby inside me:

Almost all the time

Very frequently

Frequently

Occasionally

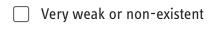
🗋 Not at all

- 2. <u>Over the past</u> two weeks when I have spoken about, or thought about the baby inside me I got emotional feelings which were:
  - Very weak or non-existent
  - 📄 Fairly weak
  - In between strong and weak
  - Fairly strong
  - Very strong
- 3. Over the past two weeks my feelings about the baby inside me have been:
  - Very positive
  - Mainly positive
  - Mixed positive and negative

#### Mainly negative

Very negative

4. <u>Over the past</u> two weeks I have had the desire to read about or get information about the developing baby. This desire is:



- Fairly weak
- Neither strong nor weak
- Moderately strong
- Very strong
- 5. <u>Over the past</u> two weeks I have been trying to picture in my mind what the developing baby actually looks like in my womb:
  - Almost all the time
  - Very frequently
  - Frequently
  - Occasionally
  - Not at all
- 6. <u>Over the past</u> two weeks I think of the developing baby mostly as:
  - A real little person with special characteristics
  - A baby like any other baby
  - A human being
  - A living thing
  - A thing not yet really alive

- 7. Over the past two weeks I have felt that the baby inside me is dependent on me for its well-being:
  - Totally
  - A great deal
  - Moderately
  - Slightly
  - 🗌 Not at all
- 8. Over the past two weeks I have found myself talking to my baby when I am alone
  - Not at all
  - Occasionally
  - Frequently
  - Very frequently
  - Almost all the time I am alone
- 9. Over the past two weeks when I think about (or talk to) my baby inside me, my thoughts:
  - Are always tender and loving
  - Are mostly tender and loving
  - Are a mixture of both tenderness and irritation
  - Contain a fair bit of irritation
  - Contain a lot of irritation

10.	Over the	past The	picture in my	/ mind of wh	at the baby	/ at this stage	e actually	looks like	inside the	womb is:

□ Very clear

Fairly clear

Fairly vague

- Very vague
- 🗌 I have no idea at all

**11.** <u>Over the past</u> two weeks when I think about the baby inside me I get feelings which are:

- Very sad
- Moderately sad
- A mixture of happiness and sadness
- Moderately happy
- Very happy

**12.** <u>Some pregnant women</u> sometimes get so irritated by the baby inside them that they feel like they want to hurt it or punish it:

- I couldn't imagine I would ever feel like this
- I could imagine I might sometimes feel like this, but I never actually have
- □ I have felt like this once or twice myself
- I have occasionally felt like this myself
- I have often felt like this myself

- 13. Over the past two weeks I have felt
  - Very emotionally distant from my baby
  - Moderately emotionally distant from my baby
  - Not particularly emotionally close to my baby
  - Moderately close emotionally to my baby
  - Very close emotionally to my baby

14. Over the past two weeks I have taken care with what I eat to make sure the baby gets a good diet:

- Not at all
- Once or twice when I ate
- Occasionally when I ate
- Quite often when I ate
- Every time I ate
- 15. When I first see my baby after the birth I expect I will feel:
  - Intense affection
  - Mostly affection
  - Dislike about one or two aspects of the baby
  - Dislike about quite a few aspects of the baby
  - Mostly dislike

- **16.** <u>When my baby</u> is born I would like to hold the baby:
  - Immediately
  - After it has been wrapped in a blanket
  - After it has been washed
  - After a few hours for things to settle down
  - The next day
- **17.** <u>Over the past</u> two weeks I have had dreams about the pregnancy or baby:
  - Not at all
  - Occasionally
  - Frequently
  - Very frequently
  - Almost every night
- **18.** <u>Over the past</u> two weeks I have found myself feeling, or rubbing with my hand, the outside of my stomach where the baby is:
  - A lot of times each day
  - At least once per day
  - Occasionally
  - Once only
  - Not at all

- **19.** <u>If the pregnancy</u> was lost at this time (due to miscarriage or other accidental event) without any pain or injury to myself, I expect I would feel:
  - Immediately
  - After it has been wrapped in a blanket
  - After it has been washed
  - After a few hours for things to settle down
  - The next day

### Scoring and scales

#### Quality of attachment

(3) (6) (9) (10) 11 (12) 13 (15) (16) 19

Time spent in attachment mode (or intensity of preoccupation)

(1) 2 4 (5) 8 14 17 (18)

Item 7 does not load on either factor strongly enough for inclusion on subscales. We usually include it in the global attachment score, and **it should be reversed.** 

Items in brackets are reversed scored. Scoring is 1-5, with 5 high attachment

Reference: Condon J, Corkindale C, Boyce P. and Gamble E (2013). A longitudinal study of father-to-infant attachment: antecedents and correlates. *Journal of reproductive and infant psychology*, 31, pp. 15-30.