

## 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. Over the past 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. Over the past 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. Over the past two weeks I have had the desire to read about or get information about the developing baby.  
This desire is:

- Very weak or non-existent
- Fairly weak
- Neither strong nor weak
- Moderately strong
- Very strong

5. Over the past 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. Over the past 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 what the baby at this stage actually looks like inside the womb is:

- Very clear
- Fairly clear
- Fairly vague
- Very vague
- I have no idea at all

11. Over the past 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. Some pregnant women 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. When my baby 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. Over the past two weeks I have had dreams about the pregnancy or baby:

- Not at all
- Occasionally
- Frequently
- Very frequently
- Almost every night

18. Over the past 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. If the pregnancy 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

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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.