

Paternal 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 developing baby:
 - 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 developing baby 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 developing baby 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 partner's 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 when I think about the developing baby 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

8. Over the past two weeks my ideas about possible names for the baby have been:

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

9. Over the past two weeks when I think about the developing baby I get feelings which are:

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

10. Over the past two weeks I have been thinking about what kind of child the baby will grow into:

- Not at all
- Occasionally
- Frequently
- Very frequently
- Almost all the time

11. Over the past two weeks I have felt:

- Very emotionally distant from the baby
- Moderately emotionally distant from the baby
- Not particularly emotionally close to the baby
- Moderately close emotionally to the baby
- Very close emotionally to the baby

12. When I first see the baby after the birth I expect I will feel:

- Intense affection
- Mostly affection
- Affection, but I expect there may be a few aspects of the baby I will dislike
- I expect there may be quite a few aspects of the baby I will dislike
- I expect I might feel mostly dislike

13. When the 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

14. Over the past two weeks I have had dreams about the pregnancy or baby:

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

15. Over the past two weeks I have found myself feeling, or rubbing with my hand, the outside of my partner's stomach where the baby is:

- A lot of times each day
- At least once per day
- Occasionally
- Once only
- Not at all

16. If the pregnancy was lost at this time (due to miscarriage or other accidental event) without any pain or injury to my partner, I expect I would feel:

- Very pleased
- Moderately pleased
- Neutral (ie neither sad nor pleased; or mixed feelings)
- Moderately sad
- Very sad

Factor structure

() denotes reverse scoring. Scoring is 1 (low attachment) to 5 (high attachment)

Quality of attachment: (1) 2 (3) (7) 9 11 12 16

Time spent in attachment mode: 4 (5) (8) 10 14 (15)
(or intensity of preoccupation)

Items 6 and 13 do not load on either factor strongly enough for inclusion on subscales

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.