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The following reference relates to this questionnaire:

MATERNAL POSTNATAL ATTACHMENT SCALE

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

PM1  When I am caring for the baby, I get feelings of annoyance or irritation:

☐ Very frequently
☐ Frequently
☐ Occasionally
☐ Very rarely
☐ Never

PM2  When I am caring for the baby I get feelings that the child is deliberately being difficult or trying to upset me:

☐ Very frequently
☐ Frequently
☐ Occasionally
☐ Very rarely
☐ Never

PM3  Over the last two weeks I would describe my feelings for the baby as:

☐ Dislike
☐ No strong feelings towards the baby
☐ Slight affection
☐ Moderate affection
☐ Intense affection

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PM4  Regarding my overall level of interaction with the baby I:

- Feel very guilty that I am not more involved
- Feel moderately guilty that I am not more involved
- Feel slightly guilty that I am not more involved
- I don’t have any guilty feelings regarding this

PM5  When I interact with the baby I feel:

- Very incompetent and lacking in confidence
- Moderately incompetent and lacking in confidence
- Moderately competent and confident
- Very competent and confident

PM6  When I am with the baby I feel tense and anxious:

- Very frequently
- Frequently
- Occasionally
- Almost never

PM7  When I am with the baby and other people are present, I feel proud of the baby:

- Very frequently
- Frequently
- Occasionally
- Almost never
<table>
<thead>
<tr>
<th>PM8</th>
<th>I try to involve myself as much as I possibly can PLAYING with the baby:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>This is true</td>
</tr>
<tr>
<td></td>
<td>This is untrue</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PM9</th>
<th>When I have to leave the baby:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I usually feel rather sad (or it's difficult to leave)</td>
</tr>
<tr>
<td></td>
<td>I often feel rather sad (or it's difficult to leave)</td>
</tr>
<tr>
<td></td>
<td>I have mixed feelings of both sadness and relief</td>
</tr>
<tr>
<td></td>
<td>I often feel rather relieved (and it's easy to leave)</td>
</tr>
<tr>
<td></td>
<td>I usually feel rather relieved (and it's easy to leave)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PM10</th>
<th>When I am with the baby:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I always get a lot of enjoyment/satisfaction</td>
</tr>
<tr>
<td></td>
<td>I frequently get a lot of enjoyment/satisfaction</td>
</tr>
<tr>
<td></td>
<td>I occasionally get a lot of enjoyment/satisfaction</td>
</tr>
<tr>
<td></td>
<td>I very rarely get a lot of enjoyment/satisfaction</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PM11</th>
<th>When I am not with the baby, I find myself thinking about the baby:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Almost all the time</td>
</tr>
<tr>
<td></td>
<td>Very frequently</td>
</tr>
<tr>
<td></td>
<td>Frequently</td>
</tr>
<tr>
<td></td>
<td>Occasionally</td>
</tr>
<tr>
<td></td>
<td>Not at all</td>
</tr>
</tbody>
</table>
PM12  When I am with the baby:

☐ I usually try to prolong the time I spend with him/her

☐ I usually try to shorten the time I spend with him/her

PM13  When I have been away from the baby for a while and I am about to be with him/her again, I usually feel:

☐ Intense pleasure at the idea

☐ Moderate pleasure at the idea

☐ Mild pleasure at the idea

☐ No feelings at all about the idea

☐ Negative feelings about the idea

PM14  I now think of the baby as:

☐ Very much my own baby

☐ A bit like my own baby

☐ Not yet really my own baby

PM15  Regarding the things that we have had to give up because of the baby:

☐ I find that I resent it quite a lot

☐ I find that I resent it a moderate amount

☐ I find that I resent it a bit

☐ I don't resent it at all
PM16  Over the past three months, I have felt that I do not have enough time for myself or to pursue my own interests:

☐  Almost all the time
☐  Very frequently
☐  Occasionally
☐  Not at all

PM17  Taking care of this baby is a heavy burden of responsibility. I believe this is:

☐  Very much so
☐  Somewhat so
☐  Slightly so
☐  Not at all

PM18  I trust my own judgement in deciding what the baby needs:

☐  Almost never
☐  Occasionally
☐  Most of the time
☐  Almost all the time

PM19  Usually when I am with the baby:

☐  I am very impatient
☐  I am a bit impatient
☐  I am moderately patient
☐  I am extremely patient
**Preliminary Factor Structure**

Items in brackets ( ) are reverse scored

Quality of attachment: 3 4 5 6 (7) (10) (14) 18 19

Absence of hostility: 1 2 15 16 17

Pleasure in interaction: all reversed (8 9 11 12 13)

To ensure equal weighting of all questions it is recommended that response options be recoded to represent a score of 1 (low attachment) to 5 (high attachment) for every question. For example:

Question PM4 would be scored as: 1; 2.3; 3.6; 5

Question 8 would be (reverse) scored as: 5; 1