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**The following references relate to this questionnaire:**


**PATERNAL POSTNATAL ATTACHMENT SCALE**

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

<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>Description</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>QUES1</td>
<td>When I am caring for the baby, I get feelings of annoyance or irritation:</td>
<td>very frequently, frequently, occasionally, very rarely, never</td>
</tr>
<tr>
<td>QUES2</td>
<td>When I am caring for the baby I get feelings that the child is deliberately being difficult or trying to upset me:</td>
<td>very frequently, frequently, occasionally, very rarely, never</td>
</tr>
<tr>
<td>QUES3</td>
<td>Over the last two weeks I would describe my feelings for the baby as:</td>
<td>dislike, no strong feelings towards the baby, slight affection, moderate affection, intense affection</td>
</tr>
</tbody>
</table>
**QUES4**  I can understand what my baby needs or wants:
- [ ] almost always
- [ ] usually
- [ ] sometimes
- [ ] rarely
- [ ] almost never

**QUES5**  Regarding my overall level of interaction with the baby I believe I am:
- [ ] much more involved than most fathers in my position
- [ ] somewhat more involved than most fathers in my position
- [ ] involved to the same extent as most fathers in my position
- [ ] somewhat less involved than most fathers in my position
- [ ] much less involved than most fathers in my position

**QUES6**  When I am with the baby I feel bored:
- [ ] very frequently
- [ ] frequently
- [ ] occasionally
- [ ] almost never

**QUES7**  When I am with the baby and other people are present I feel proud of the baby:
- [ ] very frequently
- [ ] frequently
- [ ] occasionally
- [ ] almost never
QUES8  I try to involve myself as much as possible in child care and looking after the baby:

☐ this is true

☐ this is untrue

QUES9  I find myself talking to people (other than my partner) about the baby:

☐ many times each day

☐ a few times each day

☐ once or twice a day

☐ rarely on any one day

QUES10  When I have to leave the baby:

☐ I usually feel rather sad (or it's difficult to leave)

☐ I often feel rather sad (or it's difficult to leave)

☐ I have mixed feelings of both sadness and relief

☐ I often feel rather relieved (and it's easy to leave)

☐ I usually feel rather relieved (and it's easy to leave)

QUES11  When I am with the baby:

☐ I always get a lot of enjoyment/satisfaction

☐ I frequently get a lot of enjoyment/satisfaction

☐ I occasionally get a lot of enjoyment/satisfaction

☐ I very rarely get a lot of enjoyment/satisfaction
QUES12  When I am not with the baby, I find myself thinking about the baby:

- almost all the time
- very frequently
- frequently
- occasionally
- not at all

QUES13  When I am with the baby:

- I usually try to prolong the time I spend with him/her
- Neither
- I usually try to shorten the time I spend with him/her

QUES14  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

QUES15  Over the past three months I have found myself just sitting looking at the sleeping baby for periods of five minutes or more:

- very frequently
- frequently
- a few times
- not at all
QUES16 I now think of the baby as:

- [ ] very much my own baby
- [ ] a bit like my own baby
- [ ] not yet really my own baby

QUES17 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

QUES18 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

QUES19 Usually when I am with the baby:

- [ ] I am very impatient
- [ ] I am a bit impatient
- [ ] I am moderately patient
- [ ] I am extremely patient
Scoring the PPAS

RECODE
  ques4 ques5 ques10 ques12 ques14 (1=5) (2=4) (3=3) (4=2) (5=1)
RECODE
  ques6 ques17 ques18 ques19 (1=1) (2=2.3) (3=3.6) (4=5)
RECODE
  ques7 ques9 ques11 ques15 (1=5) (2=3.6) (3=2.3) (4=1)
RECODE
  ques8 ques13 (1=5) (2=1)
RECODE
  ques16 (1=5) (2=3) (3=1)

SUB-SCALE: Patience and tolerance = ques2 + ques1 + ques6 + ques19 + ques11 + ques17 + ques13 + ques18
SUB-SCALE: Pleasure in interaction = ques5 + ques15 + ques9 + ques12 + ques4 + ques8 + ques10
SUB-SCALE: Affection and pride = ques3 + ques7 + ques14 + ques16