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The following references relate to this questionnaire:

Condon, J. (1993). The assessment of antenatal emotional attachment: development of a questionnaire instrument. *British Journal of Medical Psychology*, 66(2), 167-183.

Condon, J. & Corkindale, C. (1997). The correlates of antenatal attachment in pregnant women. *British Journal of Medical Psychology*, 70(4), 359-372.

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:

<input type="checkbox"/>	Very weak or non-existent
<input type="checkbox"/>	Fairly weak
<input type="checkbox"/>	Neither strong nor weak
<input type="checkbox"/>	Moderately strong
<input type="checkbox"/>	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:

<input type="checkbox"/>	Almost all the time
<input type="checkbox"/>	Very frequently
<input type="checkbox"/>	Frequently
<input type="checkbox"/>	Occasionally
<input type="checkbox"/>	Not at all

- 6) Over the past two weeks I think of the developing baby mostly as:

<input type="checkbox"/>	A real little person with special characteristics
<input type="checkbox"/>	A baby like any other baby
<input type="checkbox"/>	A human being
<input type="checkbox"/>	A living thing
<input type="checkbox"/>	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:

<input type="checkbox"/>	Totally
<input type="checkbox"/>	A great deal
<input type="checkbox"/>	Moderately
<input type="checkbox"/>	Slightly
<input type="checkbox"/>	Not at all

- 8) Over the past two weeks I have found myself talking to my baby when I am alone

<input type="checkbox"/>	Not at all
<input type="checkbox"/>	Occasionally
<input type="checkbox"/>	Frequently
<input type="checkbox"/>	Very frequently
<input type="checkbox"/>	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:

<input type="checkbox"/>	Are always tender and loving
<input type="checkbox"/>	Are mostly tender and loving
<input type="checkbox"/>	Are a mixture of both tenderness and irritation
<input type="checkbox"/>	Contain a fair bit of irritation
<input type="checkbox"/>	Contain a lot of irritation

10. 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:

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