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Citation:

Condon, J. (2015). *Paternal Postnatal Attachment Scale* [Measurement instrument]. Retrieved from <http://hdl.handle.net/2328/35293>

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

Condon, J. & Corkindale, C. (1998). The assessment of parent-to-infant attachment: Development of a self-report questionnaire instrument. *Journal of Reproductive and Infant Psychology*, 16(1), 57-76. DOI: 10.1080/02646839808404558

Condon, J., Boyce, P. & Corkindale, C., (2004). The First-Time Fathers Study: a prospective study of the mental health and wellbeing of men during the transition to parenthood. *Australian New Zealand Journal of Psychiatry*. 38(1-2), 56-64.

Condon, J., Corkindale, C. & Boyce, P. (2008). Assessment of postnatal paternal-infant attachment: development of a questionnaire instrument, *Journal of Reproductive and Infant Psychology*, 26(3), 195-210. <http://dx.doi.org/10.1080/02646830701691335>

Condon, J., Corkindale, C., Boyce, P., & Gamble, E. (2013). A longitudinal study of father-to-infant attachment: antecedents and correlates, *Journal of Reproductive and Infant Psychology*, 31:1, 15-30. <http://dx.doi.org/10.1080/02646838.2012.757694>

## 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.

QUES1

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

- ☐ very frequently
- ☐ frequently
- ☐ occasionally
- ☐ very rarely
- ☐ never

QUES2

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

QUES3

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

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