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**The following reference relates 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

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

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

PM8 I try to involve myself as much as I possibly can PLAYING with the baby:

☐

This is true

☐

This is untrue

PM9 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)

PM10 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

PM11 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

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