

'Postpartum Bonding Questionnaire (PBQ; Brockington et al., 2001, *Arch Womens Ment Health*)

PURPOSE: The PBQ was designed used as a screener for mother-infant bonding difficulties (e.g., maternal hostility, irritability, aggressive tendencies, lack of maternal feeling), which are present in 29% of mothers diagnosed with postnatal depression (Brockington et al., 2001) and are also associated with maternal anxiety and child abuse.

ITEMS: Mothers rate 25 items about the mother-infant relationship on a 6-pt Likert scale from "Always true" to "Never true."

FACTOR STRUCTURE (somewhat varies across studies depending on sample):

Principal component analysis (PCA) in a clinically-referred sample of mothers yielded 4 factors (Brockington, Fraser, & Wilson, 2006):

Factor 1: General Postpartum Bonding (12 items)

Factor 2: Rejection and Pathological Anger (7 items)

Factor 3: Anxiety about the Infant (4 items)

Factor 4: Incipient Abuse (2 items)

Found evidence supporting the specificity, sensitivity, and positive predictive value of these four factors (Brockington et al., 2006).

Factors demonstrated acceptable reliability and validity in a sample of first-time mothers (Wittkowski, Wieck, & Mann, 2007).

Confirmatory factor analysis (CFA) and exploratory factor analysis (EFA) in an inpatient sample found a 3-factor solution (Wittkowski, Williams, & Wieck, 2010):

Factor 1: Impaired Bonding

Factor 2: Anxiety and Irritability

Factor 3: Anxiety about Child Care Responsibilities

Acceptable internal consistencies of 3 factors. Scores were associated with maternal depression scores, but did not provide useful information regarding risk of abuse (Wittkowski et al., 2010).

Appendix 1

Post Partum Bonding Questionnaire

Please indicate how often the following are true for you.

There are no 'right' or 'wrong' answers. Choose the answer which seems right in your recent experience.

Factor	Scoring	Statement	Always	Very often	Quite often	Sometimes	Rarely	Never
1	0 → 5	I feel close to my baby						
1	5 → 0	I wish the old days when I had no baby would come back						
2	5 → 0	I feel distant from my baby						
2	0 → 5	I love to cuddle my baby						
2	5 → 0	I regret having this baby						
1	5 → 0	The baby does not seem to be mine						
1	5 → 0	My baby winds me up						
1	0 → 5	I love my baby to bits						
1	0 → 5	I feel happy when my baby smiles or laughs						
1	5 → 0	My baby irritates me						
2	0 → 5	I enjoy playing with my baby						
1	5 → 0	My baby cries too much						
1	5 → 0	I feel trapped as a mother						
2	5 → 0	I feel angry with my baby						
1	5 → 0	I resent my baby						
1	0 → 5	My baby is the most beautiful baby in the world						
1	5 → 0	I wish my baby would somehow go away						
4	5 → 0	I have done harmful things to my baby						
3	5 → 0	My baby makes me feel anxious						
3	5 → 0	I am afraid of my baby						
2	5 → 0	My baby annoys me						
3	0 → 5	I feel confident when caring for my baby						
2	5 → 0	I feel the only solution is for someone else to look after my baby						
4	5 → 0	I feel like hurting my baby						
3	0 → 5	My baby is easily comforted						