

PBQ Scoring Sheet

Name _____ Baby's age _____ Date _____

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:

		Always	Very often	Quite often	Some-times	Rarely	Never
1	I feel close to my baby	0	1	2	3	4	5
2	I wish the old days when I had no baby would come back	5	4	3	2	1	0
3	I feel distant from my baby	5	4	3	2	1	0
4	I love to cuddle my baby	0	1	2	3	4	5
5	I regret having this baby	5	4	3	2	1	0
6	The baby doesn't seem to be mine	5	4	3	2	1	0
7	My baby winds me up	5	4	3	2	1	0
8	I love my baby to bits	0	1	2	3	4	5
9	I feel happy when my baby smiles or laughs	0	1	2	3	4	5
10	My baby irritates me	5	4	3	2	1	0
11	I enjoy playing with my baby	0	1	2	3	4	5
12	My baby cries too much	5	4	3	2	1	0
13	I feel trapped as a mother	5	4	3	2	1	0
14	I feel angry with my baby	5	4	3	2	1	0
15	I resent my baby	5	4	3	2	1	0
16	My baby is the most beautiful baby in the world	0	1	2	3	4	5
17	I wish my baby would somehow go away	5	4	3	2	1	0
18	I have done harmful things to my baby	5	4	3	2	1	0
19	My baby makes me feel anxious	5	4	3	2	1	0
20	I am afraid of my baby	5	4	3	2	1	0
21	My baby annoys me	5	4	3	2	1	0
22	I feel confident when caring for my baby	0	1	2	3	4	5
23	I feel the only solution is for someone else to look after my baby	5	4	3	2	1	0
24	I feel like hurting my baby	5	4	3	2	1	0
25	My baby is easily comforted	0	1	2	3	4	5

Postpartum Bonding Questionnaire Scoring

I feel close to my baby
I wish the old days when I had no baby would come back
The baby doesn't seem to be mine
My baby winds me up
I love my baby to bits
I feel happy when my baby smiles or laughs
My baby irritates me
My baby cries too much
I feel trapped as a mother
I resent my baby
My baby is the most beautiful baby in the world
I wish my baby would somehow go away

Impaired bonding (12=high)

I feel distant from my baby
I love to cuddle my baby
I regret having this baby
I enjoy playing with my baby
I feel angry with my baby
My baby annoys me
I feel the only solution is for someone else to look after my baby

Rejection and pathological anger (13=high)

My baby makes me feel anxious
I am afraid of my baby
I feel confident when caring for my baby
My baby is easily comforted

Infant-focused anxiety (10=high)

I have done harmful things to my baby
I feel like hurting my baby

Incipient abuse (3=high)

Obs: The cutoff for "Rejection and pathological anger" was changed to 13, given the [preliminary results](#) of recent research. (The original cutoff value is 17).

AP1.RSV5 < AP2.RSV5 Or (AP1.RSV1 < 12 AND AP1.RSV2 < 13 AND AP1.RSV3 < 10 AND AP1.RSV4 < 3)