

Archived at the Flinders Academic Commons:

http://dspace.flinders.edu.au/dspace/

Citation:

Condon, J. (2015). *Maternal Antenatal Attachment Scale* [Measurement instrument]. Retrieved from http:// hdl.handle.net/2328/35292

This is an Open Access article distributed under the terms of the Creative Commons Attribution License 3.0 AU (http://creativecommons.org/licenses/by/3.0), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

© Copyright John T Condon 2015

The following references relate to this questionnaire:

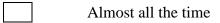
Condon, J. (1993). The assessment of antenatal emotional attachment: development of a questionnaire instrument. British Journal of Medical Psychology, 66(2), 167-183.

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) <u>Over the past</u> two weeks I have thought about, or been preoccupied with the baby inside me:



Very frequently

- Frequently
- Occasionally
  - Not at all
- 2) <u>Over the past</u> 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) <u>Over the past</u> two weeks my feelings about the baby inside me have been:
  - Very positive
    - Mainly positive
  - Mixed positive and negative
  - Mainly negative
    - Very negative

- 4) <u>Over the past</u> two weeks I have had the desire to read about or get information about the developing baby. This desire is:
  - Very weak or non-existent
  - Fairly weak
    - Neither strong nor weak
    - Moderately strong
    - Very strong
- 5) <u>Over the past</u> two weeks I have been trying to picture in my mind what the developing baby actually looks like in my womb:
  - Almost all the time
    - Very frequently
    - Frequently
    - Occasionally
      - Not at all
- 6) <u>Over the past</u> two weeks I think of the developing baby mostly as:
  - A real little person with special characteristics
  - A baby like any other baby
  - A human being
  - A living thing
    - A thing not yet really alive

7. <u>Over the past</u> two weeks I have felt that the baby inside me is dependent on me for its well-being:

Totally
A great deal
Moderately
Slightly
Not at all

8) <u>Over the past</u> two weeks I have found myself talking to my baby when I am alone

Not at all
Occasionally
Frequently
Very frequently
Almost all the time I am alone

- 9. <u>Over the past</u> two weeks when I think about (or talk to) my baby inside me, my thoughts:
  - Are always tender and loving
  - Are mostly tender and loving
  - Are a mixture of both tenderness and irritation
  - Contain a fair bit of irritation
    - Contain a lot of irritation

10. <u>The picture in my mind of what the baby at this stage actually looks like inside</u> the womb is:

Very clear
Fairly clear
Fairly vague
Very vague
I have no idea at all

11. <u>Over the past</u> 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. <u>Some pregnant women</u> 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

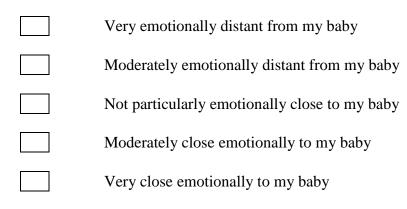
     I could imagine I might sometimes feel like this, but I never actually have

     I have felt like this once or twice myself

     I have occasionally felt like this myself

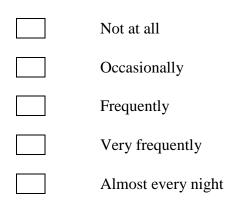
     I have often felt like this myself

13. Over the past two weeks I have felt:



- 14. <u>Over the past</u> 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. <u>When my baby</u> 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:



- <u>18.</u> <u>Over the past</u> 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

<u>19.</u> <u>If the pregnancy</u> 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

## **Scoring and scales**

Quality of attachment

## (3) (6) (9) (10) 11 (12) 13 (15) (16) 19

## Time spent in attachment mode (or intensity of preoccupation)

(1) 2 4 (5) 8 14 17 (18)

Item 7 does not load on either factor strongly enough for inclusion on subscales. We usually include it in the global attachment score, and **it should be reversed.** 

Items in brackets are reversed scored. Scoring is 1-5, with 5 high attachment