

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:

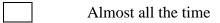
Condon, J. (1993). The assessment of antenatal emotional attachment: development of a questionnaire instrument. British Journal of Medical Psychology, 66(2), 167-183.

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

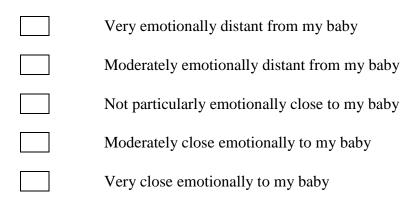
 I could imagine I might sometimes feel like this, but I never actually have

 I have felt like this once or twice myself

 I have occasionally felt like this myself

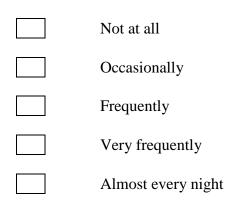
 I have often felt like this myself

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