

Name _____ Gestational Age _____ Date _____

Maternal Antenatal Attachment Scale

These questions are about your thoughts and feelings about the developing baby over the **past two weeks**. Please check one box only in answer to each question.

1) Over the past two weeks I have thought about or been preoccupied with the baby inside me:

	Almost all the time
	Very frequently
	Frequently
	Occasionally
	Not at all

2) Over the past 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) Over the past two weeks my feelings about the baby inside me have been:

	Very positive
	Mainly positive
	Mixed positive and negative
	Mainly negative
	Very negative

4) Over the past 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) Over the past 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) Over the past 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) Over the past 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) Over the past 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) Over the past 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) The picture in my mind of what the baby at this stage actually looks like inside the womb is:

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

11) Over the past 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) Some pregnant women 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 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:

	Very emotionally distant from my baby
	Moderately emotionally distant from my baby
	Not particularly emotionally close to my baby
	Moderately close emotionally to my baby
	Very close emotionally to my baby

14) Over the past 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) When my baby 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:

	Not at all
	Occasionally
	Frequently
	Very frequently
	Almost every night

18) Over the past 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

19) If the pregnancy 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 (i.e., neither sad nor pleased; or mixed feelings)
	Moderately sad
	Very sad