**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 |
| I feel close to my baby | **0** | **1** | **2** | **3** | **4** | **5** |
| I wish the old days when I had no baby would come back | **5** | **4** | **3** | **2** | **1** | **0** |
| I feel distant from my baby | **5** | **4** | **3** | **2** | **1** | **0** |
| I love to cuddle my baby | **0** | **1** | **2** | **3** | **4** | **5** |
| I regret having this baby | **5** | **4** | **3** | **2** | **1** | **0** |
| The baby doesn't seem to be mine | **5** | **4** | **3****23** | **2** | **1** | **0** |
| My baby winds me up | **5** | **4** | **3** | **2** | **1** | **0** |
| I love my baby to bits | **0** | **1** | **2** | **3** | **4** | **5** |
| I feel happy when my baby smiles or laughs | **0** | **1** | **2** | **3** | **4** | **5** |
| My baby irritates me | **5** | **4** | **3** | **2** | **1** | **0** |
| I enjoy playing with my baby | **0** | **1** | **2** | **3** | **4** | **5** |
| My baby cries too much | **5** | **4** | **3** | **2** | **1** | **0** |
| I feel trapped as a mother | **5** | **4** | **3** | **2** | **1** | **0** |
| I feel angry with my baby | **5** | **4** | **3** | **2** | **1** | **0** |
| I resent my baby | **5** | **4** | **3** | **2** | **1** | **0** |
| My baby is the most beautiful baby in the world | **0** | **1** | **2** | **3** | **4** | **5** |
| I wish my baby would somehow go away | **5** | **4** | **3** | **2** | **1** | **0** |
| I have done harmful things to my baby | **5** | **4** | **3** | **2** | **1** | **0** |
| My baby makes me feel anxious | **5** | **4** | **3** | **2** | **1** | **0** |
| I am afraid of my baby | **5** | **4** | **3** | **2** | **1** | **0** |
| My baby annoys me | **5** | **4** | **3** | **2** | **1** | **0** |
| I feel confident when caring for my baby | **0** | **1** | **2** | **3** | **4** | **5** |
| I feel the only solution is for someone else to look after my baby | **5** | **4** | **3** | **2** | **1** | **0** |
| I feel like hurting my baby | **5** | **4** | **3** | **2** | **1** | **0** |
| 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](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=Abstract&list_uids=16673041) 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)