Paternal 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. **Over the past** two weeks I have thought about, or been preoccupied with the developing baby:
   - [ ] 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 developing baby 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 developing baby 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 partner’s 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 when I think about the developing baby 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

8. **Over the past** two weeks my ideas about possible names for the baby have been:

- [ ] Very clear
- [ ] Fairly clear
- [ ] Fairly vague
- [ ] Very vague
- [ ] I have no idea at all

9. **Over the past** two weeks when I think about the developing baby I get feelings which are:

- [ ] Very sad
- [ ] Moderately sad
- [ ] A mixture of happiness and sadness
- [ ] Moderately happy
- [ ] Very happy
10. Over the past two weeks I have been thinking about what kind of child the baby will grow into:

☐ Not at all
☐ Occasionally
☐ Frequently
☐ Very frequently
☐ Almost all the time

11. Over the past two weeks I have felt:

☐ Very emotionally distant from the baby
☐ Moderately emotionally distant from the baby
☐ Not particularly emotionally close to the baby
☐ Moderately close emotionally to the baby
☐ Very close emotionally to the baby

12. When I first see the baby after the birth I expect I will feel:

☐ Intense affection
☐ Mostly affection
☐ Affection, but I expect there may be a few aspects of the baby I will dislike
☐ I expect there may be quite a few aspects of the baby I will dislike
☐ I expect I might feel mostly dislike
13. When the 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

14. Over the past two weeks I have had dreams about the pregnancy or baby:

- [ ] Not at all
- [ ] Occasionally
- [ ] Frequently
- [ ] Very frequently
- [ ] Almost every night

15. Over the past two weeks I have found myself feeling, or rubbing with my hand, the outside of my partner’s stomach where the baby is:

- [ ] A lot of times each day
- [ ] At least once per day
- [ ] Occasionally
- [ ] Once only
- [ ] Not at all
16. **If the pregnancy** was lost at this time (due to miscarriage or other accidental event) without any pain or injury to my partner, I expect I would feel:

- [ ] Very pleased
- [ ] Moderately pleased
- [ ] Neutral (ie neither sad nor pleased; or mixed feelings)
- [ ] Moderately sad
- [ ] Very sad

**Factor structure**

(   ) denotes reverse scoring. Scoring is 1 (low attachment) to 5 (high attachment)

Quality of attachment: (1) 2 (3) (7) 9 11 12 16

Time spent in attachment mode: 4 (5) (8) 10 14 (15)
(or intensity of preoccupation)

Items 6 and 13 do not load on either factor strongly enough for inclusion on subscales