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**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) 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 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:

- 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 (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