

Seznam příloh

1. Maternal Antenatal Attachment Scale

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:

<input type="checkbox"/>	Almost all the time
<input type="checkbox"/>	Very frequently
<input type="checkbox"/>	Frequently
<input type="checkbox"/>	Occasionally
<input type="checkbox"/>	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:

<input type="checkbox"/>	Very weak or non-existent
<input type="checkbox"/>	Fairly weak
<input type="checkbox"/>	In between strong and weak
<input type="checkbox"/>	Fairly strong
<input type="checkbox"/>	Very strong

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

<input type="checkbox"/>	Very positive
<input type="checkbox"/>	Mainly positive
<input type="checkbox"/>	Mixed positive and negative
<input type="checkbox"/>	Mainly negative
<input type="checkbox"/>	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:

<input type="checkbox"/>	Very weak or non-existent
<input type="checkbox"/>	Fairly weak
<input type="checkbox"/>	Neither strong nor weak
<input type="checkbox"/>	Moderately strong
<input type="checkbox"/>	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:

<input type="checkbox"/>	Almost all the time
<input type="checkbox"/>	Very frequently
<input type="checkbox"/>	Frequently
<input type="checkbox"/>	Occasionally
<input type="checkbox"/>	Not at all

- 6) Over the past two weeks I think of the developing baby mostly as:

<input type="checkbox"/>	A real little person with special characteristics
<input type="checkbox"/>	A baby like any other baby
<input type="checkbox"/>	A human being
<input type="checkbox"/>	A living thing
<input type="checkbox"/>	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:

<input type="checkbox"/>	Totally
<input type="checkbox"/>	A great deal
<input type="checkbox"/>	Moderately
<input type="checkbox"/>	Slightly
<input type="checkbox"/>	Not at all

- 8) Over the past two weeks I have found myself talking to my baby when I am alone:

<input type="checkbox"/>	Not at all
<input type="checkbox"/>	Occasionally
<input type="checkbox"/>	Frequently
<input type="checkbox"/>	Very frequently
<input type="checkbox"/>	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:

<input type="checkbox"/>	Are always tender and loving
<input type="checkbox"/>	Are mostly tender and loving
<input type="checkbox"/>	Are a mixture of both tenderness and irritation
<input type="checkbox"/>	Contain a fair bit of irritation
<input type="checkbox"/>	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:

<input type="checkbox"/>	Intense affection
<input type="checkbox"/>	Mostly affection
<input type="checkbox"/>	Dislike about one or two aspects of the baby
<input type="checkbox"/>	Dislike about quite a few aspects of the baby
<input type="checkbox"/>	Mostly dislike

- 16) When my baby is born I would like to hold the baby:

<input type="checkbox"/>	Immediately
<input type="checkbox"/>	After it has been wrapped in a blanket
<input type="checkbox"/>	After it has been washed
<input type="checkbox"/>	After a few hours for things to settle down
<input type="checkbox"/>	The next day

- 17) Over the past two weeks I have had dreams about the pregnancy or baby:

<input type="checkbox"/>	Not at all
<input type="checkbox"/>	Occasionally
<input type="checkbox"/>	Frequently
<input type="checkbox"/>	Very frequently
<input type="checkbox"/>	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:

<input type="checkbox"/>	A lot of times each day
<input type="checkbox"/>	At least once per day
<input type="checkbox"/>	Occasionally
<input type="checkbox"/>	Once only
<input type="checkbox"/>	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:

<input type="checkbox"/>	Very pleased
<input type="checkbox"/>	Moderately pleased
<input type="checkbox"/>	Neutral (i.e., neither sad nor pleased; or mixed feelings)
<input type="checkbox"/>	Moderately sad
<input type="checkbox"/>	Very sad

2. Maternal Postnatal Attachment Scale

Instruction: Please indicate the extent to which you agree or disagree with each of the following statements as they relate to your feelings about your baby.

		Almost never	Seldom	Sometimes	Often	Almost always
1.	I enjoy interacting with my child					
2.	I feel at peace when my child is close by					
3.	Thinking about the future makes me anxious whether I can raise him/her properly					
4.	I am not that interested in my child					
5.	I speak to my baby when caring for him/her					
6.	I don't find my baby cute					
7.	I worry about my child in many ways when my child is not with me					
8.	I am willing to do anything for my child					
9.	I want to touch or hold my baby when I see him/her					
10.	It scares me to touch my baby					
11.	I feel my child is terribly precious					
12.	I don't know how to interact with my baby					
13.	I have trouble actually feeling the baby is mine					
14.	I worry my baby might get sick					
15.	I feel there is something more I should be doing for my child					
16.	I feel holding my baby could break him/her					
17.	I sometimes don't know what to do for my baby					
18.	I miss touching or holding my baby when he/she is not with me					
19.	Taking care of the baby is fun					

3. Multidimensional Scale of Perceived Social Support

Instructions: We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement.

	Very Strongly Disagree	Strongly Disagree	Mildly Disagree	Neutral	Mildly Agree	Strongly Agree	Very Strongly Agree
1. There is a special person who is around when I am in need.	1	2	3	4	5	6	7
2. There is a special person with whom I can share joys and sorrows.	1	2	3	4	5	6	7
3. My family really tries to help me.	1	2	3	4	5	6	7
4. I get the emotional help & support I need from my family.	1	2	3	4	5	6	7
5. I have a special person who is a real source of comfort to me.	1	2	3	4	5	6	7
6. My friends really try to help me.	1	2	3	4	5	6	7
7. I can count on my friends when things go wrong.	1	2	3	4	5	6	7
8. I can talk about my problems with my family.	1	2	3	4	5	6	7
9. I have friends with whom I can share my joys and sorrows.	1	2	3	4	5	6	7
10. There is a special person in my life who cares about my feelings.	1	2	3	4	5	6	7
11. My family is willing to help me make decisions.	1	2	3	4	5	6	7
12. I can talk about my problems with my friends.	1	2	3	4	5	6	7

4. Postpartum Partner Support Scale

Instruction: Please indicate the extent to which you agree or disagree with each of the following statements as they relate to your feelings about your baby.

Statement	Always	Very often	Quite often	Some-times	Rarely	Never
I feel close to my baby						
I wish the old days when I had no baby would come back						
I feel distant from my baby						
I love to cuddle my baby						
I regret having this baby						
The baby does not 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						
I enjoy playing with my baby						
My baby cries too much						
I feel trapped as a mother						
I feel angry with my baby						
I resent my baby						
My baby is the most beautiful baby in the world						
I wish my baby would somehow go away						
I have done harmful things to my baby						
My baby makes me feel anxious						
I am afraid of my baby						
My baby annoys me						
I feel confident when caring for my baby						
I feel the only solution is for someone else to look after my baby						
I feel like hurting my baby						
My baby is easily comforted						