**支援者用　　　　　　　　　　　　Questionnaire Set III: How You Feel About Your Baby**

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| **Date (YYYY/MM/DD):** |  **( days after birth)** |
| **Mother's name:** |  |
| **Child's name:** |  |

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| --- | --- | --- | --- | --- | --- |
|  |  | Mostly strongly agree | Sometimes strongly agree | Sometimes slightly agree | Not at all |
| 1 | I feel loving toward my baby. | ( 0 ) | ( 1 ) | ( 2 ) | ( 3 ) |
| 2 | Sometimes I feel overwhelmed and don't know what to do even though there is something I have to do for my baby. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 3 | I get irritated and frustrated with my baby. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 4 | I don't feel anything special towards my baby. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 5 | I feel angry towards my baby. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 6 | I enjoy taking care of my baby. | ( 0 ) | ( 1 ) | ( 2 ) | ( 3 ) |
| 7 | I wish my baby were different. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 8 | I feel protective of my baby. | ( 0 ) | ( 1 ) | ( 2 ) | ( 3 ) |
| 9 | I wish I didn't have my baby. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 10 | I feel very close to my baby. | ( 0 ) | ( 1 ) | ( 2 ) | ( 3 ) |

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| **Items 1－10 are from a bonding scale (an original index), and the numbers in brackets ( ) are scores (Based on the Japanese translation by Keiko Yoshida, Department of Psychiatry, Kyushu University)** |

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| --- | --- | --- | --- | --- | --- |
| 11 | I know why my baby cries or gets upset. | ( 0 ) | ( 1 ) | ( 2 ) | ( 3 ) |
| 12 | I'm unable to control my emotions when my baby cries or gets upset. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 13 | I get irritated and want to pinch or hit my baby. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 14 | I feel like my baby cries very easily. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |
| 15 | I find it difficult to hold my baby. | ( 3 ) | ( 2 ) | ( 1 ) | ( 0 ) |

**From the "Manual for Prevention Against Child Abuse", Miyagi Prefectural Government**