

Questionnaire Set III: How You Feel About Your Baby

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

	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 )

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)

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