

Postpartum Bonding Questionnaire (PBQ)

Instructions: Please indicate how often the following are true for you. There are no 'right' or 'wrong' answers. Choose the answer which seems right in your recent experience:

Items	Always	Very often	Quite often	Some-times	Rarely	Never
1. I feel close to my baby						
2. I wish the old days when I had no baby would come back						
3. I feel distant from my baby						
4. I love to cuddle my baby						
5. I regret having this baby						
6. The baby doesn't seem to be mine						
7. My baby winds me up						
8. I love my baby to bits						
9. I feel happy when my baby smiles or laughs						
10. My baby irritates me						
11. I enjoy playing with my baby						
12. My baby cries too much						
13. I feel trapped as a mother						
14. I feel angry with my baby						
15. I resent my baby						
16. My baby is the most beautiful baby in the world						
17. I wish my baby would somehow go away						
18. I have done harmful things to my baby						
19. My baby makes me feel anxious						
20. I am afraid of my baby						
21. My baby annoys me						
22. I feel confident when caring for my baby						
23. I feel the only solution is for someone else to look after my baby						
24. I feel like hurting my baby						
25. My baby is easily comforted						

Scoring: For more information on scoring the PBQ, please see the original article for cut-scores and interpretation. Below, please see a scoring sheet for the individual items.

Brockington, I., Fraser, C. & Wilson, D. The Postpartum Bonding Questionnaire: a validation. Archives of Womens Mental Health 9, 233–242 (2006). <https://doi.org/10.1007/s00737-006-0132-1>.

Items	Always	Very often	Quite often	Some-times	Rarely	Never
1. I feel close to my baby	0	1	2	3	4	5
2. I wish the old days when I had no baby would come back	5	4	3	2	1	0
3. I feel distant from my baby	5	4	3	2	1	0
4. I love to cuddle my baby	0	1	2	3	4	5
5. I regret having this baby	5	4	3	2	1	0
6. The baby doesn't seem to be mine	5	4	3	2	1	0
7. My baby winds me up	5	4	3	2	1	0
8. I love my baby to bits	0	1	2	3	4	5
9. I feel happy when my baby smiles or laughs	0	1	2	3	4	5
10. My baby irritates me	5	4	3	2	1	0
11. I enjoy playing with my baby	0	1	2	3	4	5
12. My baby cries too much	5	4	3	2	1	0
13. I feel trapped as a mother	5	4	3	2	1	0
14. I feel angry with my baby	5	4	3	2	1	0
15. I resent my baby	5	4	3	2	1	0
16. My baby is the most beautiful baby in the world	0	1	2	3	4	5
17. I wish my baby would somehow go away	5	4	3	2	1	0
18. I have done harmful things to my baby	5	4	3	2	1	0
19. My baby makes me feel anxious	5	4	3	2	1	0
20. I am afraid of my baby	5	4	3	2	1	0
21. My baby annoys me	5	4	3	2	1	0
22. I feel confident when caring for my baby	0	1	2	3	4	5
23. I feel the only solution is for someone else to look after my baby	5	4	3	2	1	0
24. I feel like hurting my baby	5	4	3	2	1	0
25. My baby is easily comforted	0	1	2	3	4	5

	Subscale	Items	Range	Cut-off
1	General – Difficulties in Mother-Infant Relationship (12)	1; 2; 6; 7; 8; 9; 10; 12; 13; 15; 16; 17	0 - 60	≤11 = normal ≥12 = high
2	Rejection and Pathological Anger (7)	3; 4; 5; 11; 14; 21; 23	0 - 35	≤16 = normal ≥17 = high
3	Infant Focused Anxiety (4)	19; 20; 22; 25	0 - 20	≤9 = normal ≥10 = high
4	Incipient Abuse (2)	18; 24	0 - 10	≤2 = normal ≥3 = high