



Q1. The first question is a series of items about how you **currently feel**.

The following are statements that people have used to describe themselves. Read each statement and fill in the response to indicate how you feel **right now**, that is, **at this moment**. There are no right or wrong answers. Do not spend too much time on any one statement, but give the answer which seems to best describe your present feelings.

| Right now, at this moment:                           | NOT AT ALL            | SOMEWHAT              | MODERATELY SO         | VERY MUCH SO          |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| a. I feel calm                                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. I feel secure                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. I am tense  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. I feel strained                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. I feel at ease                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. I feel upset                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. I am presently worrying over possible misfortunes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. I feel satisfied                                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. I feel frightened                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. I feel comfortable                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. I feel self-confident                             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. I feel nervous                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| m. I am jittery                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| n. I feel indecisive                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| o. I am relaxed                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| p. I feel content                                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| q. I am worried                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| r. I feel confused                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| s. I feel steady                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| t. I feel pleasant                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q2. The next question is a series of items about how you generally feel.

The following are statements which people have used to describe themselves. Read each statement and fill in the response to indicate how you **generally feel**. There are no right or wrong answers. Do not spend too much time on any one statement, but give the answer which seems to best describe your feelings.

| Generally:   | NOT AT ALL            | SOMEWHAT              | MODERATELY SO         | VERY MUCH SO          |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| a. I feel pleasant   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. I feel nervous and restless   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. I feel satisfied with myself  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. I wish I could be as happy as others seem to be   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. I feel like a failure   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. I feel rested   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. I am "calm, cool, and collected"  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. I feel that difficulties are piling up so that I cannot overcome them                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. I worry too much over something that really doesn't matter                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. I am happy  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. I have disturbing thoughts  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. I lack self-confidence  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| m. I feel secure   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| n. I make decisions easily   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| o. I feel inadequate   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| p. I am content  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| q. Some unimportant thought runs through my mind and bothers me                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| r. I take disappointments so keenly that I can't put them out of my mind                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| s. I am a steady person  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| t. I get in a state of tension or turmoil as I think over my recent concerns and interests | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



4. The following questions ask you to choose an answer which best describes your feelings. While you may not find an answer that exactly states your feelings, please choose the answer which comes closest to describing how you feel. **Your first reaction to each question should be your answer.** Please indicate the degree to which you agree or disagree with the following statements. If you are not sure, please select "Not Sure."

|   | Strongly Disagree     | Disagree              | Not Sure              | Agree                 | Strongly Agree        |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| a. When my baby came home from the hospital, I had doubtful feelings about my ability to handle being a parent.                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Being a parent is harder than I thought it would be.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. I feel capable and on top of things when I am caring for my baby.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. I can't make decisions without help.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. I have had many more problems caring for my baby than I expected.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. I enjoy being a parent.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. I feel that I am successful most of the time when I try to get my baby to do or not do something.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. Since I brought this baby home from the hospital, I find that I am not able to take care of this baby as well as I thought I could. I need help. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. I often have the feeling that I cannot handle things very well.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| j. It takes a long time for parents to develop close, warm feelings for their babies.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| k. I expected to have closer and warmer feelings for my baby than I do and this bothers me.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| l. Sometimes my baby does things just to be mean, and that bothers me.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| m. When I was young, I never felt comfortable holding or taking care of babies.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| n. My baby knows I am his or her parent and wants me more than other people.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| o. The number of children I have now is too many.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Q3. Continued

|   | Strongly Disagree     | Disagree              | Not Sure              | Agree                 | Strongly Agree        |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| p. Most of my life is spent doing things for my baby.                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| q. I find myself giving up more of my life to meet my baby's needs than I ever expected.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| r. I feel trapped by my responsibilities as a parent.                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| s. I often feel that my baby's needs control my life.                                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| t. Since having this child, I have been unable to do new and different things.            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| u. Since having a baby I feel that I am almost never able to do things that I like to do. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| v. It is hard to find a place in our home where I can go to be by myself.                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## 4. For these next questions, please select the best answer.

a. When I think about myself as a parent, I believe:

- I can handle anything that happens
- I can handle most things pretty well
- Sometimes I have doubts, but find that I handle most things without any problems
- I have some doubts about being able to handle things
- I don't think I handle things very well

b. I feel that I am:

- A very good parent
- A better-than-average parent
- An average parent
- A person who has some trouble being a parent
- Not very good at being a parent

c. How easy is it for you to understand your child's wants or needs?

- Very easy
- Easy
- Somewhat difficult
- It is very hard
- I usually can't figure out what the problem is









