

The Postpartum Bonding Questionnaire-Revised (PBQ-R)

The PBQ-R is a strengths-based 14-item version of the original 25-item Postpartum Bonding Questionnaire (PBQ). This short, low-burden assessment is specifically validated in the U.S. to evaluate the mother-to-infant emotional tie.

Implementation and Scoring

Please indicate how often the following are true in your recent experience

#	Item	Always	Very Often	Quite Often	Sometimes	Rarely	Never
1	I feel close to my baby	5	4	3	2	1	0
2	I wish the old days when I had no babies would come back	0	1	2	3	4	5
3	I feel distant from my baby	0	1	2	3	4	5
4	I love to cuddle my baby	5	4	3	2	1	0
5	I regret having this baby	0	1	2	3	4	5
6	My baby irritates me	0	1	2	3	4	5
7	I enjoy playing with my baby	5	4	3	2	1	0
8	My baby cries too much	0	1	2	3	4	5
9	I feel trapped as a mother	0	1	2	3	4	5
10	I feel angry with my baby	0	1	2	3	4	5
11	My baby makes me feel anxious	0	1	2	3	4	5
12	My baby annoys me	0	1	2	3	4	5
13	I feel confident when caring for my baby	5	4	3	2	1	0
14	I feel like the only solution is for someone else to look after my baby	0	1	2	3	4	5

Adapted from Brockington et al. (2006)

- **Strength-Based Items** (1, 4, 7, 13): These items are phrased positively. Score as Always = 5, Very Often = 4, Quite Often = 3, Sometimes = 2, Rarely = 1, Never = 0
- **Deficit-Based Items** (2, 3, 5, 6, 8, 9, 10, 11, 12, 14): These items are phrased negatively. Score as Always = 0, Very Often = 1, Quite Often = 2, Sometimes = 3, Rarely = 4, Never = 5
- To create the total score (Range: **0–70**), sum all 14 items. Higher scores indicate stronger bonding.

Citation

Lavallée A, Warmingham J, Reimers M, Curtin P, Kyle M, Austin J, Lee S, Barker T, Hussain M, Arduin E, Ahmed I, Atwood G, Ettinger S, Smotrich G, Turner J, Fisher P, Marsh R, Dumitriu D (2026). Development of a revised and abbreviated version of the postpartum bonding questionnaire (PBQ-R): First US validation and association to child outcomes. *Infant Mental Health Journal*, 47(1), e70052. <https://doi.org/10.1002/imhj.70052>.