

POSTNATAL NEGATIVE THOUGHT QUESTIONNAIRE (PNTQ)*

*(Hall, P. & Papageorgiou, C. (2005). Negative thoughts after childbirth: development and preliminary validation of a self-report scale. *Depression & Anxiety*, Vol. 22 Issue 3, p121-129.)

1. Everyone thinks I'm stupid.
 Not at All Occasionally Frequently Almost Always
2. I don't trust myself with my baby.
 Not at All Occasionally Frequently Almost Always
3. I can't hold an adult conversation anymore.
 Not at All Occasionally Frequently Almost Always
4. Having a baby is not fantastic like I expected.
 Not at All Occasionally Frequently Almost Always
5. I'm trapped.
 Not at All Occasionally Frequently Almost Always
6. I shouldn't feel the way I do.
 Not at All Occasionally Frequently Almost Always
7. If there is something wrong with my baby, it's my fault.
 Not at All Occasionally Frequently Almost Always
8. My baby could die.
 Not at All Occasionally Frequently Almost Always
9. People should tell me what to do.
 Not at All Occasionally Frequently Almost Always
10. I don't want to be alone with my baby.
 Not at All Occasionally Frequently Almost Always
11. I shouldn't have considered having a baby.
 Not at All Occasionally Frequently Almost Always
12. It's impossible to explain how I feel.
 Not at All Occasionally Frequently Almost Always
13. Other people are trying to take over the care of my baby.
 Not at All Occasionally Frequently Almost Always
14. If something bad happens to my baby, it's my fault.
 Not at All Occasionally Frequently Almost Always
15. I am rejected by my baby.
 Not at All Occasionally Frequently Almost Always
16. It's not normal to think the way I do.
 Not at All Occasionally Frequently Almost Always
17. My situation is completely out of control.
 Not at All Occasionally Frequently Almost Always

18. People are critical of me as a mother.
 Not at All Occasionally Frequently Almost Always
19. I can't cope with my baby.
 Not at All Occasionally Frequently Almost Always
20. My baby isn't safe in this world.
 Not at All Occasionally Frequently Almost Always
21. I must be a bad person for having negative thoughts about my baby
 Not at All Occasionally Frequently Almost Always
22. Others judge me negatively as a mother.
 Not at All Occasionally Frequently Almost Always
23. Things will never get better.
 Not at All Occasionally Frequently Almost Always
24. I resent my baby.
 Not at All Occasionally Frequently Almost Always
25. As a mother, everything must be perfect.
 Not at All Occasionally Frequently Almost Always
26. Having a baby has ruined my life.
 Not at All Occasionally Frequently Almost Always
27. I don't trust anyone with my baby.
 Not at All Occasionally Frequently Almost Always
28. I'm going mad.
 Not at All Occasionally Frequently Almost Always
29. Nobody understands me.
 Not at All Occasionally Frequently Almost Always
30. I think I could really hurt my child.
 Not at All Occasionally Frequently Almost Always
31. Everything in my life should revolve around my child.
 Not at All Occasionally Frequently Almost Always
32. Nothing is right in my life as a mother.
 Not at All Occasionally Frequently Almost Always
33. I am a bad mother.
 Not at All Occasionally Frequently Almost Always
34. I am responsible for my baby, only I should look after him/her.
 Not at All Occasionally Frequently Almost Always
35. Others think I could sexually abuse my child.
 Not at All Occasionally Frequently Almost Always
36. I question if I really love my child.
 Not at All Occasionally Frequently Almost Always

37. I could cause emotional damage to my child.
 Not at All Occasionally Frequently Almost Always
38. I can't look after my baby.
 Not at All Occasionally Frequently Almost Always
39. Someone in my family might die
 Not at All Occasionally Frequently Almost Always
40. My baby isn't normal.
 Not at All Occasionally Frequently Almost Always
41. The world does not accept me as a mother.
 Not at All Occasionally Frequently Almost Always
42. There must be something wrong with me.
 Not at All Occasionally Frequently Almost Always
43. If I share my thoughts with others, they will think I'm mad.
 Not at All Occasionally Frequently Almost Always
44. I'm useless as a mother.
 Not at All Occasionally Frequently Almost Always
45. My negative thoughts are uncontrollable.
 Not at All Occasionally Frequently Almost Always
46. My family would have a better life without me.
 Not at All Occasionally Frequently Almost Always
47. If I told people about my thoughts and feelings there would be terrible consequences.
 Not at All Occasionally Frequently Almost Always
48. Having bad thoughts about my baby means I'm evil.
 Not at All Occasionally Frequently Almost Always
49. I am a failure as a mother.
 Not at All Occasionally Frequently Almost Always
50. Disturbing sexual thoughts/images about my child come into my head.
 Not at All Occasionally Frequently Almost Always
51. I could harm or kill myself.
 Not at All Occasionally Frequently Almost Always
52. Being with my baby is boring
 Not at All Occasionally Frequently Almost Always
53. I can't be happy when I'm with my baby.
 Not at All Occasionally Frequently Almost Always
54. I must show everyone that I'm coping.
 Not at All Occasionally Frequently Almost Always