

MULTIDIMENSIONAL SCALE OF MOTIVES FOR POSTPONING PARENTHOOD (MSMPP-18)

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Instruction: Parenting is one of the important developmental tasks of people entering adulthood. The thought of being a parent is associated with various experiences that may give a sense of joy and fulfillment or be an expression of fear, dissatisfaction, or reluctance. Below you will find statements that concern different opinions about readiness for parenthood. Please read each statement and rate on a scale from 1 (strongly disagree) to 7 (strongly agree) to what extent it reflects your personal approach to being a mother or father.

- 1 = I strongly disagree
- 2 = I disagree
- 3 = I don't quite agree
- 4 = I neither agree nor disagree
- 5 = I tend to agree
- 6 = I agree
- 7 = I strongly agree

I am postponing the decision to have a child because:

1. parenting requires many sacrifices.	1	2	3	4	5	6	7
2. I am afraid that my child could experience war.	1	2	3	4	5	6	7
3. I am afraid of deterioration of sexual satisfaction in the relationship.	1	2	3	4	5	6	7
4. my financial situation at this stage of my life does not allow me to raise a child.	1	2	3	4	5	6	7
5. I am convinced that I will not cope with the role of a parent.	1	2	3	4	5	6	7
6. I do not want my child to live in unstable times.	1	2	3	4	5	6	7
7. I am afraid I will not be able to cope with parental responsibilities.	1	2	3	4	5	6	7
8. parenting is taxing.	1	2	3	4	5	6	7
9. I do not have the required qualities to be a good enough parent.	1	2	3	4	5	6	7
10. I do not want my child to experience a climate catastrophe.	1	2	3	4	5	6	7
11. now I focus on self-development.	1	2	3	4	5	6	7
12. currently, achieving my aspirations is my priority.	1	2	3	4	5	6	7
13. the cost of raising a child is beyond my financial means.	1	2	3	4	5	6	7
14. I intend to focus on personal development.	1	2	3	4	5	6	7
15. parenting takes time and commitment.	1	2	3	4	5	6	7
16. a woman's body changes unfavorably after pregnancy.	1	2	3	4	5	6	7

17. I am afraid of negative changes in the relationship when the baby comes.	1	2	3	4	5	6	7
18. I do not have sufficient financial resources.	1	2	3	4	5	6	7

When it comes to calculating scores, the score on each scale is the sum of the points. In the final version, the factors are as follows:

- 1) feeling of uncertainty and incompetence, items: 5, 7, 9
- 2) self-focus, items: 11, 12, 14
- 3) parenthood as a burden, items: 1, 8, 15
- 4) fear of change, items: 3, 16, 17
- 5) financial security concern, items: 4, 13, 18
- 6) worry about a child's future, items: 2, 6, 10

The sum of all six dimensions creates the factor of postponed parenthood.