

Appendix A

Table 1

CMS-R-PL – Positive Childbearing Motivations Items

No.	Item code	Item content/wording (full item)	Abbreviated item
1	P_CR1	Strengthening the bond with my partner.	Strengthening partnership ties
2	P_C1	Continuing my family name.	Family's name
3	P_PF1	Listening to the demands of my biological clock.	Biological clock
4	P_PF2	Giving a meaning to my life.	Life meaning
5	P_C2	Feeling the familial spirit.	Family spirit
6	P_SA1	Fulfilling a moral obligation.	Moral obligation
7	P_PF3	Being connected to a child through blood ties.	Blood ties
8	P_SA2	Being socially valued.	Social valorization
9	P_C3	Conveying my family heritage.	Family heritage
10	P_SA3	Showing that I am responsible.	Responsibility affirmation
11	P_SA4	Meeting my family's expectations.	Family expectations
12	P_CR2	Taking a step forward in the relationship with my partner. ^a	Growing as a couple
13	P_SA5	Having a source of economic support.	Economic support
14	P_PF4	Creating a person, a personality.	Creating a personality
15	P_CR3	Making real a project that I share with my partner.	Fulfilling a shared project
16	P_PF5	Realizing my maternal or paternal instinct.	Maternal or paternal instinct
17	P_PF6	Creating my own family.	Creating a family
18	P_PF7	Enjoying the experience of pregnancy.	Pregnancy experience
19	P_SA7	Affirming me as an adult.	Adult affirmation
20	P_C4	Ensuring my familial lineage.	Familial lineage
21	P_CR4	Making real a project of my partner.	Fulfilling partner's project
22	P_SA8	Ensuring that my partner and I are recognized as a family.	Couple's recognition as a family
23	P_C5	Conveying my family's values	Family's values
24	P_CR2_1	Deepening my relationship with my partner.	Closer as a couple
25	P_PF8	Feeling useful and important for a child.	Feeling useful and important for a child
26	P_C6	Continuing family relationships.	Family's relationships
27	P_SA6	Fulfilling my woman's or man's role. ^b	Gender role expectations

Note. P_PF – Personal Fulfillment; P_C – Continuity; P_CR – The Couple Relationship; P_SA – Socioeconomic Aspects.

^a In the Polish adaptation, this item was split into two items (P_CR2 and P_CR2_1) to better capture complementary aspects of relationship development, reflecting cultural and linguistic nuances. Analyses and scoring refer to the split version.

^b The following items were not included in the final scale based on the validation results. They are provided here for completeness and are not used in scoring.

Table 2

CMS-R-PL – Negative Childbearing Motivations Items

No.	Item code	Item content/wording (full item)	Abbreviated item
1	N_CBI1	Facing the labor of childcare.	Childcare labor
2	N_H1	Worry that the child will be prone to health problems like my partner.	Partner's health vulnerability
3	N_CBI2	Having no required qualities (e.g., patience, ...) to become a mother or a father.	Concerns about parental qualities
4	N_H2	Fear of passing my own illness to the child.	Fear of passing own illness
5	N_PS1	Being afraid of suffering (being afraid that my partner will suffer) complications during birth.	Birth complications
6	N_MS1	Fearing that a child might lead us to separate as a couple.	Fear of couple separation
7	N_FP1	Facing financial sacrifices.	Financial sacrifices
8	N_H3	<i>Fear that the child will have intellectual disabilities or brain damage.</i>	<i>Intellectual or brain damage</i>
9	N_SE1	Worrying about the future of a child in the current world.	Worry about the future
10	N_FP2	Assuming increased expenses with a child.	Increased expenses
11	N_H4	<i>Worry that our child will have health problems.</i>	<i>Child's general health problems</i>
12	N_H5	<i>Fear that my child will be at risk of mental disorders.</i>	<i>Risk of mental disorders</i>
13	N_H6	Worry that the child will struggle with health issues like some of my relatives.	Family-related health concerns
14	N_PS2	Being afraid of suffering (being afraid that my partner will suffer) negative changes in my (her) body.	Negative body changes
15	N_MS2	Changing our routines as a couple.	Constraints for couple routines
16	N_H8	<i>Worry that the child will have physical defects or atypical appearance.</i>	<i>Physical defect or atypical look</i>
17	N_SE3	Being afraid of exposing a child to the social dangers of the world.	Social dangers
18	N_H9	Worry that the child will be prone to health issues like me.	Own health vulnerability
19	N_H12	<i>Fear that the child will be stillborn or die during/shortly after birth.</i>	<i>Fear of stillbirth or infant death</i>
20	N_MS3	Losing autonomy as a couple.	Constraints for couple autonomy
21	N_CBI5	Having constant worries with a child.	Constant worry
22	N_PS3	Being afraid of suffering (being afraid that my partner will suffer) the physical discomforts (e.g., nausea, ...) of pregnancy.	Physical discomforts of pregnancy
23	N_FP3	Abdicating my financial well-being.	Constraints for financial well-being

Note. Items in **bold** belong to the **Hereditary Risk Concerns** subscale; items in *italics* belong to the *Altruistic Health Concerns* subscale; N_MS – Marital Stress; N_PS – Physical Suffering and Body-Image Concerns; N_SE – Social and Ecological Worry; N_CBI – Childrearing Burden and Immaturity; N_H – Health; N_FP – Financial Problems and Economic Constraints.

^a The following items were not included in the final scale based on the validation results. They are provided here for completeness and are not used in scoring.

No.	Item code	Item content/wording (full item)	Abbreviated item
24	N_H10	Fear that my partner's family's genetic conditions will be passed to the child.	Partner's genetic inheritance
25	N_CBI6	Assuming a lifelong responsibility for a child.	Lifelong responsibility
26	N_SE4	Being afraid of exposing a child to environmental degradation.	Environmental degradation
27	N_H11	Worry that the child will inherit disorders present in my family.	Inherited family disorders
28	N_FP4	Being afraid of facing financial difficulties.	Financial difficulties
29	N_MS4	Losing proximity with my partner.	Constraints for couple proximity
30	N_SE2	Dealing with the constant needs of a child. ^a	Childcare demands
31	N_CBI3	Feeling unprepared to assume the mother's or father's role. ^a	Parental unpreparedness
32	N_CBI4	Fearing that my child loses himself/herself in deviant trajectories (e.g., drug dependence, delinquency, ...). ^a	Concerns about child's deviance

Note. Items in **bold** belong to the **Hereditary Risk Concerns** subscale; items in *italics* belong to the *Altruistic Health Concerns* subscale; N_MS – Marital Stress; N_PS – Physical Suffering and Body-Image Concerns; N_SE – Social and Ecological Worry; N_CBI – Childrearing Burden and Immaturity; N_H – Health; N_FP – Financial Problems and Economic Constraints.

^a The following items were not included in the final scale based on the validation results. They are provided here for completeness and are not used in scoring.

Table 3

Childbearing Desire and Intention Items (from CBQ-PL)

No.	Childbearing Desire Items ^a	Childbearing Intention Items
1	How much would you like to have a child/children?	Considering your attitude towards children, as well as your life situation and other life plans, do you intend to have a child/children within the next three years?
2	How important is it for you to have a child/children?	In your opinion, how likely is it that you will have a child/children within the next three years?
3	How happy would having a child/children make you?	

^a All questions were preceded by the phrase: “Assuming that you could become a mother/father at the time of your choosing in the future...”.