

Instructions

This questionnaire contains 36 statements. Read each statement carefully. For each statement, please focus on the child you are most concerned about, and circle the response that best represents your opinion.

Circle the SA if you strongly agree with the statement.

Circle the A if you agree with the statement.

Circle the NS if you are not sure.

Circle the D if you disagree with the statement.

Circle the SD if you strongly disagree with the statement.

For example, if you sometimes enjoy going to the movies, you would circle A in response to the following statement:

I enjoy going to the movies. SA A NS D SD

While you may not find a response that exactly states your feelings, please circle the response that comes closest to describing how you feel. YOUR FIRST REACTION TO EACH QUESTION SHOULD BE YOUR ANSWER.

Circle only one response for each statement, and respond to all statements. **DO NOT ERASE!** If you need to change an answer, make an "X" through the incorrect answer and circle the correct response. For example:

I enjoy going to the movies. SA A NS D SD

Before responding to the statements, write your name, gender, date of birth, ethnic group, marital status, child's name, child's gender, child's date of birth, and today's date in the spaces at the top of the questionnaire.

Name _____ Gender _____ Date of birth _____ Ethnic group _____ Marital status _____
 Child's name _____ Child's gender _____ Child's date of birth _____ Today's date _____

SA = Strongly Agree A = Agree NS = Not Sure D = Disagree SD = Strongly Disagree

- | | | | | | |
|---|----|---|----|---|----|
| 1. I often have the feeling that I cannot handle things very well. | SA | A | NS | D | SD |
| 2. I find myself giving up more of my life to meet my children's needs than I ever expected. | SA | A | NS | D | SD |
| 3. I feel trapped by my responsibilities as a parent. | SA | A | NS | D | SD |
| 4. Since having this child, I have been unable to do new and different things. | SA | A | NS | D | SD |
| 5. Since having a child, I feel that I am almost never able to do things that I like to do. | SA | A | NS | D | SD |
| 6. I am unhappy with the last purchase of clothing I made for myself. | SA | A | NS | D | SD |
| 7. There are quite a few things that bother me about my life. | SA | A | NS | D | SD |
| 8. Having a child has caused more problems than I expected in my relationship with my spouse (or male/female friend). | SA | A | NS | D | SD |
| 9. I feel alone and without friends. | SA | A | NS | D | SD |
| 10. When I go to a party, I usually expect not to enjoy myself. | SA | A | NS | D | SD |
| 11. I am not as interested in people as I used to be. | SA | A | NS | D | SD |
| 12. I don't enjoy things as I used to. | SA | A | NS | D | SD |
| 13. My child rarely does things for me that make me feel good. | SA | A | NS | D | SD |
| 14. Sometimes I feel my child doesn't like me and doesn't want to be close to me. | SA | A | NS | D | SD |
| 15. My child smiles at me much less than I expected. | SA | A | NS | D | SD |
| 16. When I do things for my child, I get the feeling that my efforts are not appreciated very much. | SA | A | NS | D | SD |
| 17. When playing, my child doesn't often giggle or laugh. | SA | A | NS | D | SD |
| 18. My child doesn't seem to learn as quickly as most children. | SA | A | NS | D | SD |
| 19. My child doesn't seem to smile as much as most children. | SA | A | NS | D | SD |
| 20. My child is not able to do as much as I expected. | SA | A | NS | D | SD |
| 21. It takes a long time and it is very hard for my child to get used to new things. | SA | A | NS | D | SD |

For the next statement, choose your response from the choices "1" to "5" below.

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|-----------------------|----|--|---|---|---|---|---|
| 22. I feel that I am: | 1. | not very good at being a parent | 1 | 2 | 3 | 4 | 5 |
| | 2. | a person who has some trouble being a parent | | | | | |
| | 3. | an average parent | | | | | |
| | 4. | a better than average parent | | | | | |
| | 5. | a very good parent | | | | | |

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|---|----|---|----|---|----|
| 23. I expected to have closer and warmer feelings for my child than I do and this bothers me. | SA | A | NS | D | SD |
| 24. Sometimes my child does things that bother me just to be mean. | SA | A | NS | D | SD |
| 25. My child seems to cry or fuss more often than most children. | SA | A | NS | D | SD |
| 26. My child generally wakes up in a bad mood. | SA | A | NS | D | SD |
| 27. I feel that my child is very moody and easily upset. | SA | A | NS | D | SD |
| 28. My child does a few things which bother me a great deal. | SA | A | NS | D | SD |
| 29. My child reacts very strongly when something happens that my child doesn't like. | SA | A | NS | D | SD |
| 30. My child gets upset easily over the smallest thing. | SA | A | NS | D | SD |
| 31. My child's sleeping or eating schedule was much harder to establish than I expected. | SA | A | NS | D | SD |

For the next statement, choose your response from the choices "1" to "5" below.

- | | | | | | |
|--|----|---------------------------------|---|---|---|
| 32. I have found that getting my child to do something or stop doing something is: | 1 | 2 | 3 | 4 | 5 |
| | 1. | much harder than I expected | | | |
| | 2. | somewhat harder than I expected | | | |
| | 3. | about as hard as I expected | | | |
| | 4. | somewhat easier than I expected | | | |
| | 5. | much easier than I expected | | | |

For the next statement, choose your response from the choices "10+" to "1-3."

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|---|-----|-----|-----|-----|-----|
| 33. Think carefully and count the number of things which your child does that bother you. For example: dawdles, refuses to listen, overactive, cries, interrupts, fights, whines, etc. | 10+ | 8-9 | 6-7 | 4-5 | 1-3 |
| 34. There are some things my child does that really bother me a lot. | SA | A | NS | D | SD |
| 35. My child turned out to be more of a problem than I had expected. | SA | A | NS | D | SD |
| 36. My child makes more demands on me than most children. | SA | A | NS | D | SD |

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