

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

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|--|----|---|----|---|----|
| 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 (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. Most times I feel that my child does not like me and does not 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 | 2 | 3 | 4 | 5 |
| 1. not very good at being a parent | | | | | |
| 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 | | | | | |
| 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.

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|--|---|---|---|---|---|
| 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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