

PARENTING EXPERIENCE SURVEY

Name Date

Below are a list of issues relating to being a parent. Please circle the number describing the response which best describes how you honestly feel.

1. In an overall sense, how difficult has your child's behaviour been over the last 6 weeks?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

2. To what extent do the following statements describe your experience as a parent in the last 6 weeks?

	Not at all	Slightly	Moderately	Very	Extremely
Parenting is rewarding	1	2	3	4	5
Parenting is demanding	1	2	3	4	5
Parenting is stressful	1	2	3	4	5
Parenting is fulfilling	1	2	3	4	5
Parenting is depressing	1	2	3	4	5

3. In the last 6 weeks, how confident have you felt to undertake your responsibilities as a parent?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

4. How supported have you felt in your role as a parent over the last 6 weeks?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

If you have a partner, please complete the following items.

5. To what extent do you both agree over methods of disciplining your child?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

6. How supportive has your partner been towards you in your role as a parent over the last 6 weeks?

Not at all	Slightly	Moderately	Very	Extremely
1	2	3	4	5

7. In an overall sense, how happy do you consider your relationship with your partner to be?

(Note: the middle point, "happy" represents the degree of happiness of most relationships, please indicate the point that best describes the degree of happiness, all things considered, of your relationship)

Extremely Unhappy	Fairly unhappy	A little unhappy	Happy	Very happy	Extremely happy	Perfect
0	1	2	3	4	5	6

Circle: PRE
POST

PARENTING SCALE

Provider Name and Agency: _____

Triple P Level & Type: _____

Caregiver Name or Client ID: _____

Today's Date: _____

Instructions:

At one time or another, all children misbehave or do things that could be harmful, that are "wrong," or that parents don't like. Examples include: hitting someone, whining, throwing food, forgetting homework, not picking up toys, lying, having a tantrum, refusing to go to bed, wanting a cookie before dinner, running into the street, arguing back, coming home late.

Parents have many different ways or styles of dealing with these types of problems. Below are items that describe some styles of parenting.

For each item, circle the number that best describes your style of parenting during the past 2 months with your child.

Sample Item

At meal time...

I let my child decide how much to eat. 1 2 3 **4** 5 6 7 I decide how much my child eats.

01. When my child misbehaves...
I do something right away. 1 2 3 4 5 6 7 I do something about it later.

02. Before I do something about a problem...
I give my child several reminders or warnings. 1 2 3 4 5 6 7 I use only one reminder or warning.

03. When I'm upset or under stress...
I am picky and on my child's back. 1 2 3 4 5 6 7 I am no more picky than usual.

04. When I tell my child not to do something...
I say very little. 1 2 3 4 5 6 7 I say a lot.

05. When my child pesters me...
I can ignore the pestering. 1 2 3 4 5 6 7 I can't ignore the pestering.

06. When my child misbehaves...
I usually get into a long argument with my child. 1 2 3 4 5 6 7 I don't get into an argument.

07. I threaten to do things that...
I am sure I can carry out. 1 2 3 4 5 6 7 I know I won't actually do.

08. I am the kind of parent that...
sets limits on what my child is allowed to do. 1 2 3 4 5 6 7 lets my child do whatever he or she wants.

09. When my child misbehaves...
I give my child a long lecture. 1 2 3 4 5 6 7 I keep my talks short and to the point.

-
25. When my child misbehaves...
 I rarely use bad language or curse. 1 2 3 4 5 6 7 I almost always use bad language.
-
26. When I say my child can't do something...
 I let my child do it anyway. 1 2 3 4 5 6 7 I stick to what I said.
-
27. When I have to handle a problem...
 I tell my child I am sorry about it. 1 2 3 4 5 6 7 I don't say I'm sorry.
-
28. When my child does something I don't like, I insult
 my child, say mean things, or call my child names...
 never or rarely. 1 2 3 4 5 6 7 most of the time.
-
29. If my child talks back or complains when I
 handle a problem...
 I ignore the complaining and stick to
 what I said 1 2 3 4 5 6 7 I give my child a talk
 about not complaining.
-
30. If my child gets upset when I say "No"...
 I back down and give in to my child. 1 2 3 4 5 6 7 I stick to what I said.

Note. From "The Parenting Scale: A Measure of Dysfunctional Parenting in Discipline Situations," by D.S. Arnold, S.G. O'Leary, L.S. Wolff and M.M. Acker, 1993, *Psychological Assessment*, 5, p. 140. Copyright 1993 by the American Psychological Association, Inc. Adapted with permission.

Circle: PRE
POST

PARENTING SCALE

SCORING KEY
For provider use only.

Provider Name and Agency: _____

Triple P Level & Type: _____

Caregiver Name or Client ID: _____

Today's Date: _____

Instructions:

- All 30 items are scored on a 7 point scale, with low scores indicating good parenting and high scores indicating dysfunctional parenting. There are three factors on the Parenting Scale: Laxness (LX), Over-reactivity (OR), and Hostility (HS). There are several items that are not on a factor (NF).
- Items are listed below by factor and it is noted whether the "ideal" anchor is on the left (L) or the right-hand (R) side. If the "ideal" anchor is on the left, the left anchor is scored 1. If the "ideal" anchor is on the right, scoring is reversed and the right anchor is scored 1 rather than 7. For example, item 2 has a right anchor, so if the caregiver circled 6, it would be scored as 2. The total score is the sum of all items divided by 30. To achieve a factor score, sum the items in that factor and divide by the number of items in that factor.

*You may also use the scoring application from the Triple P Provider website.

The recommended clinical cut-off scores for the revised parenting scale are:

- Mothers: Laxness 3.6, Over-reactivity 4.0, Hostility 2.4; and Total Score 3.2.
- Fathers: Laxness 3.4, Over-reactivity 3.9, Hostility 3.5; and Total Score 3.2.

Sources: *The Parenting Scale (PS; Arnold, O'Leary, Wolff, & Acker, 1993); (Rhoades & O'Leary, 2007)*

ANCHOR

L = Score item by using the scale on instrument 1-7 from left to right

R = Score item by **reversing the scale** on instrument so that scale is 7-1 from left to right

Right Anchor Items: 2, 3, 6, 9, 10, 13, 14, 17, 19, 20, 23, 26, 27, 30

LAXNESS (LX)			OVER-REACTIVITY (OR)			HOSTILITY (HS)			NO FACTOR (NF)		
Item	Anchor	Score	Item	Anchor	Score	Item	Anchor	Score	Item	Anchor	Score
12	L	___	3	R	___	18	L	___	1	L	___
16	L	___	6	R	___	25	L	___	2	R	___
19	R	___	10	R	___	28	L	___	4	L	___
21	L	___	14	R	___	HS Sum =	___	5	L	___	
30	R	___	17	R	___			7	L	___	
LX Sum =		___	OR Sum =		___			8	L	___	
Factor Score =		___	Factor Score =		___			9	R	___	
(Sum ÷ 5)			(Sum ÷ 5)					11	L	___	
								13	R	___	
								15	L	___	
								20	R	___	
								22	L	___	
								23	R	___	
								24	L	___	
								26	R	___	
								27	R	___	
								29	L	___	
								NF Sum =		___	

TOTAL SCALE SCORE

Total of Sums (LX Sum + OR Sum + HS Sum + NF Sum) = _____

Total Scale Score = _____

(Total of Sums ÷ 30)