

BEING A PARENT SCALE

On this questionnaire are 16 items relating to your feelings about being a parent. Please read each item carefully and rate whether you feel it applies to you, by circling a number from 1 (strongly agree) to 6 (strongly disagree) on the scale.

The rating scale is as follows:

- 1 Strongly agree
- 2 Agree
- 3 Mildly agree
- 4 Mildly disagree
- 5 Disagree
- 6 Strongly disagree

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|---|---|---|---|---|---|---|
| 1. The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. Even though being a parent could be rewarding, I am frustrated now while my child is at his/her present age. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I go to bed the same way I wake up in the morning, feeling I have not accomplished a whole lot. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. My mother/father was better prepared to be a good mother/father than I am. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I would make a fine model for a new mother/father to follow in order to learn what she/he would need to know in order to be a good parent. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. Being a parent is manageable and any problems are easily solved. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. A difficult problem in being a parent is not knowing whether you're doing a good job or a bad one. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. Sometimes I feel like I'm not getting anything done. | 1 | 2 | 3 | 4 | 5 | 6 |

Note. From "A Measure of Parenting Satisfaction and Efficacy," by C. Johnston and E.J. Mash, 1989, *Journal of Clinical Child Psychology*, 18, p. 171. Copyright 1989 by Lawrence Erlbaum Associates, Inc. Adapted with permission.

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| 10. I meet my own personal expectations for expertise in caring for my child. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. If anyone can find the answer to what is troubling my child, I am the one. | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. My talents and interests are in other areas, not in being a parent. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. Considering how long I've been a mother/father, I feel thoroughly familiar with this role. | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. If being a mother/father were only more interesting, I would be motivated to do a better job as a parent. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. I honestly believe that I have all the skills necessary to be a good mother/father to my child. | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. Being a parent makes me tense and anxious. | 1 | 2 | 3 | 4 | 5 | 6 |