



# Answer Sheet

Name \_\_\_\_\_ Gender \_\_\_\_\_ Date of birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Ethnicity \_\_\_\_\_ Marital status \_\_\_\_\_ Today's date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Child's name \_\_\_\_\_ Child's gender \_\_\_\_\_ Child's date of birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

<b>SA = Strongly Agree</b>	<b>A = Agree</b>	<b>NS = Not Sure</b>	<b>D = Disagree</b>	<b>SD = Strongly Disagree</b>
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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/parenting partner. .... | 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. When I do things for my child, I get the feeling that my efforts are not appreciated very much. ....             | SA | A | NS | D | SD |
| 15. My child smiles at me much less than I expected. ....  | SA | A | NS | D | SD |
| 16. Sometimes I feel my child doesn't like me and doesn't want to be close to me. ....                               | SA | A | NS | D | SD |
| 17. My child is very emotional and gets upset easily. ....   | 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 |
| 22. I feel that I am: (Choose a response from the choices below.) .....  | 1  | 2 | 3  | 4 | 5  |
| 1. a very good parent.   |    |   |    |   |    |
| 2. a better-than-average parent.   |    |   |    |   |    |
| 3. an average parent.  |    |   |    |   |    |
| 4. a person who has some trouble being a parent.   |    |   |    |   |    |
| 5. not very good at being a 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. Compared to the average child, my child has a great deal of difficulty in getting used to changes in schedules or changes around the house. .... 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. When playing, my child doesn't often giggle or laugh. .... 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
32. I have found that getting my child to do something or stop doing something is:  
 (Choose a response from the choices below.) ..... 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.
33. Think carefully and count the number of things which your child does that bothers you.  
 For example, dawdles, refuses to listen, overactive, cries, interrupts, fights, whines, etc.  
 (Choose a response from the choices below.) ..... 1    2    3    4    5
1. 1-3
  2. 4-5
  3. 6-7
  4. 8-9
  5. 10+
34. There are some things my child does that really bother me a lot. .... SA    A    NS    D    SD
35. My child's behavior is more of a problem than I expected. .... SA    A    NS    D    SD
36. My child makes more demands on me than most children. .... SA    A    NS    D    SD

**Please do not  
write in this area.**