

Parenting Scale — Adolescents

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 or complaining, damaging things, forgetting homework, leaving things lying around, lying, being over-emotional, refusing to follow requests, breaking family rules, swearing, taking other people’s things, staying out 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 teenager.

Sample Item

At meal time...

I let my teenager decide what to eat. 1 2 3 4 5 6 7 I decide what my teenager eats.

1. When I give fair threat or warning...

I often don’t carry it out. 1 2 3 4 5 6 7 I always do what I said.

2. If my teenager gets upset when I say ‘no’...

I back down and give in to my teenager. 1 2 3 4 5 6 7 I stick to what I said.

3. When my teenager doesn’t do what I asked...

I often let it go or end up doing it myself. 1 2 3 4 5 6 7 I take some other action.

4. When I say my teenager can’t do something...

I let my teenager do it anyway. 1 2 3 4 5 6 7 I stick to what I said.

5. If saying ‘no’ doesn’t work...

I take some other kind of action. 1 2 3 4 5 6 7 I offer my teenager something nice so he or she will behave.

6. When my teenager does something I don't like...

I do something about it every time it happens. 1 2 3 4 5 6 7 I often let it go.

7. When my teenager misbehaves...

I raise my voice or yell. 1 2 3 4 5 6 7 I speak to my teenager calmly.

8. When my teenager misbehaves...

I handle it without getting upset. 1 2 3 4 5 6 7 I get so frustrated or angry my teenager can see I'm upset.

9. When there is a problem with my teenager...

Things build up and I do things I don't mean to. 1 2 3 4 5 6 7 Things don't get out of hand.

10. When my teenager does something I don't like, I insult my teenager, say mean things, or call my teenager names...

Never or rarely. 1 2 3 4 5 6 7 Most of the time.

11. When my teenager misbehaves...

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

12. When I am upset or under stress...

I am picky and on my teenager's back. 1 2 3 4 5 6 7 I am no more picky than usual.

13. When my teenager is out of sight...

I often don't know what my teenager is doing. 1 2 3 4 5 6 7 I always have a good idea of what my teenager is doing.

Note From Irvine, A.B., Biglan, A., Smolkowski, K., & Ary, D.V. (1999). The value of the Parenting Scale for measuring the discipline practices of parents of middle school children. *Behaviour Research and Therapy*, 37, 127-142. Copyright 1998 Elsevier Science Ltd. Reproduced with permission.