

Composite Caregiving Questionnaire – TIME 1

Information about your family

What is your date of birth? ____ / ____ / ____ (day / month / year)

What is your highest level of completed education?

- ☐ Year 10 or less ☐ Year 12 ☐ TAFE/other post-school qualification
☐ Undergraduate degree ☐ Postgraduate degree

Note: If you have more than one child, please answer all the questions thinking about the child you have most difficulty with.

What is the first name of this child? _____

What is this child's date of birth? ____ / ____ / ____ (day / month / year)

What is your relationship to this child? ☐ Mother ☐ Father ☐ Grandmother ☐ Grandfather

☐ Foster Mother ☐ Foster Father

☐ Other (e.g., auntie, uncle etc.) _____

This section is about how you understand your child. Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10.

0	1	2	3	4	5	6	7	8	9	10
Completely Disagree			Moderately Agree				Completely Agree			

	A1. I am able to explain things patiently to my child.
	A2. I can get my child to listen to me.
	A3. I am able to comfort my child.
	A4. I am able to listen to my child.
	A5. I am able to put myself in my child's shoes (<i>see things from my child's point of view</i>)
	A6. I understand my child's needs.

The following section is about emotion and affection. Using the scale above please enter in the boxes how much you agree with each statement

	A7. I am able to show affection to my child.
	A8. I can recognize when my child is happy or sad.
	A9. I am confident my child can come to me if he/she is unhappy.
	A10. When my child is sad I understand why.
	A11. I have a good relationship with my child.
	A12. I find it hard to cuddle my child.

Please use the following scale to rate your agreement with the statement below (question B1).

1	2	3	4	5
Not very good at being a parent	A person who has some trouble being a parent	An average parent	A better than average parent	A good parent

	B1. Overall, which best describes <u>how you feel about yourself as a parent?</u>
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Client ID: _____

Date: _____

Time 1

Now thinking about the last 4 weeks, how much do these statements describe how you have been feeling or behaving with this child? Please use the scale below which refers to how often you have felt this way.

0	1	2	3	4	5	6	7	8	9	10
Not at all										
All the time										

- | | |
|--------------------------|--|
| <input type="checkbox"/> | C1. I have been angry with this child. |
| <input type="checkbox"/> | C2. I have raised my voice with or shouted at this child. |
| <input type="checkbox"/> | C3. When this child cries, he/she gets on my nerves. |
| <input type="checkbox"/> | C4. I have lost my temper with this child. |
| <input type="checkbox"/> | C5. I have left this child alone in his/her bedroom when he/she was particularly irritable or upset. |

These questions explore how it feels to be a caregiver and, more specifically, how it feels when you and your child are together. The statements describe how some caregivers feel about their relationships with their child. Read each statement carefully and fill in the number that most clearly reflects your relationship with your child.

1	2	3	4	5
Not at all like us		A bit like us		Very like us

- | | |
|--------------------------|---|
| <input type="checkbox"/> | D1. When I am with my child, I often feel out of control. |
| <input type="checkbox"/> | D2. I often feel that there is nothing I can do to discipline/manage my child. |
| <input type="checkbox"/> | D3. When I am with my child, I often feel that my child is out of control. |
| <input type="checkbox"/> | D4. I feel that I am a failure as a caregiver. |
| <input type="checkbox"/> | D5. I feel that my situation needs to be changed but am helpless to do anything about it. |
| <input type="checkbox"/> | D6. I feel that my life is chaotic and out of control. |
| <input type="checkbox"/> | D7. My child treats me in a rude or sarcastic way. |

Below are 18 statements about you and your child. Please read each statement carefully and put the number in the box that best fits.

0	1	2	3
None or a little of the time	Some of the time	A good part of the time	Most of the time

	E1. I am aware of my child's cues (<i>signals or behaviours</i>)
	E2. What I think and feel can affect how my child feels.
	E3. I think about how I felt as a young child.
	E4. I struggle to know what my child wants.
	E5. I think about what my child may be thinking or feeling.
	E6. My child lets me know what she or he wants.
	E7. I remember how I felt as a young child.
	E8. I wonder how my child feels about things around us.
	E9. I feel confused by my child's cries.
	E10. I find myself thinking about what my child might like to do now.
	E11. Being a parent makes me think of my own childhood.
	E12. I can work out what my child wants.
	E13. I know that it may take more than one try to work out what my child needs.
	E14. When my child is crying, I don't know what he/she is telling me.
	E15. Now that I'm a parent, I think about my own childhood.
	E16. I try to work out what my child is communicating (<i>trying to tell me</i>).
	E17. I can work out what my child needs.
	E18. My child can pick up on my feelings.

Please use the following scale to complete the sentence below (question F1).

1	2	3	4	5
Much less difficult				Much more difficult

	F1. Compared to the average child, do you think your child is...
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Information about the Questionnaires

This is a Composite Questionnaire that integrates factors from other measures that are used with permission and/or widely available in the public domain.

Items A1-A12. TOPSE: Tool to Measure Parenting Self-Efficacy

Sources: www.topse.org.uk

Kendall, S., & Bloomfield, L. (2005). Developing and validating a tool to measure parenting self-efficacy. *Journal of Advanced Nursing*, 51(2), 174-181. doi:10.1111/j.1365-2648.2005.03479.x

Item B1 LSAC: Longitudinal Study of Australian Children: Single item Parenting Efficacy Rating**Items C1- C5 LSAC: Longitudinal Study of Australian Children**

Hostile Parenting, using items adapted by LSAC from Early Childhood Longitudinal Study, Birth Cohort, ECLS-B, [US Department of Education, 2001 and the National Longitudinal Survey of Children and Youth 1998-1999 [NLSCY] (Statistics Canada, 2000a).

Items D1-D7 CHQ: Caregiving Helplessness Questionnaire

Source: George, C., & Solomon, J. (2011). Caregiving helplessness: The development of a screening measure for disorganized maternal caregiving. In J. Solomon & C. George (Eds.), *Disorganized attachment and caregiving* (pp. 133-166). New York: Guilford Press.

Items E1-E18 DMRFS: Diamond Maternal Reflective Functioning Scale:

Source: Diamond, C. *Keeping Baby in Mind*. PhD Thesis. James Cook University, 2015

Item F1 LSAC: Longitudinal Study of Australian Children: Mother's overall Rating (MOR) also used in the ATP: Australian Temperament Project

Source: Prior, M., Sanson, A., Smart, D., & Oberklaid, F. (2000). Pathways from infancy to adolescence: Australian Temperament Project 1983-2000 (Research Report No. 4). Melbourne: Australian Institute of Family Studies.