**OUTBURST MONITORING SCALE-PARENT VERSION**

Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Child’s Sex: M F Child’s Date of Birth: \_\_\_\_\_

Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Your Relationship to Child: \_\_\_\_\_\_\_\_\_\_ Today’s Date \_\_\_\_\_\_\_\_\_\_\_\_

How Familiar Are You With This Child’s Behavior During the Past Week? Very Somewhat Not Very Not at All

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| --- | --- | --- | --- | --- | --- |
| Instructions: Please answer the following questions based on this Child’s behavior during the LAST WEEK.  Please circle your answers, and answer all questions (make your best guess if you are uncertain). | Never  (Not  At  All) | Rarely  (1-2  times  total  during  the  week) | Sometimes  (3-6 times  Total during the  week) | Often  (1-2 times in a  typical  day) | Very  Often  (3 or  more times in a  typical  day) |
| 1. Shouted, cursed, or insulted people, but with a reasonable cause. | 0 | 1 | 2 | 3 | 4 |
| 2. Shouted, cursed, or insulted people, but more than the people (or  situation) deserved. | 0 | 1 | 2 | 3 | 4 |
| 3. Really blew up at someone (shouting or cursing) with a lot of hate or  Anger. | 0 | 1 | 2 | 3 | 4 |
| 4. Threatened to hurt someone. | 0 | 1 | 2 | 3 | 4 |
| 5. Slammed a door, ripped clothing, or knocked something over  Because angry or upset. | 0 | 1 | 2 | 3 | 4 |
| 6. Physically threw or hit/kicked things (not people) because angry or  upset. | 0 | 1 | 2 | 3 | 4 |
| 7. Broke or smashed things because angry or upset. | 0 | 1 | 2 | 3 | 4 |
| 8. Threw or destroyed things while trying to hurt people (e.g., threw  things as people in order to hurt them; set fires). | 0 | 1 | 2 | 3 | 4 |
| 9. Hit or picked at self (e.g., picked/scratched skin, pulled out hair, or hit self  without causing injury) because angry or upset. | 0 | 1 | 2 | 3 | 4 |
| 10. Threw self into objects (banged head, hit walls with fists, threw self on  floor) because angry or upset. | 0 | 1 | 2 | 3 | 4 |
| 11. Injured (cut, bruised, burned, etc.) self because angry or upset. | 0 | 1 | 2 | 3 | 4 |
| 12. Seriously hurt or tried to kill self. | 0 | 1 | 2 | 3 | 4 |
| 13. Acted like s/he was about to start a fight, pushed, raised fists, took a swing  because angry or upset | 0 | 1 | 2 | 3 | 4 |
| 14. Got into a fight involving punching, pushing, scratching, kicking or pulling  hair. | 0 | 1 | 2 | 3 | 4 |
| 15. Got into a fight and caused some mild injuries (bruises, sprains, welts,  etc.). | 0 | 1 | 2 | 3 | 4 |
| 16. Got into a fight and caused serious injury (fracture, loss of teeth, deep cut,  loss of consciousness). | 0 | 1 | 2 | 3 | 4 |
| 17. Shouted at, cursed at, or insulted an adult or authority (teacher, coach,  parent). | 0 | 1 | 2 | 3 | 4 |
| 18. Physically threatened an adult or authority (either by action or words). | 0 | 1 | 2 | 3 | 4 |
| 19. Physically pushed, shoved or hit and adult authority | 0 | 1 | 2 | 3 | 4 |
| 20. Deliberately threatened or tried to harm self. | 0 | 1 | 2 | 3 | 4 |