

Parenting Stress Survey

(Made for the Parent-Child-COVID Study)

Pre COVID-19:

The following statements describe feelings and perceptions about the experience of parenting a child. Think of each of the items in terms of how your relationship with your child or children typically was before the onset of the COVID-19 outbreak.

Please indicate the degree to which you agree or disagree with the following items.

1 = Strongly disagree 2 = Disagree 3 = Undecided 4 = Agree 5 = Strongly agree

1. Caring for my child(ren) sometimes takes more energy than I have to give.
2. I sometimes worry whether I am doing enough for my child(ren).
3. Having child(ren) leaves little time and flexibility in my life.
4. I feel overwhelmed by the responsibility of being a parent.

During COVID-19 outbreak:

The following statements describe feelings and perceptions about the experience of parenting a child. Think of each of the items in terms of how your relationship with your child or children has been impacted by the COVID-19 crisis and the resulting Stay-at-Home Order (if applicable).

Please indicate the degree to which you agree or disagree with the following items.

1 = Strongly disagree 2 = Disagree 3 = Undecided 4 = Agree 5 = Strongly agree

1. Caring for my child(ren) sometimes takes more energy than I have to give.
2. I sometimes worry whether I am doing enough for my child(ren).
3. Having child(ren) leaves little time and flexibility in my life.
4. I feel overwhelmed by the responsibility of being a parent.
5. Caring for my child(ren) while sheltered at home often leaves me exhausted by the end of the day.

Parenting Stress Survey

(Made for the Parent-Child-COVID Study)

6. Juggling my personal responsibilities and caregiving duties at home, I worry whether I am doing enough for my child(ren).

7. Given the need to isolate at home, I feel overwhelmed by the amount of time I have to dedicate to caring for my child(ren).

8. Since the COVID-19 outbreak, I feel more stressed about the responsibility of caring for my child.

9. I believe that stress surrounding the COVID-19 outbreak has negatively impacted the quality of my relationship with my child.

10. Which of the following things have caused you to feel more stressed as a parent because of the pandemic? (check all that apply)

- ☐ Having to help my child with schoolwork
- ☐ Not having resources needed for child's schoolwork (i.e. laptops, webcam, internet, quiet place to work)
- ☐ Receiving emails from teachers because of my child's schoolwork
- ☐ Getting my child to get out of bed in the morning
- ☐ Getting my child to be more active
- ☐ Getting my child to help with chores at home
- ☐ Supervising my child's activities online or on their phone (e.g., social media use)
- ☐ Conflicts between my child and their sibling(s)
- ☐ Conflicts between me or other parent and my child
- ☐ Conflicts between my child and their friend(s)
- ☐ My child feeling lonely or excluded from online social events (e.g., Houseparty games)
- ☐ Having to work at home full-time
- ☐ Extra meal preparation
- ☐ Extra housework
- ☐ Other (please describe): _____

Adapted from Parental Stress Scale (pre COVID-19 items 1-4, during COVID 1-4)

Loosely adapted from Adolescent Social Connection & Coping During COVID-19 Questionnaire (during COVID-19 items 8, 9)

From 'CASPE_parent' (during COVID-19 item 10)

Parenting Stress Survey

(Made for the Parent-Child-COVID Study)

Berry, J. O., & Jones, W. H. (1995). The Parental Stress Scale: Initial psychometric evidence. *Journal of Social and Personal Relationships*, 12, 463-472.

Ladouceur, C.D. (2020). *COVID-19 Adolescent Symptom & Psychological Experience (CASPE)-Parent Questionnaire* [Measurement instrument]. Retrieved from <https://osf.io/hu2k9/>

Pfiefer, J. (2020). *Adolescent Social Connection & Coping During COVID Questionnaire (ASC)* [Measurement instrument]. Retrieved from <https://osf.io/jakg5/>