

**Parent Buffering Questionnaire –PBQ**  
**(Made for the Parenting-Under-Pressure Study)**

Block 1: Do parents know/think they can be a buffer for their child?

Instructions: Please read each item and answer the following question about it.

- (1) strongly disagree
- (2) disagree
- (3) slightly disagree
- (4) neither
- (5) slightly agree
- (6) agree
- (7) strongly agree

I believe...

- 1. I can regulate my child's stress
- 2. I can think of ways to help my child when they're having problems
- 3. Please select option two (disagree) for this item
- 4. I [can] help him/her understand his/her feelings when they are distressed
- 5. I can handle most of the ups and downs of being a parent on most days
- 6. [If] I try to ask my child questions when I see them in distress, he/she can better understand what he/she is feeling

Block 2: What steps are they taking to be a buffer?

Instructions: Please read each item and answer both questions about it.

*In the PAST TWO WEEKS, how often did you try to do this?*

- Never
- Once
- Twice (about once a week)
- Several times a week
- About once a day
- Multiple times a day
- Almost constantly

*How Helpful was it?*

- Not at all
- Very Slightly
- Slightly
- Moderately
- Quite a Bit
- Extremely

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Over the last two weeks, how much have you...

1. used physical touch to regulate my child's stress
2. limited my child's media usage
3. had conversations about COVID-19 at home
4. tried to explain COVID-19 in a way he/she will understand
5. established daily routines for my child
6. set aside time to listen to my child's concerns
7. tried to help my child focus on positive things in life
8. suggested activities they enjoy doing at home
9. suggested doing some exercise
10. tried to help them get more sleep
11. organized a fun activity with family members
12. tried to help think of the problem in a different way so it didn't seem as bad
13. encouraged them to talk about their feelings with others like family, friends, or trusted others
14. suggested turning to religious or spiritual beliefs, or meditating
15. scheduled an appointment with a psychologist, therapist, or other mental health support service

**Block 3: QUALITATIVE RESPONSE**

How did you help your child cope or deal with the stress or anxiety related to the COVID-19 outbreak?

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Block 1:

From EIPSES- parental self efficacy scale (2, 5)

From PERS- parental emotion regulation scale (4, 6)

Block 2:

Adapted measure of "KIDCOPE" to capture positive child coping mechanisms items (13-15)

Adapted from "CASPE\_Parent" (items 6-12)

Block 3:

Adapted from 'CASPE\_Parent'

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