

Connect Parent Group Research - Caregiver Questionnaire Package

Thank you for completing the Connect questionnaire package. All of your responses will be kept confidential. All identifying information will be removed to ensure anonymity. The information we collect will be of help to better understand the experiences and needs of parents and youth participating in the Connect Group.

Before you begin, please answer these questions:

Youth's Name: _____

Your Name: _____

Biological Mother	Adoptive Mother	Step- Mother	Foster Mother	Female Relative: _____	Other: _____
Biological Father	Adoptive Father	Step- Father	Foster Father	Male Relative: _____	Other: _____

Thank you! The following questionnaires will ask you about your feelings, relationships, and experiences at present and over the past month. Please complete them as soon as possible and return this package to your group leader.

PSOC

Think about your feelings now or in the past month. Please respond to each item, indicating your agreement or disagreement with each statement in the following manner:

	1	2	3	4	5	6
	Strongly Disagree	Disagree	Mildly Disagree	Mildly Agree	Agree	Strongly Agree
1. The problems of taking care of a youth are easy to solve once you know how your actions affect your youth, an understanding I have acquired.	1	2	3	4	5	6
2. Even though being a parent could be rewarding, I am frustrated now while my youth is at his/her present age.	1	2	3	4	5	6
3. I go to bed the same way I wake up in the morning - feeling I have not accomplished a whole lot.	1	2	3	4	5	6
4. I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated.	1	2	3	4	5	6
5. My parent was better prepared to be a good parent than I am.	1	2	3	4	5	6
6. I would make a fine model for a new parent to follow in order to learn what she/he would need to know in order to be a good parent.	1	2	3	4	5	6
7. Being a parent is manageable, and any problems are easily solved.	1	2	3	4	5	6
8. A difficult problem in being a parent is not knowing whether you're doing a good job or a bad one.	1	2	3	4	5	6
9. Sometimes I feel like I'm not getting anything done.	1	2	3	4	5	6
10. I meet my own personal expectations for expertise in caring for my youth.	1	2	3	4	5	6
11. If anyone can find the answer to what is troubling my youth, I am the one.	1	2	3	4	5	6
12. My talents and interests are in other areas, not in being a parent.	1	2	3	4	5	6
13. Considering how long I've been a parent, I feel thoroughly familiar with this role.	1	2	3	4	5	6
14. If being a parent of a youth were only more interesting, I would be motivated to do a better job as a parent.	1	2	3	4	5	6
15. I honestly believe I have all the skills necessary to be a good parent to my youth.	1	2	3	4	5	6
16. Being a parent makes me tense and anxious.	1	2	3	4	5	6

Below is a list of items that describe children and youths. For each item that describes your child *now or within the past month* please circle the **2** if the item is *very true or often true* of your child. Circle the **1** if the item is *somewhat or sometimes true* of your child. If the item is *not true* of your child, circle the **0**. Please answer all items as well as you can, even if some do not seem to apply to your child.

0 = Not True (as far as you know)**1 = Somewhat or Sometimes True****2 = Very True or Often True**

- 0 1 2 1. Acts too young for his/her age
- 0 1 2 2. Drinks alcohol without parents' approval
(describe): _____
- 0 1 2 3. Argues a lot
- 0 1 2 4. Fails to finish things he/she starts
- 0 1 2 5. There is very little he/she enjoys
- 0 1 2 6. Bowel movements outside toilet
- 0 1 2 7. Bragging, boasting
- 0 1 2 8. Can't concentrate, can't pay attention for long
- 0 1 2 9. Can't get his/her mind off certain thoughts;
obsessions (describe): _____
- 0 1 2 10. Can't sit still, restless, or hyperactive
- 0 1 2 11. Clings to adults or too dependent
- 0 1 2 12. Complains of loneliness
- 0 1 2 13. Confused or seems to be in a fog
- 0 1 2 14. Cries a lot
- 0 1 2 15. Cruel to animals
- 0 1 2 16. Cruelty, bullying, or meanness to others
- 0 1 2 17. Daydreams or gets lost in his/her thoughts
- 0 1 2 18. Deliberately harms self or attempts suicide
- 0 1 2 19. Demands a lot of attention
- 0 1 2 20. Destroys his/her own things
- 0 1 2 21. Destroys things belonging to his/her family or
others
- 0 1 2 22. Disobedient at home
- 0 1 2 23. Disobedient at school
- 0 1 2 24. Doesn't eat well
- 0 1 2 25. Doesn't get along with other kids
- 0 1 2 26. Doesn't seem to feel guilty after misbehaving
- 0 1 2 27. Easily jealous
- 0 1 2 28. Breaks rules at home, school, or elsewhere
- 0 1 2 29. Fears certain animals, situations, or places,
other than school (describe): _____
- 0 1 2 30. Fears going to school
- 0 1 2 31. Fears he/she might think or do something bad

- 0 1 2 32. Feels he/she has to be perfect
- 0 1 2 33. Feels or complains that no one loves him/her
- 0 1 2 34. Feels others are out to get him/her
- 0 1 2 35. Feels worthless or inferior
- 0 1 2 36. Gets hurt a lot, accident-prone
- 0 1 2 37. Gets in many fights
- 0 1 2 38. Gets teased a lot
- 0 1 2 39. Hangs around with others who get in trouble
- 0 1 2 40. Hears sounds or voices that aren't there
(describe): _____
- 0 1 2 41. Impulsive or acts without thinking
- 0 1 2 42. Would rather be alone than with others
- 0 1 2 43. Lying or cheating
- 0 1 2 44. Bites fingernails
- 0 1 2 45. Nervous, highstrung, or tense
- 0 1 2 46. Nervous movements or twitching (describe): _____
- 0 1 2 47. Nightmares
- 0 1 2 48. Not liked by other kids
- 0 1 2 49. Constipated, doesn't move bowels
- 0 1 2 50. Too fearful or anxious
- 0 1 2 51. Feels dizzy or light-headed
- 0 1 2 52. Feels too guilty
- 0 1 2 53. Overeating
- 0 1 2 54. Overtired without good reason
- 0 1 2 55. Overweight
56. Physical problems *without known medical cause*:
- 0 1 2 a. Aches or pains (*not* stomach or headaches)
- 0 1 2 b. Headaches
- 0 1 2 c. Nausea, feels sick
- 0 1 2 d. Problems with eyes (*not* if corrected by glasses)
(describe): _____
- 0 1 2 e. Rashes or other skin problems
- 0 1 2 f. Stomach-aches
- 0 1 2 g. Vomiting, throwing up
- 0 1 2 h. Other (describe): _____

Please print. Be sure to answer all items.

0 = Not True (as far as you know)

1 = Somewhat or Sometimes True

2 = Very True or Often True

- 0 1 2 57. Physically attacks people
- 0 1 2 58. Picks nose, skin, or other parts of body
(describe): _____
- 0 1 2 59. Plays with own sex parts in public
- 0 1 2 60. Plays with own sex parts too much
- 0 1 2 61. Poor school work
- 0 1 2 62. Poorly coordinated or clumsy
- 0 1 2 63. Prefers being with older kids
- 0 1 2 64. Prefers being with younger kids
- 0 1 2 65. Refuses to talk
- 0 1 2 66. Repeats certain acts over and over;
compulsions (describe): _____
- 0 1 2 67. Runs away from home
- 0 1 2 68. Screams a lot
- 0 1 2 69. Secretive, keeps things to self
- 0 1 2 70. Sees things that aren't there (describe):

- 0 1 2 71. Self-conscious or easily embarrassed
- 0 1 2 72. Sets fires
- 0 1 2 73. Sexual problems (describe): _____

- 0 1 2 74. Showing off or clowning
- 0 1 2 75. Too shy or timid
- 0 1 2 76. Sleeps less than most kids
- 0 1 2 77. Sleeps more than most kids during day and/or
night (describe): _____

- 0 1 2 78. Inattentive or easily distracted
- 0 1 2 79. Speech problem (describe): _____

- 0 1 2 80. Stares blankly
- 0 1 2 81. Steals at home
- 0 1 2 82. Steals outside the home
- 0 1 2 83. Stores up too many things he/she doesn't need
(describe): _____

- 0 1 2 84. Strange behaviour (describe): _____

- 0 1 2 85. Strange ideas (describe): _____

- 0 1 2 86. Stubborn, sullen, or irritable
- 0 1 2 87. Sudden changes in mood or feelings
- 0 1 2 88. Sulks a lot
- 0 1 2 89. Suspicious
- 0 1 2 90. Swearing or obscene language
- 0 1 2 91. Talks about killing self
- 0 1 2 92. Talks or walks in sleep (describe): _____

- 0 1 2 93. Talks too much
- 0 1 2 94. Teases a lot
- 0 1 2 95. Temper tantrums or hot temper
- 0 1 2 96. Thinks about sex too much
- 0 1 2 97. Threatens people
- 0 1 2 98. Thumb-sucking
- 0 1 2 99. Smokes, chews, or sniffs tobacco
- 0 1 2 100. Trouble sleeping (describe): _____

- 0 1 2 101. Truancy, skips school
- 0 1 2 102. Underactive, slow moving, or lacks energy
- 0 1 2 103. Unhappy, sad, or depressed
- 0 1 2 104. Unusually loud
- 0 1 2 105. Uses drugs for nonmedical purposes (*don't*
include alcohol or tobacco) (describe):

- 0 1 2 106. Vandalism
- 0 1 2 107. Wets self during the day
- 0 1 2 108. Wets the bed
- 0 1 2 109. Whining
- 0 1 2 110. Wishes to be of opposite sex
- 0 1 2 111. Withdrawn, doesn't get involved with others
- 0 1 2 112. Worries
113. Please write any problems your child has that
were not listed above:
0 1 2 _____
0 1 2 _____
0 1 2 _____

ARC

Please read each statement below and circle the answer that best describes your youth now or in the past month.

	Not Like My Youth		Somewhat Like My Youth		A Lot Like My Youth
1. My youth has a hard time controlling his/her feelings.	1	2	3	4	5
2. My youth finds it very hard to calm down when upset.	1	2	3	4	5
3. My youth finds that his/her feelings just take over and he/she can't do anything about it.	1	2	3	4	5
4. My youth takes a long time to get over it when he/she gets upset.	1	2	3	4	5
5. My youth finds that thinking about why he/she has different feelings helps him/her to learn about him/herself.	1	2	3	4	5
6. My youth finds that thinking about why he/she acts in certain ways helps him/her to understand him/herself.	1	2	3	4	5
7. My youth finds that thinking about what's happened to him/her in his/her life helps him/her to understand him/herself.	1	2	3	4	5
8. My youth finds that thinking about his/her feelings just makes everything worse.	1	2	3	4	5
9. My youth tries hard not to think about his/her feelings.	1	2	3	4	5
10. My youth believes it is best to keep feelings in control and not to think about them.	1	2	3	4	5
11. My youth keeps his/her feelings to him/herself.	1	2	3	4	5
12. My youth tries to do other things to keep his/her mind off how he/she feels.	1	2	3	4	5

Please read each statement below and circle the answer that best describes you now or in the past month.

	Not Like Me		Somewhat Like Me		A Lot Like Me
13. I have a hard time controlling my feelings.	1	2	3	4	5
14. I find it very hard to calm down when upset.	1	2	3	4	5
15. I find that my feelings just take over and I can't do anything about it.	1	2	3	4	5
16. I take a long time to get over it when I get upset.	1	2	3	4	5
17. I find that thinking about why I have different feelings helps me to learn about myself.	1	2	3	4	5
18. I find that thinking about why I act in certain ways helps me to understand myself.	1	2	3	4	5
19. I find that thinking about what's happened to me in my life helps me to understand myself.	1	2	3	4	5
20. I find that thinking about my feelings just makes everything worse.	1	2	3	4	5
21. I try hard not to think about my feelings.	1	2	3	4	5
22. I believe it is best to keep feelings in control and not to think about them.	1	2	3	4	5
23. I keep my feelings to myself.	1	2	3	4	5
24. I try to do other things to keep my mind off how I feel.	1	2	3	4	5

CAPAI

Please read each sentence and circle the number to show how much you agree or disagree in regards to your relationship with your youth now or in the past month.

1	2	3	4	5	6	7
Disagree Strongly			Neutral/ Mixed			Agree Strongly

1. My youth prefers not to show me how he/she feels deep down.

1 2 3 4 5 6 7

2. When my youth is away from me, he/she feels anxious and afraid.

1 2 3 4 5 6 7

3. My youth is very comfortable being close to me.

1 2 3 4 5 6 7

4. If my youth can't get me to show interest in him/her, he/she gets upset or angry.

1 2 3 4 5 6 7

5. My youth finds it difficult to depend on me.

1 2 3 4 5 6 7

6. My youth worries about being away from me.

1 2 3 4 5 6 7

7. My youth needs a lot of reassurance that he/she is loved by me.

1 2 3 4 5 6 7

8. My youth worries that I don't care about him/her as much as he/she cares about me.

1 2 3 4 5 6 7

9. My youth worries about being abandoned by me.

1 2 3 4 5 6 7

10. My youth isn't comfortable opening up to me.

1 2 3 4 5 6 7

11. Just when I start to get close to my youth I find him/her pulling away from me.

1 2 3 4 5 6 7

12. My youth gets frustrated when I am not around as much as he/she would like.

1 2 3 4 5 6 7

13. My youth is comfortable sharing his/her private thoughts and feelings with me.

1 2 3 4 5 6 7

14. My youth gets uncomfortable when I want to be close to him/her.

1 2 3 4 5 6 7

Read each sentence and circle the number to show how much you agree or disagree in regards to your relationship with your youth now or in the past month.

1	2	3	4	5	6	7
Disagree			Neutral/ Mixed			Agree
Strongly						Strongly

15. My youth wishes that my feelings for him/her were as strong as his/her feelings for me.

1 2 3 4 5 6 7

16. My youth feels comfortable depending on me.

1 2 3 4 5 6 7

17. My youth feels really bad about him/herself when I disapprove of him/her.

1 2 3 4 5 6 7

18. My youth tries to avoid getting too close to me.

1 2 3 4 5 6 7

19. My youth worries a lot about his/her relationship with me.

1 2 3 4 5 6 7

20. My youth tells me just about everything.

1 2 3 4 5 6 7

21. Often my youth wants to be really close to me and this makes me feel like backing away.

1 2 3 4 5 6 7

22. Whenever we get close, my youth pulls back from me.

1 2 3 4 5 6 7

23. My youth resents it when I spend time away from him/her.

1 2 3 4 5 6 7

24. My youth usually discusses his/her problems and concerns with me.

1 2 3 4 5 6 7

25. My youth finds it relatively easy to get close to me.

1 2 3 4 5 6 7

26. Sometimes my youth tries to force me to show that I care about him/her.

1 2 3 4 5 6 7

27. My youth doesn't mind asking me for comfort, advice, or help.

1 2 3 4 5 6 7

28. My youth's desire to be very close sometimes scares people away.

1 2 3 4 5 6 7

29. My youth worries a fair amount about losing me.

1 2 3 4 5 6 7

Read each sentence and circle the number to show how much you agree or disagree in regards to your relationship with your youth now or in the past month.

1	2	3	4	5	6	7
Disagree			Neutral/			Agree
Strongly			Mixed			Strongly

30. My youth turns to me for many things, including comfort and reassurance.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

31. My youth prefers not to be too close to me.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

32. My youth gets frustrated if I am not available when he/she needs me.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

33. My youth is comforted by turning to me in times of need.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

34. My youth feels that I don't want to get as close as he/she would like.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

35. My youth doesn't often worry about being abandoned.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

36. My youth gets nervous when I get very close to him/her.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

CGSQ

Please think back over the **past month** and try to remember how things have been for your family. We are trying to get a picture of how life has been in your household over that time. For each question, please circle which response number fits best.

In the past month, how much of a problem was the following:

	Not at All	A Little	Somewhat	Quite a Bit	Very Much
1. Interruption of personal time resulting from your youth's emotional or behavioural problem?	1	2	3	4	5
2. Your missing work or neglecting other duties because of your youth's emotional or behavioural problem?	1	2	3	4	5
3. Disruption of family routines due to your youth's emotional or behavioural problem?	1	2	3	4	5
4. Any family member having to do without things because of your youth's emotional or behavioural problem?	1	2	3	4	5
5. Any family member suffering negative mental or physical health effects as a result of your youth's emotional or behavioural problem?	1	2	3	4	5
6. Your youth getting into trouble with the neighbours, the school, the community, or law enforcement?	1	2	3	4	5
7. Financial strain for your family as a result of your youth's emotional or behavioural problem?	1	2	3	4	5
8. Less attention paid to other family members because of your youth's emotional or behavioural problem?	1	2	3	4	5
9. Disruption or upset of relationships within the family due to your youth's emotional or behavioural problem?	1	2	3	4	5
10. Disruption of your family's social activities resulting from your youth's emotional or behavioural problem?	1	2	3	4	5

In this section, please continue to look back and try to remember how you have felt during the **past month**. For each question, please circle which response number fits best.

In the past month:

	Not at All	A Little	Somewhat	Quite a Bit	Very Much
11. How socially isolated did you feel as a result of your youth's emotional or behavioural problem?	1	2	3	4	5
12. How sad or unhappy did you feel as a result of your youth's emotional or behavioural problem?	1	2	3	4	5
13. How embarrassed did you feel about your youth's emotional or behavioural problem?	1	2	3	4	5
14. How well did you relate to your youth?	1	2	3	4	5
15. How angry did you feel toward your youth?	1	2	3	4	5
16. How worried did you feel about your youth's future?	1	2	3	4	5
17. How worried did you feel about your family's future?	1	2	3	4	5
18. How guilty did you feel about your youth's emotional or behavioural problem?	1	2	3	4	5
19. How resentful did you feel toward your youth?	1	2	3	4	5
20. How tired or strained did you feel as a result of your youth's emotional or behavioural problem?	1	2	3	4	5
21. In general, how much of a toll has your youth's emotional or behavioural problem taken on your family?	1	2	3	4	5

MBQS

Please read each statement and think of your relationship with your youth. Circle the number that most accurately describes the frequency with which you engage in each of the behaviours now and in the past month.

	Never	Rarely	Sometimes	Often	Always
1. When my youth approaches me, but I am busy, I let him/her know.	1	2	3	4	5
2. I make special efforts to pay attention to signals from my youth indicating he/she wants to connect with me.	1	2	3	4	5
3. I try to work my schedule around the needs of my youth even though it is not always convenient.	1	2	3	4	5
4. When I am overwhelmed, I resort to using other youth or activities (TV; games; sports) to keep my youth entertained.	1	2	3	4	5
5. I am preoccupied and concerned about other issues and do not have time to pay very much attention to my youth.	1	2	3	4	5
6. I miss signals from my youth because I am busy doing other things.	1	2	3	4	5
7. I feel comfortable adjusting the way I interact with my youth based on his/her needs and moods.	1	2	3	4	5
8. I discipline my youth by ignoring him/her.	1	2	3	4	5
9. I pay attention and can see signals of distress in my youth.	1	2	3	4	5
10. I “tune out” when my youth’s needs are too much to handle.	1	2	3	4	5
11. I respond to my youth’s distress or needs even when I am involved in other activities.	1	2	3	4	5
12. I am able to ‘stay engaged’ with my youth, regardless of whether it is a pleasant or unpleasant situation.	1	2	3	4	5

	Never	Rarely	Sometimes	Often	Always
13. I feel comfortable setting limits for my youth to keep him/her safe.	1	2	3	4	5
14. I encourage and provide opportunities for my youth to build our relationship.	1	2	3	4	5
15. I express acceptance to my youth.	1	2	3	4	5
16. I initiate interactions with my youth when he/she is not distressed.	1	2	3	4	5
17. When I interact with my youth I provide him/her with an opportunity to respond and be part of the interaction.	1	2	3	4	5
18. I try to set goals and expectations that are based on my youth's abilities.	1	2	3	4	5
19. I express enjoyment and warmth in my interactions with my youth.	1	2	3	4	5
20. When my youth seems absorbed in an activity, I try not to interrupt.	1	2	3	4	5
21. I feel that I interpret my youth's behaviours accurately.	1	2	3	4	5
22. I let my youth know that I am aware of his/her distress and needs.	1	2	3	4	5
23. When my youth is faced with a problem, I intervene even when I think my he/she could, or wants to manage on his/her own.	1	2	3	4	5
24. When I am irritated with my youth, I disengage or distance myself.	1	2	3	4	5
25. I am aloof and detached in my interactions with my youth.	1	2	3	4	5
26. I am genuine in my relationship with my youth.	1	2	3	4	5
27. I notice positive behaviours and attributes that my youth exhibits.	1	2	3	4	5

	Never	Rarely	Sometimes	Often	Always
28. I respond to my youth's needs only when he/she gets really upset.	1	2	3	4	5
29. I am aware of how my moods affect my youth.	1	2	3	4	5
30. I respond consistently to my youth's expression of needs.	1	2	3	4	5
31. I resent my youth getting upset.	1	2	3	4	5
32. When my youth and I are doing something together, I easily become distracted and turn my attention to other things (e.g., worries, other people).	1	2	3	4	5
33. I am aware of my youth's moods and changes of mood.	1	2	3	4	5
34. I support my youth to have his/her own interests and goals even if they are different from the interests and goals I would like him/her to have.	1	2	3	4	5
35. When my youth gets upset I ignore him/her.	1	2	3	4	5

CTS

Youth may act in many ways in their relationship with their parents, friends, and romantic partners. You may also act in different ways toward your youth. Sometimes youth may do things that are helpful; sometimes they may do things that are hurtful. Likewise, sometimes you may do things that are helpful or hurtful. This questionnaire asks how often these things may have happened in the **past month**. Some of these questions may make you feel uncomfortable or remind you of unpleasant things, but please be as honest as you can.

For each question, please circle the number that tells best how often it has happened in the **past month**.

1. Insulted, put down or called names (e.g., name calling such as stupid, lazy, or worthless):

Done TO you by your youth	Never	Rarely	Often	Always	Never	Rarely	Often	Always	Done BY you to your youth
	1	2	3	4	1	2	3	4	

2. Destroyed or threatened to destroy something that was valued:

Done TO you by your youth	Never	Rarely	Often	Always	Never	Rarely	Often	Always	Done BY you to your youth
	1	2	3	4	1	2	3	4	

3. Pushing, grabbing or shoving in an argument:

Done TO you by your youth	Never	Rarely	Often	Always	Never	Rarely	Often	Always	Done BY you to your youth
	1	2	3	4	1	2	3	4	

4. Threw something:

Done TO you by your youth	Never	Rarely	Often	Always	Never	Rarely	Often	Always	Done BY you to your youth
	1	2	3	4	1	2	3	4	

5. Slapped:

Done TO you by your youth	Never	Rarely	Often	Always	Never	Rarely	Often	Always	Done BY you to your youth
	1	2	3	4	1	2	3	4	