

Connect Parent Group Research - Youth 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:

Your Name: _____

Your Gender: Male Female

Your Date of Birth: _____

Who are your current caregiver(s) (who are you currently living with)?

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

Which of the following best describes your family (circle one)?

Two parent household One parent household Blended household: _____

How long have you lived with your current caregiver? _____

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

Below is a list of items that describe youth. For each item that describes you **now or within the past 6 months** please circle the **2** if the item is **very true or often true** of you. Circle the **1** if the item is **somewhat or sometimes true** of you. If the item is **not true** of you, circle the **0**. Please print. Be sure to answer all items.

0 = Not True			1 = Somewhat or Sometimes True			2 = Very True or Often True		
0	1	2	1. I act too young for my age	0	1	2	33. I feel that no one loves me	
0	1	2	2. I drink alcohol without my parents' approval (describe): _____	0	1	2	34. I feel that others are out to get me	
0	1	2	3. I argue a lot	0	1	2	35. I feel worthless or inferior	
0	1	2	4. I fail to finish things that I start	0	1	2	36. I accidentally get hurt a lot	
0	1	2	5. There is very little that I enjoy	0	1	2	37. I get in many fights	
0	1	2	6. I like animals	0	1	2	38. I get teased a lot	
0	1	2	7. I brag	0	1	2	39. I hang around with kids who get in trouble	
0	1	2	8. I have trouble concentrating or paying attention	0	1	2	40. I hear sounds or voices that other people think aren't there (describe): _____	
0	1	2	9. I can't get my mind off certain thoughts; (describe): _____	0	1	2	41. I act without stopping to think	
0	1	2	10. I have trouble sitting still	0	1	2	42. I would rather be alone than with others	
0	1	2	11. I'm too dependent on adults	0	1	2	43. I lie or cheat	
0	1	2	12. I feel lonely	0	1	2	44. I bite my fingernails	
0	1	2	13. I feel confused or in a fog	0	1	2	45. I am nervous or tense	
0	1	2	14. I cry a lot	0	1	2	46. Parts of my body twitch or make nervous movements (describe): _____	
0	1	2	15. I am pretty honest	0	1	2	47. I have nightmares	
0	1	2	16. I am mean to others	0	1	2	48. I am not liked by other kids	
0	1	2	17. I daydream a lot	0	1	2	49. I can do certain things better than most kids	
0	1	2	18. I deliberately try to hurt or kill myself	0	1	2	50. I am too fearful or anxious	
0	1	2	19. I try to get a lot of attention	0	1	2	51. I feel dizzy or lightheaded	
0	1	2	20. I destroy my own things	0	1	2	52. I feel too guilty	
0	1	2	21. I destroy things belonging to others	0	1	2	53. I eat too much	
0	1	2	22. I disobey my parents	0	1	2	54. I feel overtired without good reason	
0	1	2	23. I disobey at school	0	1	2	55. I am overweight	
0	1	2	24. I don't eat as well as I should	56. Physical problems without known medical cause :				
0	1	2	25. I don't get along with other kids	0	1	2	a. Aches or pains (not stomach or headaches)	
0	1	2	26. I don't feel guilty after doing something I shouldn't	0	1	2	b. Headaches	
0	1	2	27. I am jealous of others	0	1	2	c. Nausea, feel sick	
0	1	2	28. I break rules at home, school, or elsewhere	0	1	2	d. Problems with eyes (not if corrected by glasses) (describe): _____	
0	1	2	29. I am afraid of certain animals, situations, or places, other than school (describe): _____	0	1	2	e. Rashes or other skin problems	
0	1	2	30. I am afraid of going to school	0	1	2	f. Stomach-aches	
0	1	2	31. I am afraid I might think or do something bad	0	1	2	g. Vomiting, throwing up	
0	1	2	32. I feel that I have to be perfect	0	1	2	h. Other (describe): _____	

Please print. Be sure to answer all items.

0 = Not True

1 = Somewhat or Sometimes True

2 = Very True or Often True

- 0 1 2 57. I physically attack people
- 0 1 2 58. I pick skin or other parts of my body
(describe): _____
- 0 1 2 59. I can be pretty friendly
- 0 1 2 60. I like to try new things
- 0 1 2 61. My school work is poor
- 0 1 2 62. I am poorly coordinated or clumsy
- 0 1 2 63. I would rather be with older kids than kids my own age
- 0 1 2 64. I would rather be with younger kids than kids my own age
- 0 1 2 65. I refuse to talk
- 0 1 2 66. I repeat certain acts over and over (describe): _____
- 0 1 2 67. I run away from home
- 0 1 2 68. I scream a lot
- 0 1 2 69. I am secretive or keep things to myself
- 0 1 2 70. I see things that other people think aren't there (describe): _____
- 0 1 2 71. I am self-conscious or easily embarrassed
- 0 1 2 72. I set fires
- 0 1 2 73. I can work well with my hands
- 0 1 2 74. I show off or clown
- 0 1 2 75. I am too shy or timid
- 0 1 2 76. I sleep less than most kids
- 0 1 2 77. I sleep more than most kids during day and/or night (describe): _____
- 0 1 2 78. I am inattentive or easily distracted
- 0 1 2 79. I have a speech problem (describe): _____
- 0 1 2 80. I stand up for my rights
- 0 1 2 81. I steal at home
- 0 1 2 82. I steal from places other than home
- 0 1 2 83. I store up too many things that I don't need (describe): _____

- 0 1 2 84. I do things other people think are strange (describe): _____
- 0 1 2 85. I have thoughts that other people would think are strange (describe): _____
- 0 1 2 86. I am stubborn
- 0 1 2 87. My moods or feelings change suddenly
- 0 1 2 88. I enjoy being with people
- 0 1 2 89. I am suspicious
- 0 1 2 90. I swear or use dirty language
- 0 1 2 91. I think about killing myself
- 0 1 2 92. I like to make others laugh
- 0 1 2 93. I talk too much
- 0 1 2 94. I tease others a lot
- 0 1 2 95. I have a hot temper
- 0 1 2 96. I think about sex too much
- 0 1 2 97. I threaten to hurt people
- 0 1 2 98. I like to help others
- 0 1 2 99. I smoke, chew, or sniff tobacco
- 0 1 2 100. I have trouble sleeping (describe): _____
- 0 1 2 101. I cut classes or skip school
- 0 1 2 102. I don't have much energy
- 0 1 2 103. I am unhappy, sad, or depressed
- 0 1 2 104. I am louder than other kids
- 0 1 2 105. I use drugs for non-medical purposes (**don't** include alcohol or tobacco) (describe): _____
- 0 1 2 106. I like to be fair to others
- 0 1 2 107. I enjoy a good joke
- 0 1 2 108. I like to take life easy
- 0 1 2 109. I try to help other people when I can
- 0 1 2 110. I wish I were of the opposite sex
- 0 1 2 111. I keep from getting involved with others
- 0 1 2 112. I worry a lot

Please be sure you answered all items.

MBQS

Please think about one parent or caregiver who has played the **most important part in raising you**. You most likely live with this parent now, but you may be living somewhere else and still have contact with this parent. Answer all the questions based on how you feel about this parent **now or in the past six months**.

Before you start, who are these parents? Circle ONE for mom and ONE for dad:

MOM	DAD	STEPMOM	STEPDAD
FOSTER MOM	FOSTER DAD	GRANDMOTHER	GRANDFATHER

OTHER PERSON (who is this?): _____

Read each sentence and circle the number to show how much you agree or disagree in regards to your relationship with your parents **now or in the past six months**.

	Mother	Father
1. When I approach my parent, but he/she is busy, she/he lets me know.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
2. When I want to connect with my parent makes special efforts to pay attention to signals from me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
3. My parent tries to work his/her schedule around my needs even though it is not always convenient for him/her.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
4. When my parent is overwhelmed he/she resorts to using other kids or activities (TV; games; sports) to keep me entertained.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
5. My parent is preoccupied and concerned about other issues and does not have time to pay very much attention to me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
6. My parent misses signals from me because he/she is busy doing other things.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
7. My parent is comfortable adjusting the way he/she interacts with me based on my needs and moods.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)

	Mother	Father
8. My parent disciplines me by ignoring me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
9. My parent pays attention and can tell when I am distressed.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
10. My parent “tunes out” when my needs are too much to handle.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
11. My parent responds to my distress or needs even when he/she is involved in other activities.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
12. I feel my parent ‘stays engaged’ with me, regardless of whether it is a pleasant or unpleasant situation.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
13. My parent is comfortable setting limits for me to keep me safe.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
14. My parent encourages and provides opportunities for me to build our relationship.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
15. I feel my parent accepts me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
16. My parent initiates interactions with me when I am not distressed.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
17. When we interact, my parent provides me with an opportunity to respond and be part of the interaction.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)

	Mother	Father
18. My parent tries to set goals and expectations that are based on my abilities.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
19. My parent expresses enjoyment and warmth in his/her interactions with me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
20. When I am absorbed in an activity, my parent tries not to interrupt.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
21. I feel that my parent interprets my behaviours accurately.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
22. My parent lets me know that he/she is aware of my distress and needs.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
23. When I am faced with a problem, my parent intervenes even when I can manage on my own.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
24. When my parent is irritated with me, he/she disengages or distances him/herself.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
25. My parent is aloof and detached in his/her interactions with me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
26. My parent is genuine in his/her relationship with me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
27. My parent notices my positive behaviours and attributes.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)

	Mother	Father
28. My parent responds to my needs only when I get really upset.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
29. My parent knows how his/her moods affect me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
30. My parent responds consistently to my expression of needs.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
31. My parent resents me getting upset.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
32. When my parent and I are doing something together, he/she easily becomes distracted and turns his/her attention to other things (e.g., worries, other people).	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
33. I feel that my parent is aware of my moods and changes of mood.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
34. I feel that my parent supports my interests and goals, even if they are different from his/her goals for me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)
35. When I get upset my parent ignores me.	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)	☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Often (4) ☐ Always (5)

CTS

Parents and caregivers may act towards you in many ways. You may also act in a number of different ways towards your parents or caregivers. Sometimes they may do things that are helpful, and 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 have happened in the **past six months**.

When questions ask about your “**mother**” please refer to the **female** caregiver who has spent the most time raising you. When questions ask about your “**father**” please refer to the **male** caregiver who has spent the most time raising you. For each question, please circle the number that best describes how often it has happened in the **past six months**.

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

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

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

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

3. Pushing, grabbing or shoving in an argument:

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

4. Threw something:

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

5. Slapped:

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

CAPAI

Please think about one parent or caregiver who has played the **most important part in raising you**. You most likely live with this parent now, but you may be living somewhere else and still have contact with this parent. Answer all the questions based on how you feel about this parent **now or in the past six months**.

Before you start, who is this parent? Circle ONE:

MOM	DAD	STEPMOM	STEPDAD
FOSTER MOM	FOSTER DAD	GRANDMOTHER	GRANDFATHER

OTHER PERSON (who is this?): _____

Read each sentence and circle the number to show how much you agree or disagree in regards to your relationship with your parent **now or in the past six months**.

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

1. I prefer not to show my parent how I feel deep down.

1 2 3 4 5 6 7

2. When I'm away from my parent I feel anxious and afraid.

1 2 3 4 5 6 7

3. I am very comfortable being close to my parent.

1 2 3 4 5 6 7

4. If I can't get my parent to show interest in me, I get upset or angry.

1 2 3 4 5 6 7

5. I find it difficult to depend on my parent.

1 2 3 4 5 6 7

6. I worry about being away from my parent.

1 2 3 4 5 6 7

7. I need a lot of reassurance that I am loved by my parent.

1 2 3 4 5 6 7

8. I worry that my parent won't care about me as much as I care about my parent.

1 2 3 4 5 6 7

9. I worry about being abandoned by my parent.

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 parent **now or in the past six months.**

- | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|--|-----------------|----------|----------|---------------------------|----------|----------|-----------------|
| | Disagree | | | Neutral/
Mixed | | | Agree |
| | Strongly | | | | | | Strongly |
| 10. I don't feel comfortable opening up to my parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. Just when my parent starts to get close to me I find myself pulling away. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. I get frustrated when my parent is not around as much as I would like. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. I feel comfortable sharing my private thoughts and feelings with my parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. I get uncomfortable when my parent wants to be very close. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. I often wish that my parent's feelings for me were as strong as my feelings for my parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I feel comfortable depending on my parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. When my parent disapproves of me, I feel really bad about myself. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. I try to avoid getting too close to my parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. I worry a lot about my relationship with my parent. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. I tell my parent just about everything. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. I often want to be really close to my parent and sometimes this makes them back away. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. I want to get close to my parent, but I keep pulling back. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. I resent it when my parent spends time away from me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. I usually discuss my problems and concerns with my parent. | 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 parent now or in the past six months.

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

25. I find it relatively easy to get close to my parent.

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

26. Sometimes I feel that I have to force my parent to show that my parent cares about me.

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

27. I don't mind asking my parent for comfort, advice, or help.

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

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

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

29. I worry a fair amount about losing my parent.

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

30. I turn to my parent for many things, including comfort and reassurance.

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

31. I prefer not to be too close to my parent.

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

32. I get frustrated if my parent is not available when I need my parent.

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

33. It helps to turn to my parent in times of need.

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

34. I find that my parent doesn't want to get as close as I would like.

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

35. I don't often worry about being abandoned.

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

36. I am nervous when my parent gets too close to me.

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

ARC

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

	Not Like Me		Somewhat Like Me		A Lot Like Me
1. I have a hard time controlling my feelings.	1	2	3	4	5
2. It's very hard for me to calm down when I get upset.	1	2	3	4	5
3. My feelings just take over me and I can't do anything about it.	1	2	3	4	5
4. When I get upset, it takes a long time for me to get over it.	1	2	3	4	5
5. Thinking about why I have different feelings helps me to learn about myself.	1	2	3	4	5
6. Thinking about why I act in certain ways helps me to understand myself.	1	2	3	4	5
7. The time I spend thinking about what's happened to me in my life helps me to understand myself.	1	2	3	4	5
8. If I think about my feelings, it just makes everything worse.	1	2	3	4	5
9. I try hard not to think about my feelings.	1	2	3	4	5
10. It's best to keep feelings in control and not to think about them.	1	2	3	4	5
11. I keep my feelings to myself.	1	2	3	4	5
12. I try to do other things to keep my mind off how I feel.	1	2	3	4	5