



### Parental Stress Scale

Caregiver/Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

The following statements describe feelings and perceptions about the experience of being a parent. Think of each of the items in terms of how your relationship with your child or children typically is. Please indicate the degree to which you agree or disagree with the following items by placing the appropriate number in the space provided.

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

- \_\_\_ 1. I am happy in my role as a parent.
- \_\_\_ 2. There is little or nothing I wouldn't do for my child(ren) if it was necessary.
- \_\_\_ 3. Caring for my child(ren) sometimes takes more time and energy than I have to give.
- \_\_\_ 4. I sometimes worry whether I am doing enough for my child(ren).
- \_\_\_ 5. I feel close to my child(ren).
- \_\_\_ 6. I enjoy spending time with my child(ren).
- \_\_\_ 7. My child(ren) is an important source of affection for me.
- \_\_\_ 8. Having child(ren) gives me a more certain and optimistic view for the future.
- \_\_\_ 9. The major source of stress in my life is my child(ren).
- \_\_\_ 10. Having child(ren) leaves little time and flexibility in my life.
- \_\_\_ 11. Having child(ren) has been a financial burden.
- \_\_\_ 12. It is difficult to balance different responsibilities because of my child(ren).

- \_\_\_ 13. The behavior of my child(ren) is often embarrassing or stressful to me.
- \_\_\_ 14. If I had it to do over again, I might decide not to have child(ren).
- \_\_\_ 15. I feel overwhelmed by the responsibility of being a parent.
- \_\_\_ 16. Having child(ren) has meant having too few choices and too little control over my life.
- \_\_\_ 17. I am satisfied as a parent.
- \_\_\_ 18. I find my child(ren) enjoyable.

To compute the parental stress score, items 1, 2, 5, 6, 7, 8, 17, and 18 should be reverse scored as follows: (1=5) (2=4) (3=3) (4=2) (5=1). The item scores are then summed.

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