

Parental Stress Scale

Self-Check Questionnaire (adapted from Berry & Jones, 1995)

How to use:

For each statement, circle the number that fits you best right now.

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

#	Statement	1	2	3	4	5
1	I feel happy in my role as a parent.	1	2	3	4	5
2	There is little or nothing I would change about the way I am as a parent.	1	2	3	4	5
3	Caring for my child(ren) sometimes takes more time and energy than I have to give.	1	2	3	4	5
4	I sometimes worry whether I am doing enough for my child(ren).	1	2	3	4	5
5	I feel close to my child(ren).	1	2	3	4	5
6	I enjoy spending time with my child(ren).	1	2	3	4	5
7	My child(ren) cause more problems than I expected.	1	2	3	4	5
8	Having child(ren) has been a positive experience.	1	2	3	4	5
9	I feel overwhelmed by the responsibility of being a parent.	1	2	3	4	5
10	I feel trapped by my responsibilities as a parent.	1	2	3	4	5
11	I find my child(ren) enjoyable.	1	2	3	4	5
12	I am satisfied as a parent.	1	2	3	4	5
13	I feel that I cannot do things I like because of my child(ren).	1	2	3	4	5
14	Having child(ren) has meant having too few choices and too little control over my life.	1	2	3	4	5
15	I sometimes feel tired out from having to take care of my child(ren).	1	2	3	4	5
16	I often feel that my child(ren) are taking too much out of me.	1	2	3	4	5
17	I feel grateful for my child(ren).	1	2	3	4	5
18	I feel stressed by the things I have to do as a parent.	1	2	3	4	5