

TOPSE Tool to measure Parenting Self-Efficacy

Using the scale below, please enter in the boxes how much you agree with each statement. The scale ranges from 0 (completely disagree) to 10 (completely agree). You may use any number between 0 and 10. Please answer all statements.

| | | | | | | | | | | |
|---------------------|---|---|------------------|---|---|---|------------------|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Completely disagree | | | Moderately agree | | | | Completely agree | | | |

The following section is about emotion and affection.

- | | | |
|----|--|----------------------|
| 1. | I am able to show affection towards my child. | <input type="text"/> |
| 2. | I can recognise when my child is happy or sad. | <input type="text"/> |
| 3. | I am confident my child can come to me if they're unhappy. | <input type="text"/> |
| 4. | When my child is sad I understand why. | <input type="text"/> |
| 5. | I have a good relationship with my child. | <input type="text"/> |
| 6. | I find it hard to cuddle my child. | <input type="text"/> |

The following section is about play and enjoyment.

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|-----|--|----------------------|
| 7. | I am able to have fun with my child. | <input type="text"/> |
| 8. | I am able to enjoy each stage of my child's development. | <input type="text"/> |
| 9. | I am able to have nice days with my child. | <input type="text"/> |
| 10. | I can plan activities that my child will enjoy. | <input type="text"/> |
| 11. | Playing with my child comes easily to me. | <input type="text"/> |
| 12. | I am able to help my child reach their full potential. | <input type="text"/> |

The following section is about empathy and understanding.

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|-----|--|----------------------|
| 13. | I am able to explain things patiently to my child. | <input type="text"/> |
| 14. | I can get my child to listen to me. | <input type="text"/> |
| 15. | I am able to comfort my child. | <input type="text"/> |
| 16. | I am able to listen to my child. | <input type="text"/> |
| 17. | I am able to put myself in my child's shoes. | <input type="text"/> |
| 18. | I understand my child's needs. | <input type="text"/> |

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| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
|---------------------|---|---|---|------------------|---|---|---|------------------|---|----|--|
| Completely disagree | | | | Moderately agree | | | | Completely agree | | | |

The following section is about control.

- | | | |
|-----|---|--------------------------|
| 19. | As a parent I feel I am in control. | <input type="checkbox"/> |
| 20. | My child will respond to the boundaries I put in place. | <input type="checkbox"/> |
| 21. | I can get my child to behave well without a battle. | <input type="checkbox"/> |
| 22. | I can remain calm when facing difficulties. | <input type="checkbox"/> |
| 23. | I can't stop my child behaving badly. | <input type="checkbox"/> |
| 24. | I am able to stay calm when my child is behaving badly. | <input type="checkbox"/> |

The following section is about discipline and setting boundaries.

- | | | |
|-----|--|--------------------------|
| 25. | Setting limits and boundaries is easy for me. | <input type="checkbox"/> |
| 26. | I am able to stick to the rules I set for my child. | <input type="checkbox"/> |
| 27. | I am able to reason with my child. | <input type="checkbox"/> |
| 28. | I can find ways to avoid conflict. | <input type="checkbox"/> |
| 29. | I am consistent in the way I use discipline. | <input type="checkbox"/> |
| 30. | I am able to discipline my child without feeling guilty. | <input type="checkbox"/> |

The following section is about pressures.

- | | | |
|-----|--|--------------------------|
| 31. | It is difficult to cope with other people's expectations of me as a parent. | <input type="checkbox"/> |
| 32. | I am not able to assert myself when other people tell me what to do with my child. | <input type="checkbox"/> |
| 33. | Listening to other people's advice makes it hard for me to decide what to do. | <input type="checkbox"/> |
| 34. | I can say 'no' to other people if I don't agree with them. | <input type="checkbox"/> |
| 35. | I can ignore pressure from other people to do things their way. | <input type="checkbox"/> |
| 36. | I do not feel a need to compare myself to other parents. | <input type="checkbox"/> |

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0 1 2 3 4 5 6 7 8 9 10
 Completely disagree Moderately agree Completely agree

The following section is about self-acceptance.

- 37. I know I am a good enough parent.
- 38. I manage the pressures of parenting as well as other parents do.
- 39. I am not doing that well as a parent.
- 40. As a parent I can take most things in my stride.
- 41. I can be strong for my child.
- 42. My child feels safe around me.

The following section is about learning and knowledge.

- 43. I am able to recognise developmental changes in my child.
- 44. I can share ideas with other parents.
- 45. I am able to learn and use new ways of dealing with my child.
- 46. I am able to make the changes needed to improve my child's behaviour.
- 47. I can overcome most problems with a bit of advice.
- 48. Knowing that other people have similar difficulties with their children makes it easier for me.

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS QUESTIONNAIRE.

