PARENTING CONFIDENCE ASSESSMENT

PARENTING SENSE OF COMPETENCE SCALE (PSOC).

Source: The items are from the 16-item Parenting Sense of Competence Scale. Used with Permission


Scale Description: The Parenting Sense of Competence Scale is a 16-item scale that measures parents’ sense of confidence and satisfaction with their parenting.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

The items are scored 1-6 as described below; total score is sum of all 16 items, possible range 16-96.

Strongly agree = 1
Agree = 2
Mildly agree = 3
Mildly disagree = 4
Disagree = 5
Strongly disagree = 6

The following items are reverse scored: 1, 6, 7, 10, 11, 13, 15

Algorithm

Total = 70-96 High Parental-Confidence
Total = 51-69 Moderate Parental-Confidence
Total = 16-50 Low Parental-Confidence

Additional Instructions

Depending on whether the test taker is a mother or father, replace “parent” with the appropriate designation. If test taker is neither a mother or father but serves in a parenting role, remove the parenthesis around “parent” and leave it in place.
## Parenting Confidence

**Instructions:** Listed below are a number of statements. Please respond to each item, indicating your agreement or disagreement with each statement.

1. The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.

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<td>Mildly Disagree</td>
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2. Even though being a (parent) could be rewarding, I am frustrated now while my child is at his/her present age.

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3. I go to bed the same way I wake up in the morning—feeling I have not accomplished a whole lot.

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4. I do not know what it is, but sometimes when I’m supposed to be in control, I feel more like the one being manipulated.

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5. My (parent) was better prepared to be a good (parent) than I am.

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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).

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7. Being a (parent) is manageable, and any problems are easily solved.

1 2 3 4 5 6
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree

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
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree

9. Sometimes I feel like I’m not getting anything done.

1 2 3 4 5 6
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree

10. I meet my own personal expectations for expertise in caring for my child.

1 2 3 4 5 6
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree

11. If anyone can find the answer to what is troubling my child, I am the one.

1 2 3 4 5 6
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree

12. My talents and interests are in other areas, not in being a (parent).

1 2 3 4 5 6
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree

13. Considering how long I’ve been a (parent), I feel thoroughly familiar with this role.

1 2 3 4 5 6
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree

14. If being a (parent) of a child were only more interesting, I would be motivated to do a better job as a (parent).

1 2 3 4 5 6
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree

15. I honestly believe I have all the skills necessary to be a good (parent) to my child.

1 2 3 4 5 6
Strongly agree Agree Mildly agree Mildly Disagree Disagree Strongly Disagree
16. Being a (parent) makes me tense and anxious.

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