

Parenting Self-Regulation Scales (PSRS) – Practitioner version

Please rate the following statements from 1 (Strongly disagree) to 7 (Strongly agree).

PSRS Practitioner version	Strongly disagree		Neither agree nor disagree			Strongly agree	
1. I know what behaviours and skills I want to encourage in parents.	1	2	3	4	5	6	7
2. I am good at making a plan to achieve changes that are needed in my delivery of {insert program name}.	1	2	3	4	5	6	7
3. I am good at carrying out a plan to achieve changes that are needed in my delivery of {insert program name}.	1	2	3	4	5	6	7
4. I feel confident that I can take actions to help parents improve their parenting behaviour.	1	2	3	4	5	6	7
5. I am confident I can make changes to my delivery of {insert program name} to solve a problem relating to a parent's parenting behaviour.	1	2	3	4	5	6	7
6. I have the skills to be an effective {insert program name} provider.	1	2	3	4	5	6	7
7. I have a major influence over the parenting behaviours of the parents I work with.	1	2	3	4	5	6	7
8. I believe that my delivery of the {insert program name} program causes changes in the parenting behaviours of the parents I work with.	1	2	3	4	5	6	7
9. I have the skills to manage problems that parents have with their parenting behaviour or emotions.	1	2	3	4	5	6	7
10. I know how to work out most problems with {insert program name} delivery without needing the help of others.	1	2	3	4	5	6	7
11. I can apply what I learn about parenting interventions to different situations.	1	2	3	4	5	6	7
12. I have the skills to tackle future problems with the parenting behaviours of the parents I work with.	1	2	3	4	5	6	7

Citation:

Sanders, M. R., Mazzucchelli, T., Day, J. J. & Hodges, J. (2017). Parenting self-regulation scales. Parent and Family Support Centre, The University of Queensland.

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