



Parenting Self-Regulation Scales (PSRS) – Parent version

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

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

Tellegen, C. L., Ma, T., Day, J. J., Hodges, J., Panahi, B., Mazzucchelli, T. G., Sanders, M. R. (2022). Measurement properties for a scale assessing self-regulation in parents and parenting practitioners. *Journal of Child and Family Studies*, 31, 1736-1748.

<http://doi.org/10.1007/s10826-022-02307-z>