PARENT-ADOLESCENT RELATIONSHIP SCALE

(ADOLESCENT/EMERGING ADULT VERSION)

Please read each statement below and rate from 0 (Not At All True) to 5 (Nearly Always or Always True) how true the statements typically are of your relationship with your parent.

There are no right or wrong answers. Do not spend too much time on any statement.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Not At All True |  |  |  |  | Nearly Always or Always True |
| 1. | We eat meals together | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. | We spend time together doing activities we each like | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. | We go to family events together | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. | My parent encourages me to get support from them or others | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. | My parent shows affection to me (e.g., hugs,kisses, smiling, arm around shoulder) | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. | My parent comforts me when I am upset | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. | My parent makes negative comments about me to others | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. | During stressful times in my life, my parent checks if I am okay | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. | My parent gets upset when I disagree with them | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. | My parent plays sport or does other physical activities with me | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. | I complain about my parent | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. | My parent encourages me to do things I am interested in/enjoy | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. | My parent criticises me | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. | My parent thinks I need to change my attitude | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. | My parent encourages me to talk about my thoughts and feelings  | 0 | 1 | 2 | 3 | 4 | 5 |

**Scoring**

Create a mean score for each subscale as follows:

Shared Activities (4 items)

(1 + 2 + 3 + 10)/4

Connectedness (6 items)

(4 + 5 + 6 + 8 + 12 + 15)/6

Hostility (5 items)

(7 + 9 + 11 + 13 + 14)/5

**Instrument reference**

Burke, K., Dittman, C. K., Haslam, D., Filus, A., & Ralph, A. (2020). Parent-Adolescent Relationship Scale. Parenting and Family Support Centre, The University of Queensland, Australia.

**Validation references**

Burke, K., Dittman, C. K., Haslam, D., & Ralph, A. (2021). Assessing critical dimensions of the parent–adolescent relationship from multiple perspectives: Development and validation of the Parent-Adolescent Relationship Scale (PARS). *Psychological Assessment*, *33*(5), 395–410. https://doi.org/10.1037/pas0000992