

## Screen Time Self-Efficacy Scale (STSES)

Below is a list of situations which can make it hard for parents to limit a child's screen time. For each of the following situations, select the number that best describes how confident you are that you can manage your child's screen time.

How confident are you that you could stick to limits on your child's screen time in the following situations?

	1	2	3	4	5	6	;	7		8		9		10	
Cert	tain I													Certa	in I
<u>can'</u>	<u>t</u> do it													<u>can</u> d	o it
When I am under a lot of stress						2	3	4	5	6	7	8	9	10	
When I am feeling sad or anxious						2	3	4	5	6	7	8	9	10	
When I feel like I don't have the time/have other commitments					1	2	3	4	5	6	7	8	9	10	
When I	am tired				1	2	3	4	5	6	7	8	9	10	
When I	am feelin	ıg ill			1	2	3	4	5	6	7	8	9	10	
On wee	ekend day	'S			1	2	3	4	5	6	7	8	9	10	
On holi	days				1	2	3	4	5	6	7	8	9	10	
When I		much hou	sework/d	childcare to	1	2	3	4	5	6	7	8	9	10	
When t	he weath	er makes o	outdoor p	lay difficult	1	2	3	4	5	6	7	8	9	10	
When r	ny child is	unwell			1	2	3	4	5	6	7	8	9	10	
When o	others in t	he househ	old are u	ising screens	1	2	3	4	5	6	7	8	9	10	
	my partne erent from		n screen	time limits	1	2	3	4	5	6	7	8	9	10	NA

How confident are you that you can help your child find alternative activities to do at home that don't involve screens?

1	2	3	4	5	6	7	8	9	10
Certain I									Certain I
can't do it									can do it



How confident are you that you can help your child find alternative activities to do when out and about (e.g. at the shops, in a café, at a friend's house) that don't involve screens?

1	2	3	4	5	6	7	8	9	10
Certain I									Certain I
can't do it									<u>can</u> do it

## Citation:

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