

## Child Adjustment and Parent Efficacy Scale (CAPES)

Please read each statement and select a number 0, 1, 2, or 3 that indicates how true the statement was of your child (aged 2–12) **over the past four (4) weeks**. Then, using the scale provided, write down the number next to each item that best describes how confident you are that you can successfully deal with your child’s behaviour, even if it is a behaviour that rarely occurs or does not concern you.

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

### Example:

**My child:** Gets upset or angry when they don’t get their own way    0   **1**   2   3  

The rating scale is as follows:

0. Not true of my child at all
1. True of my child a little, or some of the time
2. True of my child quite a lot, or a good part of the time
3. True of my child very much, or most of the time

My child...	How true is this of your child?				Rate your Confidence
	Not at all	A little	Quite a lot	Very much	1 = Certain I can't do it 10 = Certain I can do it
1. Gets upset or angry when they don't get their own way	0	1	2	3	<input type="text"/>
2. Refuses to do jobs around the house when asked	0	1	2	3	<input type="text"/>
3. Worries	0	1	2	3	<input type="text"/>
4. Loses their temper	0	1	2	3	<input type="text"/>
5. Misbehaves at mealtimes	0	1	2	3	<input type="text"/>
6. Argues or fights with other children, brothers or sisters	0	1	2	3	<input type="text"/>
7. Refuses to eat food made for them	0	1	2	3	<input type="text"/>
8. Takes too long getting dressed	0	1	2	3	<input type="text"/>
9. Hurts me or others (e.g., hits, pushes, scratches, bites)	0	1	2	3	<input type="text"/>
10. Interrupts when I am speaking to others	0	1	2	3	<input type="text"/>
11. Seems fearful and scared	0	1	2	3	<input type="text"/>

<b>12. Has trouble keeping busy without adult attention</b>	0	1	2	3	<input type="text"/>
<b>13. Yells, shouts or screams</b>	0	1	2	3	<input type="text"/>
<b>14. Whines or complains (whinges)</b>	0	1	2	3	<input type="text"/>
<b>15. Acts defiant when asked to do something</b>	0	1	2	3	<input type="text"/>
<b>16. Cries more than other children their age</b>	0	1	2	3	<input type="text"/>
<b>17. Rudely answers back to me</b>	0	1	2	3	<input type="text"/>
<b>18. Seems unhappy or sad</b>	0	1	2	3	<input type="text"/>
<b>19. Has trouble organising tasks and activities</b>	0	1	2	3	<input type="text"/>
<b>20. Can keep busy without constant adult attention</b>	0	1	2	3	
<b>21. Cooperates at bedtime</b>	0	1	2	3	
<b>22. Can do age appropriate tasks by themselves</b>	0	1	2	3	
<b>23. Follows rules and limits</b>	0	1	2	3	
<b>24. Gets on well with family members</b>	0	1	2	3	
<b>25. Is kind and helpful to others</b>	0	1	2	3	
<b>26. Talks about their views, ideas and needs appropriately</b>	0	1	2	3	
<b>27. Does what they are told to do by adults</b>	0	1	2	3	
<b>28. Has problems getting on with other children</b>	0	1	2	3	<input type="text"/>
<b>29. Is bullied, picked on, or excluded by other children</b>	0	1	2	3	<input type="text"/>
<b>30. Is liked and accepted by other children</b>	0	1	2	3	
<b>31. Has close friendships at school (daycare or kindergarten for younger children)</b>	0	1	2	3	
<b>32. Has no one to play with</b>	0	1	2	3	<input type="text"/>

**Citation:**

Morawska, A., & Sanders, M. R. (2010). *The Child Adjustment and Parent Efficacy Scale (CAPES)*. Brisbane: Parenting and Family Support Centre.

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