

PARENT-ADOLESCENT RELATIONSHIP SCALE (PARENT VERSION)

Please read each statement below and rate from 0 (Not At all True) 5 (Nearly Always or Always True) how true the statements typically are of your relationship with your teenager.
There are no right or wrong answers. Do not spend too much time on any statement.

		Not At All True	A little of the time	Some of the time	A lot of the time	Most of the time	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.	I encourage my teenager to get support from me or others	0	1	2	3	4	5
5.	I show affection to my teenager (e.g., hugs, kisses, smiling, arm around shoulder)	0	1	2	3	4	5
6.	I comfort my teenager when he/she is upset	0	1	2	3	4	5
7.	I make negative comments about my teenager to others	0	1	2	3	4	5
8.	During stressful times in my teenagers' life, I check if he/she is okay	0	1	2	3	4	5
9.	I get upset when my teenager disagrees with me	0	1	2	3	4	5
10.	I play sport or do other physical activities with my teenager	0	1	2	3	4	5
11.	My teenager complains about me	0	1	2	3	4	5
12.	I encourage my teenager to do things he/she is interested in or enjoys	0	1	2	3	4	5
13.	I criticise my teenager	0	1	2	3	4	5
14.	I think my teenager needs to change his/her attitude	0	1	2	3	4	5
15.	I encourage my teenager to talk about their 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>