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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
Certain I can't do it									Certain I can do it

When I am under a lot of stress	1	2	3	4	5	6	7	8	9	10	
When I am feeling sad or anxious	1	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 feeling ill	1	2	3	4	5	6	7	8	9	10	
On weekend days	1	2	3	4	5	6	7	8	9	10	
On holidays	1	2	3	4	5	6	7	8	9	10	
When I have too much housework/childcare to do at home	1	2	3	4	5	6	7	8	9	10	
When the weather makes outdoor play difficult	1	2	3	4	5	6	7	8	9	10	
When my child is unwell	1	2	3	4	5	6	7	8	9	10	
When others in the household are using screens	1	2	3	4	5	6	7	8	9	10	
When my partner's views on screen time limits are different from mine	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 can't do it									Certain I can do it

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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 can't do it									Certain I can do it

Citation:

Halpin, S., Mitchell, A. E., Baker, S., & Morawska, A. (2021). Parenting and child behaviour barriers to managing screen time with young children. Journal of Child and Family Studies, 30: 824-838. https://doi.org/10.1007/s10826-020-01881-4

Halpin, S., Mitchell, A. E., Baker, S., & Morawska, A. (2018). Screen time self-efficacy scale. Brisbane: Parenting and Family Support Centre.

Scoring Instructions:

Total score: sum of all items (separate Extent and Confidence scores)

Subscale scores: sum of all items within subscale (separate Extent and Confidence scores)

Parental strain – items 1, 2, 3, 4, 5, 8, 9, 10

Contextual factors – items 6, 7, 11, 12, 13, 14

Total and subscale scores are considered valid with up to 25% of items missing; missing items (including any "NA" responses) should be managed in accordance with the researcher's chosen method of missing data management (e.g., estimation maximisation, multiple imputation).

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