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 adolescent. 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. | I encourage my child/adolescent to get support from me or others | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. | I show affection to my child/adolescent (e.g., hugs,  kisses, smiling, arm around shoulder) | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. | I comfort my child/adolescent when he/she is upset | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. | I make negative comments about my child/adolescent to others | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. | During stressful times in my child/adolescents' life, I check if he/she is okay | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. | I get upset when my child/adolescent disagrees with me | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. | I play sport or do other physical activities with my child/adolescent | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. | My child/adolescent complains about me | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. | I encourage my child/adolescent to do things he/she is interested in or enjoys | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. | I criticize my child/adolescent | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. | I think my child/adolescent needs to change his/her attitude | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. | I encourage my child/adolescent 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