

Parental Stress Scale

The following statements describe feelings and perceptions about the experience of being a parent. Please indicate the degree to which you agree or disagree with the following items by placing the appropriate number in the space provided.

1 = Strongly disagree 2 = Disagree 3 = Undecided 4 = Agree 5 = Strongly agree

1. I am happy in my role as a parent	
2. There is little or nothing I wouldn't do for my child(ren) if it was necessary.	
3. Caring for my child(ren) sometimes takes more time and energy than I have to give.	
4. I sometimes worry whether I am doing enough for my child(ren).	
5. I feel close to my child(ren).	
6. I enjoy spending time with my child(ren).	
7. My child(ren) is an important source of affection for me.	
8. Having child(ren) gives me a more certain and optimistic view for the future.	
9. The major source of stress in my life is my child(ren).	
10. Having child(ren) leaves little time and flexibility in my life.	
11. Having child(ren) has been a financial burden.	
12. It is difficult to balance different responsibilities because of my child(ren).	
13. The behaviour of my child(ren) is often embarrassing or stressful to me.	
14. If I had it to do over again, I might decide not to have child(ren).	
15. I feel overwhelmed by the responsibility of being a parent.	
16. Having child(ren) has meant having too few choices and too little control over my life.	
17. I am satisfied as a parent	
18. I find my child(ren) enjoyable	

Scoring

To compute the parental stress score, items 1, 2, 5, 6, 7, 8, 17, and 18 should be reverse scored as follows: (1=5) (2=4) (3=3) (4=2) (5=1). The item scores are then summed.

—
A low score to signify a low level of stress, and a high score to signify a high level of stress

- Overall possible scores on the scale range from 18 – 90.
- The higher the score, the higher the measured level of Parental stress

Source: Berry, JD, & Jones, W,H, (1995) The Parental Stress Scale : initial psychometric evidence. Journal of Social and Personal Relationships, 12, 463 – 472.