For parents who are in a relationship

Parental Relationship Questionnaire

**For parents who are currently in a relationship**

**Important:** Please only answer these questions if you are currently in a relationship with the parent with whom you are experiencing conflict.

There are three sets of questions in this questionnaire. Please answer all questions to the best of your ability, even if they do not seem entirely relevant to you.

This Parental Relationships Questionnaire is an amended version of the Parental Conflict Questionnaire offered to Innovation Fund projects through the Department of Work and Pensions.

Your scores will used either to identify relevant support for you and your partner, or to anonymously measure the effectiveness of the relationship course you are attending.

Name:………………………………………………………………………………….

***Firstly, how would you score your relationship with your spouse/partner overall on a scale of 0-10? Please write a number along this line.***

***10 0***

***We get on well Things are really bad***

**Section 1: You and your spouse/partner**

Please think about the times during the **last 4 weeks** when you and your spouse/partner have spent time talking or doing things together.

With those times in mind, please indicate how often your spouse/partner acted in the following ways **towards you**. During the last 4 weeks, how often did your spouse/partner…

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Always** | **Almost Always** | **Fairly Often** | **About Half** | **Not too Often** | **Almost Never** | **Never** |
| **1. Let you know they really care about you** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **2. Act loving and / or affectionate towards you** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **3. Let you know that they appreciate your ideas or the things you do** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **4. Help you to do something that is important to you** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **5. Act supportive and understanding towards you** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **6. Criticise you** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **7. Argue with you when you disagreed about something** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **8. Get angry at you** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **9. Shout at you because they were upset with you** | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**Section 2: How you deal with relationship issues**

The following are a series of statements that describe things people sometimes do and feel when disagreements arise. **Please answer as best as you can.**

If you have more than one child, **please consider the child you are most concerned about** when answering this set of questions. If you are not concerned about a child please consider your youngest child.

Please indicate how often each statement applies to your family by ticking the relevant box for each question.

**Child’s first name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Never** | **Rarely** | **Sometimes** | **Often** | **Very Often** |
| **1. Sometimes it is difficult to keep financial discussions to specific times and places. How often would you say you and your spouse/partner argue over money in front of this child?** | 0 | 1 | 2 | 3 | 4 |
| **2. Children often go to one parent for money or permission to do something after having already been refused by the other parent. How often would you say this child approaches you or your spouse/partner in this manner?** | 0 | 1 | 2 | 3 | 4 |
| **3. Parents disagree on the subject of discipline. How often do you and your spouse/partner argue over disciplinary problems in front of this child?** | 0 | 1 | 2 | 3 | 4 |
| **4. How often does your spouse/partner complain to you about your behaviour in the home (e.g. drinking or smoking, nagging, sloppiness, etc.) in front of this child?** | 0 | 1 | 2 | 3 | 4 |
| **5. In every normal relationship there are arguments. How often do you complain to your spouse/partner about their behaviour in front of this child?** | 0 | 1 | 2 | 3 | 4 |
| **6. How often do you and your spouse/partner argue in front of this child?** | 0 | 1 | 2 | 3 | 4 |
| **7. How often do you and/or your spouse/partner display verbal hostility in front of this child?** | 0 | 1 | 2 | 3 | 4 |
| **8. How often do you and your spouse/partner show affection for each other in front of this child?** | 0 | 1 | 2 | 3 | 4 |

**Section 3: Children’s experiences**

Think about your child’s responses when there is conflict between you and their other parent.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Never** | **Rarely** | **Sometimes** | **Often** | **Very often** |
|  | **Do you think your relationship with your child is affected by conflict between you and your spouse/partner?** | 0 | 1 | 2 | 3 | 4 |
|  | **Do you think your child may feel pressured to take sides when there are disagreements between you and your spouse/partner?** | 0 | 1 | 2 | 3 | 4 |
| 1. 10. | **Do you think your child picks up on tension at home, for example when one parents gives ‘the silent treatment?’** | 0 | 1 | 2 | 3 | 4 |
|  | **Do you think your child ever wants you and your spouse/partner to get on better?** | 0 | 1 | 2 | 3 | 4 |
| **Do you think conflict in your relationship with your spouse/partner has a negative effect on your child’s:** | | | | | | |
| 5a. | **Emotions and mental health?** | 0 | 1 | 2 | 3 | 4 |
| 5b. | **Behaviour (in and out of school)?** | 0 | 1 | 2 | 3 | 4 |
| 5c. | **Ability to focus in school?** | 0 | 1 | 2 | 3 | 4 |

In the last 4 weeks how often do you think you:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Often** | **Sometimes** | **Hardly ever** | **Never** |
|  | **Spoke negatively *to* your child about your spouse/partner?** | 3 | 2 | 1 | 0 |
|  | **Spoke negatively *about* your spouse/partner when your child was within earshot?** | 3 | 2 | 1 | 0 |
|  | **Spoke negatively *about* your spouse/partner when your child seemed out of earshot?** | 3 | 2 | 1 | 0 |

***Finally, now you have completed the questionnaire, would you score your relationship with your spouse/partner any differently from your score at the beginning? Please write a number along this line.***

***10 0***

***We get on well Things are really bad***

***END OF QUESTIONS***

*Thank you for completing this questionnaire*