For parents who are in a relationship

Parent Relationship Questionnaire

Please answer all questions to the best of your ability, even if they don’t always seem relevant to your situation.

This questionnaire is an amended version of the Parental Conflict Questionnaire put together by the Department of Work and Pensions for a number of local authorities to use.

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

Your name:………………………………………………………………………………….

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

***0 10***

***Things are really bad Things are really great***

**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**  | a | b | c | d | e | f | g |
| **2. Act loving and / or affectionate towards you** | a | b | c | d | e | f | g |
| **3. Let you know that they appreciate your ideas or the things you do**  | a | b | c | d | e | f | g |
| **4. Help you to do something that is important to you**  | a | b | c | d | e | f | g |
| **5. Act supportive and understanding towards you** | a | b | c | d | e | f | g |
| **6. Criticise you**  | a | b | c | d | e | f | g |
| **7. Argue with you when you disagreed about something**  | a | b | c | d | e | f | g |
| **8. Get angry at you** | a | b | c | d | e | f | g |
| **9. Shout at you because they were upset with you** | a | b | c | d | e | f | g |

**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 happen.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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 the child(ren)?** | a | b | c | d | e |
| **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 your child(ren) try this with you or your spouse/partner?** | a | b | c | d | e |
| **3. Parents disagree on the subject of discipline. How often do you and your spouse/partner argue over disciplinary problems in front of your child(ren)?** | a | b | c | d | e |
| **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 your child(ren)?** | a | b | c | d | e |
| **5. In every relationship there are arguments. How often do you complain to your spouse/partner about their behaviour in front of your child(ren)?** | a | b | c | d | e |
| **6. How often do you and your spouse/partner argue in front of you child(ren)?** | a | b | c | d | e |
| **7. How often do you and/or your spouse/partner display verbal hostility in front of your child(ren)?** | a | b | c | d | e |
| **8. How often do you and your spouse/partner show affection for each other in front of you child(ren)?** | a | b | c | d | e |

How often do you and your spouse/partner argue about each of the following topics:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Often** | **Sometimes** | **Hardly ever** | **Never** |
| **1.**  | **Your child(ren)** | a | b | c | d |
| **2.**  | **Money** | a | b | c | d |
| **3.**  | **Intimacy and sex** | a | b | c | d |
| **4.**  | **Chores and responsibilities** | a | b | c | d |
| **5.**  | **Religious beliefs** | a | b | c | d |
| **6.**  | **Leisure time** | a | b | c | d |
| **7.**  | **Alcohol use** | a | b | c | d |
| **8.** | **Substance use** | a | b | c | d |
| **9.** | **Friends & relatives** | a | b | c | d |
| **10.**  | **How you communicate** | a | b | c | d |
| **11.** | **Parenting styles/decisions** | a | b | c | d |

**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** |
| **1. Do you think your relationship with your child(ren) is affected by conflict between you and your spouse/partner?** | a | b | c | d | e |
| **2. Do you think your child(ren) may feel pressured to take sides when there are disagreements between you and your spouse/partner?** | a | b | c | d | e |
| **3.** **Do you think your child(ren) pick up on tension at home, for example when one parents gives ‘the silent treatment?’** | a | b | c | d | e |
| **4. Do you think your child(ren) ever want you and your spouse/partner to get on better?** | a | b | c | d | e |
| **5. Do you think your child(ren) ever blame themselves when there is conflict between you and your spouse/partner?** | a | b | c | d | e |

Do you think conflict in your relationship with your spouse/partner has a negative effect on your child(rens):

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Never** | **Rarely** | **Sometimes** | **Often** | **Very often** |
|  | **Emotions and mental health?** | a | b | c | d | e |
|  | **Behaviour (in and out of school/childcare)?** | a | b | c | d | e |
|  | **Ability to concentrate and do well in school/ childcare?** | a | b | c | d | e |

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?** | a | b | c | d |
|  | **Spoke negatively *about* your spouse/partner when your child was within earshot?** | a | b | c | d |
|  | **Spoke negatively *about* your spouse/partner when your child seemed out of earshot?** | a | b | c | d |

*Finally, now you have completed the questionnaire, please score your relationship with your spouse/partner again****. Please write a number along this line.***

***0 10***

***Things are really bad Things are really great***

***END OF QUESTIONS***

*Thank you for completing this questionnaire*