



PARENTING SENSE OF COMPETENCE SCALE (PSOC).

Source: The items are from the 16-item Parenting Sense of Competence Scale. Used with Permission

Reference: Johnston, C., & Mash, E.J. (1989). A measure of parenting satisfaction and efficacy. *Journal of Clinical Child Psychology*, 18, 167-175. /From Gibaud-Wallston, J. & Wandersman, L.P., 1978.

Acknowledgement : Parenting Sense of Competence Scale. Gibaud-Wallston, J. & Wandersman, L.P., 1978/Johnston, C. & Mash, E.J., 1989. Used with permission.

Gilmore, L. & Cuskelly, M. (2009). Factor structure of the Parenting Sense of Competence Scale using a normative sample. *Child Care, Health & Development*, 38, 48-55.

Scale Description: The Parenting Sense of Competence Scale is a 16-item scale that measures parents' sense of confidence and satisfaction with their parenting.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

The items are scored 1-6 as described below; total score is sum of all 16 items, possible range 16- 96.

- Strongly agree = 1
- Agree = 2
- Mildly agree = 3
- Mildly disagree = 4
- Disagree = 5
- Strongly disagree = 6

The following items are reverse scored: 1, 6, 7, 10, 11, 13, 15

Algorithm

- Total = 70-96 High Parental-Confidence
- Total = 51-69 Moderate Parental-Confidence
- Total = 16-50 Low Parental-Confidence

Additional Instructions

Depending on whether the test taker is a mother or father, replace “parent” with the appropriate designation. If test taker is neither a mother or father but serves in a parenting role, remove the parenthesis around “parent” and leave it in place.

Parenting Confidence

Instructions: Listed below are a number of statements. Please respond to each item, indicating your agreement or disagreement with each statement.

1. The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

2. Even though being a (parent) could be rewarding, I am frustrated now while my child is at his/her present age.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

3. I go to bed the same way I wake up in the morning—feeling I have not accomplished a whole lot.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

4. I do not know what it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

5. My (parent) was better prepared to be a good (parent) than I am.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

6. I would make a fine model for a new (parent) to follow in order to learn what she/he would need to know in order to be a good (parent).

1	2	3	4	4	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree



7. Being a (parent) is manageable, and any problems are easily solved.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

8. A difficult problem in being a (parent) is not knowing whether you're doing a good job or a bad one.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

9. Sometimes I feel like I'm not getting anything done.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

10. I meet my own personal expectations for expertise in caring for my child.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

11. If anyone can find the answer to what is troubling my child, I am the one.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

12. My talents and interests are in other areas, not in being a (parent).

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

13. Considering how long I've been a (parent), I feel thoroughly familiar with this role.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

14. If being a (parent) of a child were only more interesting, I would be motivated to do a better job as a (parent).

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

15. I honestly believe I have all the skills necessary to be a good (parent) to my child.

1	2	3	4	5	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

16. Being a (parent) makes me tense and anxious.

1	2	3	4	6	6
Strongly agree	Agree	Mildly agree	Mildly Disagree	Disagree	Strongly Disagree

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