

Assessment:

Inventory of Parent and Peer Attachment (IPPA)

The next set of questions asks you about your relationship with your female Parent (i.e. mother or whoever takes care of you).

1. My mother respects my feelings.
2. I feel my mother does a good job as a mother.
3. I wish I had a different mother.
4. My mother accepts me as I am.
5. I like to get my mother's point of view on things I am concerned about.
6. I feel it's no use letting my feelings show around my mother.
7. My mother can tell when I am upset about something.
8. Talking over my problems with my mother makes me feel ashamed or foolish.
9. My mother expects too much of me.
10. I get upset easily around my mother.
11. I get upset a lot more than my mother knows about.
12. When we discuss things, my mother cares about my point of view.
13. My mother trusts my judgment.
14. My mother has her own problems, so I don't bother her with mine.
15. My mother helps me to understand myself better.
16. I tell my mother about my problems and troubles.
17. I feel angry with my mother.
18. I don't get much attention from my mother.
19. My mother helps me to talk about my difficulties.
20. My mother understands me.
21. When I am angry about something, my mother tries to be understanding.
22. I trust my mother.
23. My mother doesn't understand what I am going through these days.
24. I can count on my mother when I need to get something off my chest.
25. If my mother knows something is bothering me, she asks me about it.

The next set of questions asks you about your relationship with your male Parent (i.e. father or whoever takes care of you).

1. My father respects my feelings.
2. I feel my father does a good job as a mother.
3. I wish I had a different father.
4. My father accepts me as I am.
5. I like to get my father's point of view on things I am concerned about.
6. I feel it's no use letting my feelings show around my father.
7. My father can tell when I am upset about something.
8. Talking over my problems with my father makes me feel ashamed or foolish.
9. My father expects too much of me.
10. I get upset easily around my father.
11. I get upset a lot more than my father knows about.
12. When we discuss things, my father cares about my point of view.
13. My father trusts my judgment.
14. My father has her own problems, so I don't bother her with mine.

15. My father helps me to understand myself better.
16. I tell my father about my problems and troubles.
17. I feel angry with my father.
18. I don't get much attention from my father.
19. My father helps me to talk about my difficulties.
20. My father understands me.
21. When I am angry about something, my father tries to be understanding.
22. I trust my father.
23. My father doesn't understand what I am going through these days.
24. I can count on my father when I need to get something off my chest.
25. If my father knows something is bothering me, she asks me about it.

The next set of questions asks you about your relationship with your close friends.

1. I like to get my friends' point of view on things I'm concerned about
2. My friends can tell when I'm upset about something
3. When we discuss things, my friends care about my point of view
4. When I discuss things, my friends care about my point of view
5. I wish I had different friends
6. My friends understand me
7. My friends help me to talk about my difficulties
8. My friends accept me as I am
9. I feel the need to be in touch with my friends more often
10. My friends don't understand what I'm going through these days
11. I feel alone or apart when I'm with my friends
12. My friends listen to what I have to say
13. I feel my friends are good friends
14. My friends are fairly easy to talk to
15. When I am angry about something, my friends try to be understanding
16. My friends help me to understand myself better
17. My friends care about how I am
18. I feel angry with my friends
19. I can count on my friends when I need to get something off my chest
20. I trust my friends
21. My friends respect my feelings
22. I get upset a lot more than my friends know about
23. It seems as if my friends are irritated with me for no reason
24. I can tell my friends about my problems and troubles
25. If my friends know something is bothering me, they ask me about it

Response categories:

- Almost never or never true
- Not very true
- Sometimes true
- Often true
- Almost always or always true