

## Assessment:

### Parent-Adolescent Communication Scale

Using the scale below, please indicate how much you agree or disagree with EACH of the following statements about the general communication between you and your mother.

Response choices:

Strongly Disagree

Disagree

Agree

Strongly Agree

1. I can discuss my beliefs with my mother without feeling restrained or embarrassed.
2. Sometimes I have trouble believing everything my mother tells me
3. My mother is always a good listener.
4. I am sometimes afraid to ask my mother for what I want.
5. My mother has a tendency to say things to me which would be better left unsaid.
6. My mother can tell how I'm feeling without asking.
7. I am very satisfied with how my mother and I talk together.
8. If I were in trouble, I could tell my mother.
9. I openly show affection to my mother.
10. When we are having a problem, I often give my mother the silent treatment.
11. I am careful about what I say to my mother.
12. When talking to my mother, I have a tendency to say things that would be better left unsaid.
13. When I asked questions, I get honest answers from my mother.
14. My mother tries to understand my point of view.
15. There are topics I avoid discussing with my mother.
16. I find it easy to discuss problems with my mother.
17. It is very easy for me to express all my true feelings to my mother.
18. My mothers nags/bothers me.
19. My mother sometimes insults me when she is angry with me.
20. I don't think I can tell my mother how I really feel about some things.