

Assessment:

Parker Parental Bonding

This questionnaire lists various attitudes and behaviors of parents. As you remember your Mother/Father in your first 16 years, would you please indicate the most appropriate response category.

1. Spoke to me with a warm and friendly voice.
2. Did not help me as much as I needed.
3. Let me do those things I liked doing.
4. Seemed emotionally cold to me.
5. Appeared to understand my problems & worries
6. Was affectionate to me.
7. Liked me to make my own decisions
8. Did not want me to grow up.
9. Tried to control everything I did
10. Invaded my privacy
11. Enjoyed talking things over with me
12. Frequently smiled at me.
13. Tended to baby me.
14. Did not seem to understand what I needed or wanted
15. Let me decide things for myself
16. Made me feel I wasn't wanted
17. Could make me feel better when I was upset
18. Did not talk with me very much.
19. Tried to make me dependent on her/him
20. Felt I could not look after myself unless she/he was around
21. Gave me as much freedom as I wanted
22. Let me go out as often as I wanted.
23. Was overprotective of me
24. Did not praise me
25. Let me dress in any way I pleased

Response categories:

- Very Like
- Moderately Like
- Moderately Unlike
- Very unlike