

# Standardised measures

# Audit - C

This is one unit of alcohol...



Half-pint  
of regular  
beer, lager  
or cider



1 small glass  
of wine



1 single  
measure of  
spirits



1 small glass  
of sherry



1 single  
measure of  
aperitifs

...and each of these is more than one unit



Pint of  
regular beer,  
lager or  
cider



Pint of  
premium  
beer, lager or  
cider



Alcopop or  
can / bottle  
of regular  
lager



Can of  
premium  
lager or  
strong beer



Can of super  
strength  
lager or  
strong beer



Glass  
of wine  
(175ml)



Bottle  
of wine

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2-3 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

## Scoring

A total of 5+ indicates increasing or higher risk drinking.

An overall total score of 5 or above is AUDIT-C positive.

Score



## Remaining AUDIT questions

Questions	Scoring system					Your score
	0	1	2	3	4	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

### Scoring

0 – 7 Lower risk, 8 – 15 Increasing risk,  
16 – 19 Higher risk, 20+ Possible dependence

**Score**

### TOTAL Score equals

AUDIT C Score (above) +  
Score of remaining questions

**Total score**

Reference: SAUNDERS JB, AASLAND OG, BABOR TF, DE LA FUENTE JR. and GRANT M. (1993). Development of the Alcohol Use Disorders Identification Test (AUDIT): WHO Collaborative Project on Early Detection of Persons with Harmful Alcohol Consumption-II. *Addiction*, 88, pp: 791-804.

# Depression, Anxiety and Stress Scale (DASS 21)

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.

## The rating scale is as follows:

0 Did not apply to me at all - NEVER

1 Applied to me to some degree, or some of the time - SOMETIMES

2 Applied to me to a considerable degree, or a good part of time - OFTEN

3 Applied to me very much, or most of the time - ALMOST ALWAYS

					FOR OFFICE USE		
	N	S	O	AA	D	A	S
1 I found it hard to wind down	0	1	2	3	<div></div>	<div></div>	<div></div>
2 I was aware of dryness of my mouth	0	1	2	3	<div></div>	<div></div>	<div></div>
3 I couldn't seem to experience any positive feeling at all	0	1	2	3	<div></div>	<div></div>	<div></div>
4 I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3	<div></div>	<div></div>	<div></div>
5 I found it difficult to work up the initiative to do things	0	1	2	3	<div></div>	<div></div>	<div></div>
6 I tended to over-react to situations	0	1	2	3	<div></div>	<div></div>	<div></div>
7 I experienced trembling (eg, in the hands)	0	1	2	3	<div></div>	<div></div>	<div></div>
8 I felt that I was using a lot of nervous energy	0	1	2	3	<div></div>	<div></div>	<div></div>
9 I was worried about situations in which I might panic and make a fool of myself	0	1	2	3	<div></div>	<div></div>	<div></div>
10 I felt that I had nothing to look forward to	0	1	2	3	<div></div>	<div></div>	<div></div>
11 I found myself getting agitated	0	1	2	3	<div></div>	<div></div>	<div></div>
12 I found it difficult to relax	0	1	2	3	<div></div>	<div></div>	<div></div>
13 I felt down-hearted and blue	0	1	2	3	<div></div>	<div></div>	<div></div>
14 I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3	<div></div>	<div></div>	<div></div>
15 I felt I was close to panic	0	1	2	3	<div></div>	<div></div>	<div></div>
16 I was unable to become enthusiastic about anything	0	1	2	3	<div></div>	<div></div>	<div></div>
17 I felt I wasn't worth much as a person	0	1	2	3	<div></div>	<div></div>	<div></div>
18 I felt that I was rather touchy	0	1	2	3	<div></div>	<div></div>	<div></div>
19 I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0	1	2	3	<div></div>	<div></div>	<div></div>
20 I felt scared without any good reason	0	1	2	3	<div></div>	<div></div>	<div></div>
21 I felt that life was meaningless	0	1	2	3	<div></div>	<div></div>	<div></div>
TOTALS					<div></div>	<div></div>	<div></div>

**Reference:** Lovibond S H and Lovibond P F (1995). *Manual for the Depression Anxiety Stress Scales. (2nd. Ed.)* Sydney: Psychology Foundation. For more information on the DASS go to the following website: [www.psy.unsw.edu.au/dass/](http://www.psy.unsw.edu.au/dass/)

Research in Practice *Scoring standardised measures - DASS21*

# Emotion regulation Questionnaire (ERQ)

Gross and John

9/03

The Emotion Regulation Questionnaire is designed to assess individual differences in the habitual use of two emotion regulation strategies: cognitive reappraisal and expressive suppression.

## Citation

Gross J J and John O P (2003) Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85, 348-362.

## Instructions and Items

We would like to ask you some questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. The questions below involve two distinct aspects of your emotional life. One is your **emotional experience**, or what you feel like inside. The other is your **emotional expression**, or how you show your emotions in the way you talk, gesture, or behave. Although some of the following questions may seem similar to one another, they differ in important ways. For each item, please answer using the following scale:

1	2	3	4	5	6	7
Strongly disagree			Neutral			Strongly agree

- ☐ When I want to feel more *positive* emotion (such as joy or amusement), I *change what I'm thinking about*.
- ☐ I keep my emotions to myself.
- ☐ When I want to feel less *negative* emotion (such as sadness or anger), I *change what I'm thinking about*.
- ☐ When I am feeling *positive* emotions, I am careful not to express them.
- ☐ When I'm faced with a stressful situation, I make myself *think about it* in a way that helps me stay calm.
- ☐ I control my emotions by *not expressing them*.
- ☐ When I want to feel more *positive* emotion, I *change the way I'm thinking about* the situation.
- ☐ I control my emotions by changing the way I think about the situation I'm in.
- ☐ When I am feeling *negative* emotions, I make sure not to express them.
- ☐ When I want to feel less *negative* emotion, I *change the way I'm thinking about* the situation.

## Note

Do not change item order, as items 1 and 3 at the beginning of the questionnaire define the terms "positive emotion" and "negative emotion".

## Scoring (no reversals)

Reappraisal Items: 1, 3, 5, 7, 8, 10; Suppression Items: 2, 4, 6, 9.

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**Reference:** Gross J J and John O P (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85, 348-362.

# Home conditions assessment

## THE SCALE

1. Smell (e.g. stale cigarette smoke, rotting food)	0	1
2. Kitchen floor soiled, covered in bits, crumbs etc.	0	1
3. Floor covering in any other room soiled as above.	0	1
4. General decorative order poor – obviously in need of attention (e.g. badly stained wall paper, broken windows)	0	1
5. Kitchen sink, draining board, work surfaces or cupboard door have not been washed for a considerable period of time	0	1
6. Other surfaces in the house have not been dusted for a considerable period of time	0	1
7. Cooking implements, cutlery or crockery showing ingrained dirt and or these items remain unwashed until they are needed again	0	1
8. Lavatory, bath or basin showing ingrained dirt	0	1
9. Furnishings or furniture soiled	0	1
10. Informant's or children's, clothing clearly unwashed, or hair matted and unbrushed	0	1
11. Garden or yard uncared for and strewn with rubbish	0	1
Total score		

Reference: Davie C E, Hutt S J, Vincent E and Mason M (1984) *The young child at home*. NFER Nelson, Windsor

# Maternal antenatal attachment scale

**These questions are about your thoughts and feelings about the developing baby. Please tick one box only in answer to each question.**

**1. Over the past two weeks I have thought about, or been preoccupied with the baby inside me:**

- ☐ Almost all the time
- ☐ Very frequently
- ☐ Frequently
- ☐ Occasionally
- ☐ Not at all

**2. Over the past two weeks when I have spoken about, or thought about the baby inside me I got emotional feelings which were:**

- ☐ Very weak or non-existent
- ☐ Fairly weak
- ☐ In between strong and weak
- ☐ Fairly strong
- ☐ Very strong

**3. Over the past two weeks my feelings about the baby inside me have been:**

- ☐ Very positive
- ☐ Mainly positive
- ☐ Mixed positive and negative
- ☐ Mainly negative
- ☐ Very negative

4. Over the past two weeks I have had the desire to read about or get information about the developing baby.  
This desire is:

- ☐ Very weak or non-existent
- ☐ Fairly weak
- ☐ Neither strong nor weak
- ☐ Moderately strong
- ☐ Very strong

5. Over the past two weeks I have been trying to picture in my mind what the developing baby actually looks like in my womb:

- ☐ Almost all the time
- ☐ Very frequently
- ☐ Frequently
- ☐ Occasionally
- ☐ Not at all

6. Over the past two weeks I think of the developing baby mostly as:

- ☐ A real little person with special characteristics
- ☐ A baby like any other baby
- ☐ A human being
- ☐ A living thing
- ☐ A thing not yet really alive

7. Over the past two weeks I have felt that the baby inside me is dependent on me for its well-being:

- ☐ Totally
- ☐ A great deal
- ☐ Moderately
- ☐ Slightly
- ☐ Not at all

8. Over the past two weeks I have found myself talking to my baby when I am alone

- ☐ Not at all
- ☐ Occasionally
- ☐ Frequently
- ☐ Very frequently
- ☐ Almost all the time I am alone

9. Over the past two weeks when I think about (or talk to) my baby inside me, my thoughts:

- ☐ Are always tender and loving
- ☐ Are mostly tender and loving
- ☐ Are a mixture of both tenderness and irritation
- ☐ Contain a fair bit of irritation
- ☐ Contain a lot of irritation

10. Over the past The picture in my mind of what the baby at this stage actually looks like inside the womb is:

- ☐ Very clear
- ☐ Fairly clear
- ☐ Fairly vague
- ☐ Very vague
- ☐ I have no idea at all

11. Over the past two weeks when I think about the baby inside me I get feelings which are:

- ☐ Very sad
- ☐ Moderately sad
- ☐ A mixture of happiness and sadness
- ☐ Moderately happy
- ☐ Very happy

12. Some pregnant women sometimes get so irritated by the baby inside them that they feel like they want to hurt it or punish it:

- ☐ I couldn't imagine I would ever feel like this
- ☐ I could imagine I might sometimes feel like this, but I never actually have
- ☐ I have felt like this once or twice myself
- ☐ I have occasionally felt like this myself
- ☐ I have often felt like this myself

13. Over the past two weeks I have felt

- ☐ Very emotionally distant from my baby
- ☐ Moderately emotionally distant from my baby
- ☐ Not particularly emotionally close to my baby
- ☐ Moderately close emotionally to my baby
- ☐ Very close emotionally to my baby

14. Over the past two weeks I have taken care with what I eat to make sure the baby gets a good diet:

- ☐ Not at all
- ☐ Once or twice when I ate
- ☐ Occasionally when I ate
- ☐ Quite often when I ate
- ☐ Every time I ate

15. When I first see my baby after the birth I expect I will feel:

- ☐ Intense affection
- ☐ Mostly affection
- ☐ Dislike about one or two aspects of the baby
- ☐ Dislike about quite a few aspects of the baby
- ☐ Mostly dislike

**16.** When my baby is born I would like to hold the baby:

- ☐ Immediately
- ☐ After it has been wrapped in a blanket
- ☐ After it has been washed
- ☐ After a few hours for things to settle down
- ☐ The next day

**17.** Over the past two weeks I have had dreams about the pregnancy or baby:

- ☐ Not at all
- ☐ Occasionally
- ☐ Frequently
- ☐ Very frequently
- ☐ Almost every night

**18.** Over the past two weeks I have found myself feeling, or rubbing with my hand, the outside of my stomach where the baby is:

- ☐ A lot of times each day
- ☐ At least once per day
- ☐ Occasionally
- ☐ Once only
- ☐ Not at all

19. If the pregnancy was lost at this time (due to miscarriage or other accidental event) without any pain or injury to myself, I expect I would feel:

- ☐ Very pleased
- ☐ Moderately pleased
- ☐ Neutral (ie neither sad nor pleased; or mixed feelings)
- ☐ Moderately sad
- ☐ Very sad

### Scoring and scales

#### Quality of attachment

(3) (6) (9) (10) 11 (12) 13 (15) (16) 19

#### Time spent in attachment mode (or intensity of preoccupation)

(1) 2 4 (5) 8 14 17 (18)

Item 7 does not load on either factor strongly enough for inclusion on subscales. We usually include it in the global attachment score, and **it should be reversed**.

Items in brackets are reversed scored. Scoring is 1-5, with 5 high attachment

# Paternal antenatal attachment scale

**These questions are about your thoughts and feelings about the developing baby. Please tick one box only in answer to each question.**

**1.** Over the past two weeks I have thought about, or been preoccupied with the developing baby:

- ☐ Almost all the time
- ☐ Very frequently
- ☐ Frequently
- ☐ Occasionally
- ☐ Not at all

**2.** Over the past two weeks when I have spoken about, or thought about the developing baby I got emotional feelings which were:

- ☐ Very weak or non-existent
- ☐ Fairly weak
- ☐ In between strong and weak
- ☐ Fairly strong
- ☐ Very strong

**3.** Over the past two weeks my feelings about the developing baby have been:

- ☐ Very positive
- ☐ Mainly positive
- ☐ Mixed positive and negative
- ☐ Mainly negative
- ☐ Very negative

4. Over the past two weeks I have had the desire to read about or get information about the developing baby.  
This desire is:

- ☐ Very weak or non-existent
- ☐ Fairly weak
- ☐ Neither strong nor weak
- ☐ Moderately strong
- ☐ Very strong

5. Over the past two weeks I have been trying to picture in my mind what the developing baby actually looks like in my partner's womb:

- ☐ Almost all the time
- ☐ Very frequently
- ☐ Frequently
- ☐ Occasionally
- ☐ Not at all

6. Over the past two weeks I think of the developing baby mostly as:

- ☐ A real little person with special characteristics
- ☐ A baby like any other baby
- ☐ A human being
- ☐ A living thing
- ☐ A thing not yet really alive

7. Over the past two weeks when I think about the developing baby my thoughts:

- ☐ Are always tender and loving
- ☐ Are mostly tender and loving
- ☐ Are a mixture of both tenderness and irritation
- ☐ Contain a fair bit of irritation
- ☐ Contain a lot of irritation

8. Over the past two weeks my ideas about possible names for the baby have been:

- ☐ Very clear
- ☐ Fairly clear
- ☐ Fairly vague
- ☐ Very vague
- ☐ I have no idea at all

9. Over the past two weeks when I think about the developing baby I get feelings which are:

- ☐ Very sad
- ☐ Moderately sad
- ☐ A mixture of happiness and sadness
- ☐ Moderately happy
- ☐ Very happy

10. Over the past two weeks I have been thinking about what kind of child the baby will grow into:

- ☐ Not at all
- ☐ Occasionally
- ☐ Frequently
- ☐ Very frequently
- ☐ Almost all the time

11. Over the past two weeks I have felt:

- ☐ Very emotionally distant from the baby
- ☐ Moderately emotionally distant from the baby
- ☐ Not particularly emotionally close to the baby
- ☐ Moderately close emotionally to the baby
- ☐ Very close emotionally to the baby

12. When I first see the baby after the birth I expect I will feel:

- ☐ Intense affection
- ☐ Mostly affection
- ☐ Affection, but I expect there may be a few aspects of the baby I will dislike
- ☐ I expect there may be quite a few aspects of the baby I will dislike
- ☐ I expect I might feel mostly dislike

13. When the baby is born I would like to hold the baby:

- ☐ Immediately
- ☐ After it has been wrapped in a blanket
- ☐ After it has been washed
- ☐ After a few hours for things to settle down
- ☐ The next day

14. Over the past two weeks I have had dreams about the pregnancy or baby:

- ☐ Not at all
- ☐ Occasionally
- ☐ Frequently
- ☐ Very frequently
- ☐ Almost every night

15. Over the past two weeks I have found myself feeling, or rubbing with my hand, the outside of my partner's stomach where the baby is:

- ☐ A lot of times each day
- ☐ At least once per day
- ☐ Occasionally
- ☐ Once only
- ☐ Not at all

16. If the pregnancy was lost at this time (due to miscarriage or other accidental event) without any pain or injury to my partner, I expect I would feel:

- ☐ Very pleased
- ☐ Moderately pleased
- ☐ Neutral (ie neither sad nor pleased; or mixed feelings)
- ☐ Moderately sad
- ☐ Very sad

### Factor structure

( ) denotes reverse scoring. Scoring is 1 (low attachment) to 5 (high attachment)

Quality of attachment: (1) 2 (3) (7) 9 11 12 16

Time spent in attachment mode: 4 (5) (8) 10 14 (15)  
(or intensity of preoccupation)

Items 6 and 13 do not load on either factor strongly enough for inclusion on subscales

# Multidimensional Scale of Perceived Social Support

## Zimet, Dahlem, Zimet and Farley

### 1988

Instructions: We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement using the following scale:

1	2	3	4	5	6	7
Very Strongly disagree	Strongly disagree	Mildly disagree	Neutral	Mildly agree	Strongly agree	Very Strongly agree

1. ☐ There is a special person who is around when I am in need. SO
2. ☐ There is a special person with whom I can share my joys and sorrows. SO
3. ☐ My family really tries to help me. Fam
4. ☐ I get the emotional help and support I need from my family. Fam
5. ☐ I have a special person who is a real source of comfort to me. SO
6. ☐ My friends really try to help me. Fri
7. ☐ I can count on my friends when things go wrong. Fri
8. ☐ I can talk about my problems with my family. Fam
9. ☐ I have friends with whom I can share my joys and sorrows. Fri
10. ☐ There is a special person in my life who cares about my feelings. SO
11. ☐ My family is willing to help me make decisions. Fam
12. ☐ I can talk about my problems with my friends. Fri

The items tended to divide into factor groups relating to the source of the social support, namely family (Fam), friends (Fri) or significant other (SO).

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Reference: Zimet G D, Dahlem N W, Zimet S G and Farley G K. The Multidimensional Scale of Percieved Social Support. *Journal of Personality Assessment* 1988;52:30-41.

# Parenting daily hassles Scale

The statements below describe a lot of events that routinely occur in families with young children. These events sometimes make life difficult. Please read each item and circle how often it happens to you (rarely, sometimes, a lot, or constantly) and then circle how much of a 'hassle' you feel that it has been for you FOR THE PAST 6 MONTHS. If you have more than one child, these events can include any or all of your children.

Event	How often it happens				Hassle (low to high)
1. Continually cleaning up messes of toys or food	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
2. Being nagged, whined at, complained to	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
3. Meal-time difficulties with picky eaters, complaining etc.	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
4. The kids won't listen or do what they are asked without being nagged	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
5. Baby-sitters are hard to find	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
6. The kids schedules (like pre-school or other activities) interfere with meeting your own household needs	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
7. Sibling arguments or fights require a 'referee'	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
8. The kids demand that you entertain them or play with them	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
9. The kids resist or struggle with you over bed-time	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
10. The kids are constantly underfoot, interfering with other chores	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
11. The need to keep a constant eye on where the kids are and what they are doing	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
12. The kids interrupt adult conversations or interactions	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
13. Having to change your plans because of unprecedented child needs	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
14. The kids get dirty several times a day requiring changes of clothing	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
15. Difficulties in getting privacy (eg. in the bathroom)	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
16. The kids are hard to manage in public (grocery store, shopping centre, restaurant)	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
17. Difficulties in getting kids ready for outings and leaving on time	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
18. Difficulties in leaving kids for a night out or at school or day care	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
19. The kids have difficulties with friends (eg. fighting, trouble, getting along, or no friends available)	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5
20. Having to run extra errands to meet the kids needs	Rarely	Sometimes	A lot	Constantly	1 2 3 4 5

Questionnaire completed by mother / father / adoptive parent / foster carer (please specify)

References: Crnic K A and Greenberg M T (1990). Minor parenting stresses with young children. *Child Development*, 61, pp. 1628-1637. Crnic K A and Booth C L (1991). Mothers' and fathers' perceptions of daily hassles of parenting across early childhood. *Journal of Marriage and the Family*, 53, pp. 1043-1050.

Research in Practice *Scoring standardised measures - Parenting daily hassles*