

This form lists various attitudes and behaviors of parents and caretakers. As you remember your **MOTHER** (or the person most like a mother to you) over the years, please circle the most appropriate number next to each question.

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

The person I just described is: *(Circle one)*

1 = My natural, biological mother

2 = My adopted mother

3 = My step-mother

4 = My foster mother

5 = Someone else (please give name and relationship to you) _____

This form lists various attitudes and behaviors of parents and caretakers. As you remember your **FATHER** (or the person most like a father to you) over the years, please circle the most appropriate number next to each question.

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

The person I just described is: *(Circle one)*

1 = My natural, biological father

2 = My adopted father

3 = My step-father

4 = My foster father

5 = Someone else (please give name and relationship to you) _____

Parker, G., Tupling, H., Brown, L.B. (1979). A parental bonding instrument. *Br J Med Psychol.*, 52(1), 1-10.