

# Perceptions of Parents Scales (POPS)

## The College-Student Scale

### Thoughts about My Parents

Please answer the following questions about your mother and your father. If you do not have any contact with one of your parents (for example, your father), but there is another adult of the same gender living with your house (for example, a stepfather) then please answer the questions about that other adult.

If you have no contact with one of your parents, and there is not another adult of that same gender with whom you live, then leave the questions about that parent blank.

Please use the following scale:

1	2	3	4	5	6	7
not at all			somewhat			very
true			true			true

### First, questions about your mother.

1. My mother seems to know how I feel about things.
2. My mother tries to tell me how to run my life.
3. My mother finds time to talk with me.
4. My mother accepts me and likes me as I am.
5. My mother, whenever possible, allows me to choose what to do.
6. My mother doesn't seem to think of me often.
7. My mother clearly conveys her love for me.
8. My mother listens to my opinion or perspective when I've got a problem.
9. My mother spends a lot of time with me.

10. My mother makes me feel very special.
11. My mother allows me to decide things for myself.
12. My mother often seems too busy to attend to me.
13. My mother is often disapproving and unaccepting of me.
14. My mother insists upon my doing things her way.
15. My mother is not very involved with my concerns.
16. My mother is typically happy to see me.
17. My mother is usually willing to consider things from my point of view.
18. My mother puts time and energy into helping me.
19. My mother helps me to choose my own direction.
20. My mother seems to be disappointed in me a lot.
21. My mother isn't very sensitive to many of my needs.

**Now questions about your father.**

22. My father seems to know how I feel about things.
23. My father tries to tell me how to run my life.
24. My father finds time to talk with me.
25. My father accepts me and likes me as I am.
26. My father, whenever possible, allows me to choose what to do.
27. My father doesn't seem to think of me often.
28. My father clearly conveys his love for me.
29. My father listens to my opinion or perspective when I've got a problem.
30. My father spends a lot of time with me.
31. My father makes me feel very special.

32. My father allows me to decide things for myself.
33. My father often seems too busy to attend to me.
34. My father is often disapproving and unaccepting of me.
35. My father insists upon my doing things his way.
36. My father is not very involved with my concerns.
37. My father is typically happy to see me.
38. My father is usually willing to consider things from my point of view.
39. My father puts time and energy into helping me.
40. My father helps me to choose my own direction.
41. My father seems to be disappointed in me a lot.
42. My father isn't very sensitive to many of my needs.

**Scoring Information.** First, scores on the following items must be reversed: 2, 6, 12, 13, 14, 15, 20, 21, 23, 27, 33, 34, 35, 36, 41, 42. To do that, subtract the response from 8 and use the result as the item score. Then form subscale scores by averaging the scores of the items on that subscale, as shown below.

Mother Involvement: 3, 6(R), 9, 12(R), 15(R), 18

Mother Autonomy Support: 1, 2(R), 5, 8, 11, 14(R), 17, 19, 21(R)

Mother Warmth: 4, 7, 10, 13(R), 16, 20(R)

Father Involvement: 24, 27(R), 30, 33(R), 36(R), 39

Father Autonomy Support: 22, 23(R), 26, 29, 32, 35(R), 38, 40, 42(R)

Father Warmth: 25, 28, 31, 34(R), 37, 41(R)

An (R) after an item number is simply a reminder that that item needs to be reverse scored before being averaged.