

COPING WITH CHILDREN'S NEGATIVE EMOTIONS SCALE
Adolescents' Perceptions of Parents (CCNES-APP)¹

Purpose: To measure the degree to which adolescents perceive their parents as reactive to their negative affect expressed in distressful situations. Six subscales are derived that reflect the specific types of coping response parents tend to use in these situations.

SUBSCALES

1. **Distress Reactions (DR).** These items reflect the degree to which adolescent perceive their parents experience distress when they express negative affect.

Scoring: Mean of: 1A, 2D, 3F, 4D, 5A, 6B, 7F, 8A, 9D.

2. **Punitive Reactions (PR).** These items reflect the degree to which adolescent perceive their parents respond with punitive reactions that decrease parental exposure or need to deal with the negative emotions of their children.

Scoring: Mean of: 1E, 2F, 3B, 4C, 5E, 6C, 7B, 8E, 9C.

3. **Expressive Encouragement (EE).** These items reflect the degree to which adolescent perceive that their parents encourage them to express negative affect or the degree to which they validate children's negative emotional states (i.e., "it's ok to feel sad.")

Scoring: Mean of: 1B, 2C, 3E, 4F, 5B, 6D, 7E, 8B, 9E.

4. **Emotion-Focused Reactions (EFR).** These items reflect the degree to which adolescent perceive that their parents respond with strategies that are designed to help their children feel better (i.e., oriented towards affecting the child's negative feelings).

Scoring: Mean of: 1C, 2B, 3C, 4A, 5C, 6F, 7D, 8C, 9A.

5. **Problem-Focused Reactions (PFR).** These items reflect the degree to which adolescent perceive that their parents help their children solve the problem that caused their distress (i.e., oriented towards helping the child solve his/her problem or coping with a stressor).

Scoring: Mean of: 1F, 2E, 3A, 4B, 5F, 6E, 7A, 8F, 9B.

6. **Minimization Reactions (MR).** These items reflect the degree to which adolescents perceive their parents minimize the seriousness of the situation or devalue their children's problem or distressful reaction.

Scoring: Mean of: AD, 2A, 3D, 4E, 5D, 6A, 7C, 8D, 9F.

¹Please cite as follows: Fabes, R.A., & Eisenberg, N. (1998). *The Coping with Children's Negative Emotions Scale - Adolescent Perception Parent Version: Procedures and scoring*. Available from <http://ccnes.org>. Arizona State University.

Address correspondence to Richard Fabes, School of Social & Family Dynamics, Arizona State University, Tempe, AZ, 85287-3701.

ID _____

Adolescents' Perceptions of Parent Attitude/Behavior Questionnaire (Parent Version)

Instructions: In the following items, please indicate on a scale from 1 (very unlikely) to 7 (very likely) the likelihood that that your father responds to you in the ways listed for each item. Please read each item carefully and respond as honestly and sincerely as you can. For each response, please circle a number from 1-7.

Response Scale: 1 2 3 4 5 6 7
 Very Unlikely Medium Very Likely

1. When my parents see me becoming angry at a close friend, they usually:
- a. become uncomfortable and uneasy in dealing with my anger 1 2 3 4 5 6 7
 - b. encourage me to express my anger 1 2 3 4 5 6 7
 - c. talk to me to calm me down 1 2 3 4 5 6 7
 - d. tell me not to make such a big deal out of it 1 2 3 4 5 6 7
 - e. get angry at me for losing my temper 1 2 3 4 5 6 7
 - f. help me think of things to do to solve the problem 1 2 3 4 5 6 7
2. When I get down because I've had a bad day, my parents usually:
- a. tell me I really have nothing to be sad about 1 2 3 4 5 6 7
 - b. try to get me to think of the good things that happened 1 2 3 4 5 6 7
 - c. listen to me talk about my feelings 1 2 3 4 5 6 7
 - d. become obviously uncomfortable when he sees I'm feeling down 1 2 3 4 5 6 7
 - e. help me think of things to do to get my problem solved 1 2 3 4 5 6 7
 - f. tell me to straighten up and stop sulking around the house 1 2 3 4 5 6 7
3. When I get anxious about performing in a recital or a sporting event, my parents usually:
- a. help me think of things to do to make sure I do my best 1 2 3 4 5 6 7
 - b. yell at me for becoming so anxious 1 2 3 4 5 6 7
 - c. try to calm me down by helping me take my mind off things 1 2 3 4 5 6 7
 - d. tell me not to make such a big deal out of it 1 2 3 4 5 6 7
 - e. encourage me to talk about what is making me so anxious 1 2 3 4 5 6 7
 - f. get anxious about dealing with my nervousness 1 2 3 4 5 6 7
4. When I get angry because I can't get something I really want, my parents usually:
- a. try to make me feel better by making me laugh 1 2 3 4 5 6 7
 - b. help me think of other ways to go about getting what I want 1 2 3 4 5 6 7
 - c. get upset with me for becoming so angry 1 2 3 4 5 6 7
 - d. become uncomfortable and doesn't want to deal with me 1 2 3 4 5 6 7
 - e. tell me I'm being silly for getting so angry 1 2 3 4 5 6 7
 - f. encourage me to talk about my angry feelings 1 2 3 4 5 6 7
5. When I get sad because I've had my feelings hurt by a friend, my parents usually:
- a. get nervous dealing with my sad feelings 1 2 3 4 5 6 7
 - b. encourage me to talk about what is bothering me 1 2 3 4 5 6 7
 - c. try to cheer me up 1 2 3 4 5 6 7
 - d. tell me that things aren't as bad as they seem 1 2 3 4 5 6 7
 - e. get angry at me for not being more in control of things 1 2 3 4 5 6 7
 - f. help me think of ways to help make the problem better 1 2 3 4 5 6 7

Response Scale:

1 2 3 4 5 6 7
Very Unlikely Medium Very Likely

6. When my parents see me become anxious about something at school, they usually:
- a. tell me that I'm making too big a deal out of it 1 2 3 4 5 6 7
 - b. become nervous and uneasy in dealing with my anxiety 1 2 3 4 5 6 7
 - c. get angry at me for not dealing with things better 1 2 3 4 5 6 7
 - d. encourage me to talk about what is making me nervous 1 2 3 4 5 6 7
 - e. help me think of things to do to solve the problem 1 2 3 4 5 6 7
 - f. help comfort and soothe my anxious feelings 1 2 3 4 5 6 7
7. When I get angry at a family member, my parents usually:
- a. try to help us resolve the conflict 1 2 3 4 5 6 7
 - b. threaten to punish me 1 2 3 4 5 6 7
 - c. tell me I'm over-reacting 1 2 3 4 5 6 7
 - d. try to help me calm down 1 2 3 4 5 6 7
 - e. encourage me to let my angry feelings out 1 2 3 4 5 6 7
 - f. become very uneasy and avoids dealing with me 1 2 3 4 5 6 7
8. When I get upset because I miss someone I care about, my parents usually:
- a. become nervous dealing with me and my feelings 1 2 3 4 5 6 7
 - b. encourage me to talk about my feelings for this person 1 2 3 4 5 6 7
 - c. try to get me to think about other things 1 2 3 4 5 6 7
 - d. tell me that I have nothing to be upset about 1 2 3 4 5 6 7
 - e. get upset with me for not being in control of my feelings 1 2 3 4 5 6 7
 - f. help me think of ways to get in touch with the person I miss 1 2 3 4 5 6 7
9. When I become nervous about some social situation that I have to face (such as a date or a party), my parents usually:
- a. try to calm me down by pointing out how much fun I will have 1 2 3 4 5 6 7
 - b. give me advice about what to do in the social situation 1 2 3 4 5 6 7
 - c. get angry at me for being so emotional 1 2 3 4 5 6 7
 - d. prefer not to deal with my nervousness 1 2 3 4 5 6 7
 - e. encourage me to express my feelings 1 2 3 4 5 6 7
 - f. tell me I'm making a big deal out of nothing 1 2 3 4 5 6 7