

COPING WITH CHILDREN'S NEGATIVE EMOTIONS SCALE
Adolescents' Perceptions of Mothers (CCNES-APM)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.

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

Instructions: In the following items, please indicate on a scale from 1 (very unlikely) to 7 (very likely) the likelihood that that your mother 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 mother sees me becoming angry at a close friend, she usually:
- a. becomes uncomfortable and uneasy in dealing with my anger 1 2 3 4 5 6 7
 - b. encourages me to express my anger 1 2 3 4 5 6 7
 - c. talks to me to calm me down 1 2 3 4 5 6 7
 - d. tells me not to make such a big deal out of it 1 2 3 4 5 6 7
 - e. gets angry at me for losing my temper 1 2 3 4 5 6 7
 - f. helps 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 mother usually:
- a. tells me I really have nothing to be sad about 1 2 3 4 5 6 7
 - b. tries to get me to think of the good things that happened 1 2 3 4 5 6 7
 - c. listens to me talk about my feelings 1 2 3 4 5 6 7
 - d. becomes obviously uncomfortable when she sees I'm feeling down 1 2 3 4 5 6 7
 - e. helps me think of things to do to get my problem solved 1 2 3 4 5 6 7
 - f. tells 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 mother usually:
- a. helps me think of things to do to make sure I do my best 1 2 3 4 5 6 7
 - b. yells at me for becoming so anxious 1 2 3 4 5 6 7
 - c. tries to calm me down by helping me take my mind off things 1 2 3 4 5 6 7
 - d. tells me not to make such a big deal out of it 1 2 3 4 5 6 7
 - e. encourages me to talk about what is making me so anxious 1 2 3 4 5 6 7
 - f. gets 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 mother usually:
- a. tries to make me feel better by making me laugh 1 2 3 4 5 6 7
 - b. helps me think of other ways to go about getting what I want 1 2 3 4 5 6 7
 - c. gets upset with me for becoming so angry 1 2 3 4 5 6 7
 - d. becomes uncomfortable and doesn't want to deal with me 1 2 3 4 5 6 7
 - e. tells me I'm being silly for getting so angry 1 2 3 4 5 6 7
 - f. encourages 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 mother usually:
- a. gets nervous dealing with my sad feelings 1 2 3 4 5 6 7
 - b. encourages me to talk about what is bothering me 1 2 3 4 5 6 7
 - c. tries to cheer me up 1 2 3 4 5 6 7
 - d. tells me that things aren't as bad as they seem 1 2 3 4 5 6 7
 - e. gets angry at me for not being more in control of things 1 2 3 4 5 6 7
 - f. helps 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 mother sees me become anxious about something at school, she usually:
- a. tells me that I'm making too big a deal out of it 1 2 3 4 5 6 7
 - b. becomes nervous and uneasy in dealing with my anxiety 1 2 3 4 5 6 7
 - c. gets angry at me for not dealing with things better 1 2 3 4 5 6 7
 - d. encourages me to talk about what is making me nervous 1 2 3 4 5 6 7
 - e. helps me think of things to do to solve the problem 1 2 3 4 5 6 7
 - f. helps comfort and soothe my anxious feelings 1 2 3 4 5 6 7
7. When I get angry at a family member, my mother usually:
- a. tries to help us resolve the conflict 1 2 3 4 5 6 7
 - b. threatens to punish me 1 2 3 4 5 6 7
 - c. tells me I'm over-reacting 1 2 3 4 5 6 7
 - d. tries to help me calm down 1 2 3 4 5 6 7
 - e. encourages me to let my angry feelings out 1 2 3 4 5 6 7
 - f. becomes 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 mother usually:
- a. becomes nervous dealing with me and my feelings 1 2 3 4 5 6 7
 - b. encourages me to talk about my feelings for this person 1 2 3 4 5 6 7
 - c. tries to get me to think about other things 1 2 3 4 5 6 7
 - d. tells me that I have nothing to be upset about 1 2 3 4 5 6 7
 - e. gets upset with me for not being in control of my feelings 1 2 3 4 5 6 7
 - f. helps 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 mother usually:
- a. tries to calm me down by pointing out how much fun I will have 1 2 3 4 5 6 7
 - b. gives me advice about what to do in the social situation 1 2 3 4 5 6 7
 - c. gets angry at me for being so emotional 1 2 3 4 5 6 7
 - d. prefers not to deal with my nervousness 1 2 3 4 5 6 7
 - e. encourages me to express my feelings 1 2 3 4 5 6 7
 - f. tells me I'm making a big deal out of nothing 1 2 3 4 5 6 7