

**COPING WITH ADOLESCENTS' NEGATIVE EMOTION SCALE**  
**Caregiver Attitude/Behavior Questionnaire**

Instructions: In the following items, please indicate on a scale from 1 (very unlikely) to 7 (very likely) the likelihood that you would respond 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.

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

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**1. When I see my teenager becoming angry at a close friend, I usually:**

- |  |                   |
|--|-------------------|
| a. become uncomfortable and uneasy in dealing with his/her anger | 1 2 3 4 5 6 7 PD  |
| b. encourage him/her to express his/her anger                    | 1 2 3 4 5 6 7 EE  |
| c. talk to him/her to calm him/her down                          | 1 2 3 4 5 6 7 EFC |
| d. tell him/her not to make such a big deal out of it            | 1 2 3 4 5 6 7 MIN |
| e. get angry at him/her for losing his/her temper                | 1 2 3 4 5 6 7 PUN |
| f. help him/her think of things to do to solve the problem       | 1 2 3 4 5 6 7 PFC |

**2. When my teenager gets down because he/she has had a bad day, I usually:**

- |   |                   |
|---|-------------------|
| a. tell him/her that he/she really has nothing to be sad about      | 1 2 3 4 5 6 7 MIN |
| b. try to get him/her to think of good things that happened         | 1 2 3 4 5 6 7 EFC |
| c. listen to him/her talk about his/her feelings                    | 1 2 3 4 5 6 7 EE  |
| d. become obviously uncomfortable when I see he/she is feeling down | 1 2 3 4 5 6 7 PD  |
| e. help him/her think of things to do to get his/her problem solved | 1 2 3 4 5 6 7 PFC |
| f. tell him/her to straighten up and stop sulking around the house  | 1 2 3 4 5 6 7 PUN |

**3. When my teenager gets anxious about performing in a recital or a sporting event, I usually:**

- |   |                   |
|---|-------------------|
| a. help him/her think of things to do to make sure he/she does his/her best | 1 2 3 4 5 6 7 PFC |
| b. yell at him/her for becoming so anxious                                  | 1 2 3 4 5 6 7 PUN |
| c. try to calm him/her down by helping him/her take his/her mind off things | 1 2 3 4 5 6 7 EFC |
| d. tell him/her not to make such a big deal out of it                       | 1 2 3 4 5 6 7 MIN |
| e. encourage him/her to talk about what is making him/her so anxious        | 1 2 3 4 5 6 7 EE  |
| f. get anxious about dealing with his/her nervousness                       | 1 2 3 4 5 6 7 PD  |

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

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**4. When my teenager gets angry because he/she can't get something that he/she really wants, I usually:**

- |    |  |                   |
|----|--|-------------------|
| a. | try to make him/her feel better by making him/her laugh                | 1 2 3 4 5 6 7 EFC |
| b. | help him/her think of other ways to go about getting what he/she wants | 1 2 3 4 5 6 7 PFC |
| c. | get upset with him/her for becoming so angry                           | 1 2 3 4 5 6 7 PUN |
| d. | become uncomfortable and don't want to deal with him/her               | 1 2 3 4 5 6 7 PD  |
| e. | tell him/her he/she is being silly for getting so angry                | 1 2 3 4 5 6 7 MIN |
| f. | encourage him/her to talk about his/her angry feelings                 | 1 2 3 4 5 6 7 EE  |

**5. When my teenager gets sad because he/she has had his/her feelings hurt by a friend, I usually:**

- |    |   |                   |
|----|---|-------------------|
| a. | get nervous dealing with his/her sad feelings                 | 1 2 3 4 5 6 7 PD  |
| b. | encourage my teenager to talk about what is bothering him/her | 1 2 3 4 5 6 7 EE  |
| c. | try to cheer him/her up                                       | 1 2 3 4 5 6 7 EFC |
| d. | tell him/her that things aren't as bad as they seem           | 1 2 3 4 5 6 7 MIN |
| e. | get angry at him/her for not being more in control of things  | 1 2 3 4 5 6 7 PUN |
| f. | help him/her think of ways to help make the problem better    | 1 2 3 4 5 6 7 PFC |

**6. When I see my teenager become anxious about something at school, I usually:**

- |    |  |                   |
|----|--|-------------------|
| a. | tell him/her that he/she is making too big a deal out of it    | 1 2 3 4 5 6 7 MIN |
| b. | become nervous and uneasy in dealing with his/her anxiety      | 1 2 3 4 5 6 7 PD  |
| c. | get angry at him/her for not dealing with things better        | 1 2 3 4 5 6 7 PUN |
| d. | encourage him/her to talk about what is making him/her nervous | 1 2 3 4 5 6 7 EE  |
| e. | help him/her think of things to do to solve the problem        | 1 2 3 4 5 6 7 PFC |
| f. | help comfort and soothe his/her anxious feelings               | 1 2 3 4 5 6 7 EFC |

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

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**7. When my teenager gets angry at a family member, I usually:**

- |  |                   |
|--|-------------------|
| a. try to help them resolve the conflict               | 1 2 3 4 5 6 7 PFC |
| b. threaten to punish him/her                          | 1 2 3 4 5 6 7 PUN |
| c. tell him/her he/she is over-reacting                | 1 2 3 4 5 6 7 MIN |
| d. try to help him/her calm down                       | 1 2 3 4 5 6 7 EFC |
| e. encourage him/her to let his/her angry feelings out | 1 2 3 4 5 6 7 EE  |
| f. become very uneasy and avoid dealing with him/her   | 1 2 3 4 5 6 7 PD  |

**8. When my teenager gets upset because he/she misses someone he/she cares about, I usually:**

- |   |                   |
|---|-------------------|
| a. become nervous dealing with him/her and his/her feelings                 | 1 2 3 4 5 6 7 PD  |
| b. encourage him/her to talk about his/her feelings for this person         | 1 2 3 4 5 6 7 EE  |
| c. try to get him/her to think of other things                              | 1 2 3 4 5 6 7 EFC |
| d. tell him/her he/she has nothing to be upset about                        | 1 2 3 4 5 6 7 MIN |
| e. get upset with him/her for not being in control of his/her feelings      | 1 2 3 4 5 6 7 PUN |
| f. help him/her think of ways to get in touch with the person he/she misses | 1 2 3 4 5 6 7 PFC |

**9. When my teenager becomes nervous about some social situation that he/she has to face (such as a date or a party), I usually:**

- |   |                   |
|---|-------------------|
| a. try to calm him/her down by pointing out how much fun he/she will have | 1 2 3 4 5 6 7 EFC |
| b. give him/her advice about what to do in the social situation           | 1 2 3 4 5 6 7 PFC |
| c. get angry at him/her for being so emotional                            | 1 2 3 4 5 6 7 PUN |
| d. prefer not to deal with his/her nervousness                            | 1 2 3 4 5 6 7 PD  |
| e. encourage him/her to express his/her feelings                          | 1 2 3 4 5 6 7 EE  |
| f. tell him/her he/she is making a big deal about nothing                 | 1 2 3 4 5 6 7 MIN |

MIN = minimization; PUN = punitive; EFC = emotion-focused coping; PFC = problem-focused coping; EE = Encourage emotion expression; PD = Personal distress