

OBVL-K

PARENTING STRESS QUESTIONNAIRE - SHORT

VERSION FOR PARENTS OF
CHILDREN AGED 0 TO 18

NAME OF CHILD:

DATE OF BIRTH

GENDER:

MALE

FEMALE

COMPLETED ON:

PHASE OF TREATMENT:

QUESTIONNAIRE COM-
PLETED BY:

MOTHER

FATHER

STEPMOTHER

STEPFATHER

ADOPTIVE MOTHER

ADOPTIVE FATHER

FOSTER MOTHER

FOSTER FATHER

BOTH PARENTS

OTHER



Explanation

Below you will find 10 questions about how you experience your child, how you interact with your child, how you feel and about your health. For every question there are four possible answers:

1. "Not true"
2. "Somewhat true"
3. "Quite true"
4. "Very true"

For each question, **circle** the answer you feel is most applicable. Do not spend too much time thinking about your answer. Your first impression is usually the best one. **There are no right or wrong answers.** If you think you have made a mistake, cross out the selected answer and select the right answer.



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| | Not true ↓ | Somewhat true ↓ | Quite true ↓ | Very true ↓ |
|---|---------------|--------------------|-----------------|----------------|
| 1 I feel happy with my child. | 1 | 2 | 3 | 4 |
| 2 My child listens to me. | 1 | 2 | 3 | 4 |
| 3 I enjoy life. | 1 | 2 | 3 | 4 |
| 4 I feel satisfied with my child. | 1 | 2 | 3 | 4 |
| 5 I can calm my child down when he/she gets angry. | 1 | 2 | 3 | 4 |
| 6 I frequently feel good. | 1 | 2 | 3 | 4 |
| 7 I feel calm when my child is with me. | 1 | 2 | 3 | 4 |
| 8 I am in charge when I am with my child. | 1 | 2 | 3 | 4 |
| 9 I view the future positively. | 1 | 2 | 3 | 4 |
| 10 I am good at correcting my child when necessary. | 1 | 2 | 3 | 4 |

YOU HAVE COMPLETED THE QUESTIONNAIRE. THANK YOU FOR YOUR COOPERATION!