

Parental Facilitation of Mastery Scale – II

The following questions ask about your childhood and teenage experiences. Think about the ways in which your parent(s) or primary guardian(s) helped to guide your activities and behavior during the first 16 years of your life.

During the first 16 years of life...

- 1) my activities were strictly supervised
- 2) I was encouraged to participate in physical sports
- 3) I was encouraged to learn to take care of myself
- 4) I was given household responsibility
- 5) I was encouraged to try things on my own before getting help
- 6) I was protected from unknown experiences
- 7) I was encouraged to try something even if I wasn't sure I would succeed
- 8) I was encouraged to develop a difficult skill
- 9) I was allowed to spend time with friends without parental supervision
- 10) decisions regarding my time and activities were made for me
- 11) I was allowed to do things that my parent(s)/guardian(s) weren't familiar with
- 12) I was encouraged to stick with things that were hard for me
- 13) I was allowed to dress how I wanted
- 14) I was given freedom to make independent decisions
- 15) I was sheltered from topics that might have been considered taboo or distressing
- 16) I had sleepovers at my friends' homes
- 17) I had little say in most things I did

Response Choices: Never = 1, Rarely = 2, Sometimes = 3, Often = 4, Always = 5

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