

CNEQ

ID: _____

Date: _____

Check the box that corresponds with the best answer to the questions on the left.

	Encourages a Lot	Encourages a Little	Neither Encourages nor Discourages	Discourages a Little	Discourages a Lot
1. How much do you encourage your child to eat fruit at lunch?					
2. How much do you encourage your child to eat fruit as a snack?					
3. How much do you encourage your child to drink 100% fruit juice at breakfast?					
4. How much do you encourage your child to eat vegetables at supper?					
5. How much do you encourage your child to eat vegetables at snack time?					
6. How much do you encourage your child to drink 100% fruit juice instead of soda?					
7. How much do you encourage your child to eat vegetables at lunch?					

CMQ

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Please place an X in the box that corresponds with the best way to complete the sentence on the left.

	Never	Sometimes	Often	Always
1. I eat vegetables at lunch when I am with my child...				
2. I eat fruit at lunch when I am with my child...				
3. I eat fruit at supper when I am with my child...				
4. I eat vegetables at supper when I am with my child...				
5. I eat fruit at restaurants when I am with my child...				
6. I eat vegetables at snack when I am with my child...				
7. I eat vegetables at restaurants when I am with my child...				
8. I eat salads at restaurants when I am with my child...				
9. I eat fruit at snack when I am with my child...				
10. I eat salads at supper when I am with my child...				
11. I eat low-fat snack foods when I am with my child...				
12. I drink 100% fruit juice when I am with my child...				
13. I eat salads at lunch when I am with my child...				
14. I eat low-fat dressing with vegetables or salad when I am with my child...				

CNBQ

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Please place an X in the box that corresponds with the best way to complete the sentence on the left.

	They don't care, or I don't know	A good thing	A very good thing
1. My child thinks that eating or drinking 1 serving of fruit or juice at breakfast is...			
2. My child thinks that eating 1 serving or vegetables at snack is...			
3. My child thinks that eating 1 serving of vegetables at supper is...			
4. My child thinks that eating or drinking 1 serving of fruit or juice at lunch is...			
5. My child thinks that eating 1 serving or vegetables at lunch is...			
6. My child thinks that eating or drinking 1 serving of fruit or juice at snack is...			
7. My family thinks that eating or drinking 1 serving of fruit or juice at lunch is...			
8. My family thinks that eating or drinking 1 serving of fruit or juice at breakfast is...			
9. My family thinks that eating 1 serving of vegetables at snack is...			
10. My family thinks that eating 1 serving of vegetables at supper is...			
11. My family thinks that eating 1 serving of vegetables at lunch is...			

CFQ

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Please place an X in the box that corresponds with the best way to complete the sentence on the left.

	Never	Seldom	Half of the Time	Most of the Time	Always
1. When your child is at home, how often are you responsible for feeding him/her?					
2. How often are you responsible for deciding what your child's portion sizes are?					
3. How often are you responsible for deciding if your child has eaten the right kind of foods?					

	Noticeably Underweight	Underweight	Normal	Overweight	Noticeably Overweight
4. When you were 5 to 10 years old were you...					
5. During your adolescence were you...					
6. During your 20's were you...					
7. At present do you think you are...					
8. During your child's first year of life was he/she...					
9. During your child's 1 st and 2 nd year of life was he/she...					
10. Your child as a preschooler was...					
11. Your child now is...					

	Unconcerned	A Little Concerned	Fairly Concerned	Very Concerned
12. How concerned are you about your child eating too much when you aren't around?				
13. How concerned are you about your child having to diet to maintain a desirable weight?				
14. How concerned are you about your child becoming overweight?				

	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree
15. I like to be sure that my child does not eat too many sweets (candy, ice cream, cake, or pastries).					
16. I like to make sure that my child does not eat too many high-fat foods.					
17. I like to be sure that my child eats enough fruits and vegetables.					
18. I like to be sure that my child does not eat too much of his/her favorite food.					
19. I intentionally keep some foods out of my child's reach.					
20. I offer sweets (candy, ice cream, cake, pastries) to my child as a reward for good behavior.					
21. I offer my child his/her favorite foods in exchange for good behavior.					
22. If I did not guide or regulate my child's eating, he/she would eat too many junk foods.					
23. If I did not guide or regulate my child's eating, he/she would eat too much of his/her favorite food.					
24. My child should always eat all of the food on his/her plate.					
25. I have to be especially careful to make sure my child eats enough.					
26. If I did not guide my child's eating, he/she would not eat enough fruits and vegetables.					
27. If my child says, "I'm not hungry," I try to get him/her to eat anyway.					
28. If I did not guide or regulate my child's eating, he/she would eat much less than he/she should.					

	Never	Rarely	Sometimes	Mostly	Always
29. How much do you keep track of the sweets (candy, ice cream, cake, pastries) that your child eats?					
30. How much do you keep track of the snack food (potato chips, Doritos, cheese puffs) that your child eats?					
31. How much do you keep track of the high-fat foods that your child eats?					
32. How much do you keep track of the fruits and vegetables your child eats?					
33. How much do you keep track of the milk or foods with calcium, like cheese and yogurt your child consumes?					

34. How much do you keep track of the nutritious foods your child eats?					
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PPSI

ID: _____

Date: _____

Instructions: Below is a list of the ways you might have felt or behaved. Please tell me how often you have felt this way **during the past week**.

	Rarely or none of the time (< 1 day)	A little or some of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
1. I was bothered by things that usually don't bother me				
2. I did not feel like eating; my appetite was poor.				
3. I felt that I could not shake off the blues even with help from my family and friends.				
4. I felt that I was just as good as other people.				
5. I had trouble keeping my mind on what I was doing.				
6. I felt depressed.				
7. I felt that everything was an effort.				
8. I felt hopeful about the future.				
9. I thought my life had been a failure.				
10. I felt fearful.				
11. My sleep was restless.				
12. I was happy.				
13. I talked less than usual.				
14. I felt lonely.				
15. People were unfriendly.				
16. I enjoyed life.				
17. I had crying spells.				
18. I felt sad.				
19. I felt that people dislike me.				
20. I could not get "going"				

MCFAD

ID: _____ Date: _____

The following are a number of statements about families. Please read each statement carefully, and decide how well it describes your family. You should answer according to how you see your family. Try not to spend too much time thinking about each statement, but respond as quickly and honestly as you can. If you have trouble with an item, answer with your first reaction. Please be sure to answer every statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. We usually act on our decisions regarding problems.				
2. We resolve most everyday problems around the house.				
3. When someone is upset, others know why.				
4. We are reluctant to show our affection for each other.				
5. If someone is in trouble, the others become too involved.				
6. Planning many family activities is difficult because we misunderstand each other.				
7. After our family tries to solve a problem, we usually discuss whether it worked or not.				
8. You can't tell how a person is feeling from what they are saying.				
9. Some of us just don't respond emotionally.				
10. You only get the interest of others when something is important to them.				
11. In times of crisis we can turn to each other for support.				
12. We resolve most emotional upsets that come.				
13. People come right out and say things instead of hinting at them.				
14. We do not show our love for each other.				
15. We are too self-centered.				
16. It is difficult to talk to each other about tender feelings.				
17. We cannot talk to each other about the sadness we feel.				
18. We confront problems involving feelings.				
19. We are frank with each other.				
20. Tenderness takes second place to other things in our family.				
21. We talk to people directly rather than through go-betweens.				
22. We try to think of different ways to solve problems.				
23. We don't talk to each other when we are angry.				
24. We often don't say what we mean.				
25. We show interest in each other when we can get something out of it personally.				
26. We avoid discussing our fears and concerns.				
27. We can express feelings to each other.				

28. When we don't like what someone has done, we tell them.				
29. There are lots of bad feelings in the family.				
	Strongly Agree	Agree	Disagree	Strongly Disagree
30. We cry openly.				
31. We feel accepted for what we are.				
32. Even though we mean well, we intrude too much in each other's lives.				
33. Making decisions is a problem for our family.				
34. We are able to make decisions about how to solve problems.				
35. We don't get along well together.				
36. We confide in each other.				

REMEMBER: Make two ratings for each item; (1) rate how often your spouse or partner (S/P) exhibits this behavior with your child and (2) how often you exhibit this behavior with your child. If you do not have a spouse or partner, simply put N/A in the first space underneath that heading.

S/P EXHIBITS BEHAVIOR:

- 1 = Never
- 2 = Once in Awhile
- 3 = About Half of the Time
- 4 = Very Often
- 5 = Always

I EXHIBIT THIS BEHAVIOR:

- 1 = Never
- 2 = Once in Awhile
- 3 = About Half of the Time
- 4 = Very Often
- 5 = Always

[S/P] [I]

- _____ _____ 1. [My S/P is] [I am] responsive to our child's feelings and needs.
- _____ _____ 2. [My S/P uses] [I use] physical punishment as a way of disciplining our child.
- _____ _____ 3. [My S/P takes] [I take] our child's desires into account before asking the child to do something.
- _____ _____ 4. When our child asks why he/she has to conform, [My S/P states] [I state]: because I said so, or I am your parent and I want you to.
- _____ _____ 5. [My S/P explains] [I explain] to our child how we feel about the child's good and bad behavior.
- _____ _____ 6. [My S/P spansks] [I spank] when our child is disobedient.
- _____ _____ 7. [My S/P encourages] [I encourage] our child to talk about his/her troubles.
- _____ _____ 8. [My S/P finds] [I find] it difficult to discipline our child.
- _____ _____ 9. [My S/P encourages] [I encourage] our child to freely express himself/herself even when disagreeing with parents.
- _____ _____ 10. [My S/P punishes] [I punish] by taking privileges away from our children with little if any explanations.
- _____ _____ 11. [My S/P emphasizes] [I emphasize] the reasons for rules.
- _____ _____ 12. [My S/P gives] [I give] comfort and understanding when our child is upset.
- _____ _____ 13. [My S/P yells or shouts] [I yell or shout] when our child misbehaves.
- _____ _____ 14. [My S/P gives praise] [I give praise] when our child is good.
- _____ _____ 15. [My S/P gives] [I give] in to our child when the child causes a commotion about something.
- _____ _____ 16. [My S/P explodes] [I explode] in anger towards our child.
- _____ _____ 17. [My S/P threatens] [I threaten] our child with punishment more often than actually giving it.
- _____ _____ 18. [My S/P takes] [I take] into account our child's preferences in making plans for the family.
- _____ _____ 19. [My S/P grabs] [I grab] our child when being disobedient.
- _____ _____ 20. [My S/P states] [I state] punishments to our child and does not actually do

them.

REMEMBER: Make two ratings for each item; (1) rate how often your spouse or partner (S/P) exhibits this behavior with your child and (2) how often you exhibit this behavior with your child. If you do not have a spouse or partner, simply put N/A in the first space underneath that heading.

S/P EXHIBITS BEHAVIOR:

1 = Never

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5 = Always

I EXHIBIT THIS BEHAVIOR:

1 = Never

2 = Once in Awhile

3 = About Half of the Time

4 = Very Often

5 = Always

[S/P] [I]

- _____ 21. [My S/P shows] [I show] respect for our child's opinions by encouraging our child to express them.
- _____ 22. [My S/P allows] [I allow] our child to give input into family rules.
- _____ 23. [My S/P scolds and criticizes] [I scold and criticize] to make our child improve.
- _____ 24. [My S/P spoils] [I spoil] our child.
- _____ 25. [My S/P gives] [I give] our child reasons why rules should be obeyed.
- _____ 26. [My S/P uses] [I use] threats as punishment with little or no justification.
- _____ 27. [My S/P has] [I have] warm and intimate times together with our child.
- _____ 28. [My S/P punishes] [I punish] by putting our child off somewhere alone with little if any explanations.
- _____ 29. [My S/P helps] [I help] our child to understand the impact of behavior by encouraging our child to talk about the consequences of his/her own actions.
- _____ 30. [My S/P scolds or criticizes] [I scold or criticize] when our child's behavior doesn't meet our expectations.
- _____ 31. [My S/P explains] [I explain] the consequences of the child's behavior.
- _____ 32. [My S/P slaps] [I slap] our child when the child misbehaves.