Parent-Adolescent Communication Scale

Read: Below are some statements about talking with your parent in our Let’s Talk! Study. Please indicate how strongly you agree or disagree with each statement.

1. I can discuss my beliefs with my parent without feeling restrained or embarrassed.
   1. Strongly Disagree
   2. Slightly Disagree
   3. Not sure/Don’t know/ Neutral
   4. Slightly Agree
   5. Strongly Agree

2. Sometimes I have trouble believing everything that my parent tells me.
   1. Strongly Disagree
   2. Slightly Disagree
   3. Not sure/Don’t know/ Neutral
   4. Slightly Agree
   5. Strongly Agree

3. My parent is always a good listener.
   1. Strongly Disagree
   2. Slightly Disagree
   3. Not sure/Don’t know/ Neutral
   4. Slightly Agree
   5. Strongly Agree

4. I am sometimes afraid to ask my parent for what I want.
   1. Strongly Disagree
   2. Slightly Disagree
   3. Not sure/Don’t know/ Neutral
   4. Slightly Agree
   5. Strongly Agree

5. My parent has a tendency to say things to me that would be better left unsaid.
   1. Strongly Disagree
   2. Slightly Disagree
   3. Not sure/Don’t know/ Neutral
   4. Slightly Agree
   5. Strongly Agree

6. My parent can’t tell how I’m feeling without asking.
   1. Strongly Disagree
   2. Slightly Disagree
   3. Not sure/Don’t know/ Neutral
   4. Slightly Agree
   5. Strongly Agree
7. I am very satisfied with how my parent and I talk together.
1. Strongly Disagree
2. Slightly Disagree
3. Not sure/Don’t know/ Neutral
4. Slightly Agree
5. Strongly Agree

8. If I were in trouble, I could tell my parent.
1. Strongly Disagree
2. Slightly Disagree
3. Not sure/Don’t know/ Neutral
4. Slightly Agree
5. Strongly Agree

9. I openly show affection to my parent.
1. Strongly Disagree
2. Slightly Disagree
3. Not sure/Don’t know/ Neutral
4. Slightly Agree
5. Strongly Agree

10. When we are having a problem, I often give my parent the silent treatment.
1. Strongly Disagree
2. Slightly Disagree
3. Not sure/Don’t know/ Neutral
4. Slightly Agree
5. Strongly Agree

11. I am careful about what I say to my parent.
1. Strongly Disagree
2. Slightly Disagree
3. Not sure/Don’t know/ Neutral
4. Slightly Agree
5. Strongly Agree

12. When talking to my parent, I have a tendency to say things that would be better left unsaid.
1. Strongly Disagree
2. Slightly Disagree
3. Not sure/Don’t know/ Neutral
4. Slightly Agree
5. Strongly Agree

13. When I ask questions, I get honest answers from my parent.
1. Strongly Disagree
2. Slightly Disagree
3. Not sure/Don’t know/ Neutral
4. Slightly Agree
5. Strongly Agree
14. My parent tries to understand my point of view.
   1   Strongly Disagree
   2   Slightly Disagree
   3   Not sure/Don’t know/ Neutral
   4   Slightly Agree
   5   Strongly Agree

15. There are topics I avoid discussing with my parent.
   1   Strongly Disagree
   2   Slightly Disagree
   3   Not sure/Don’t know/ Neutral
   4   Slightly Agree
   5   Strongly Agree

16. I find it easy to discuss problems with my parent.
   1   Strongly Disagree
   2   Slightly Disagree
   3   Not sure/Don’t know/ Neutral
   4   Slightly Agree
   5   Strongly Agree

17. It is easy for me to express all of my true feelings to my parent.
   1   Strongly Disagree
   2   Slightly Disagree
   3   Not sure/Don’t know/ Neutral
   4   Slightly Agree
   5   Strongly Agree

18. My parent nags/ bothers me.
   1   Strongly Disagree
   2   Slightly Disagree
   3   Not sure/Don’t know/ Neutral
   4   Slightly Agree
   5   Strongly Agree

19. My parent insults me when s/he is angry with me.
   1   Strongly Disagree
   2   Slightly Disagree
   3   Not sure/Don’t know/ Neutral
   4   Slightly Agree
   5   Strongly Agree

20. I don’t think I can tell my parent how I really feel about some things.
   1   Strongly Disagree
   2   Slightly Disagree
   3   Not sure/Don’t know/ Neutral
   4   Slightly Agree
   5   Strongly Agree