Instrument Title: The Parental Beliefs About Anxiety Questionnaire (PBA-Q)

Instrument Author: Francis, S. E., & Chorpita, B. F.

To score the PBA-Q:

Reverse the following items: 6, 14

Sum all items (with 6 and 14 reversed) for a total score.

Higher scores indicate greater levels of parental negative beliefs about the child’s experience of anxiety.