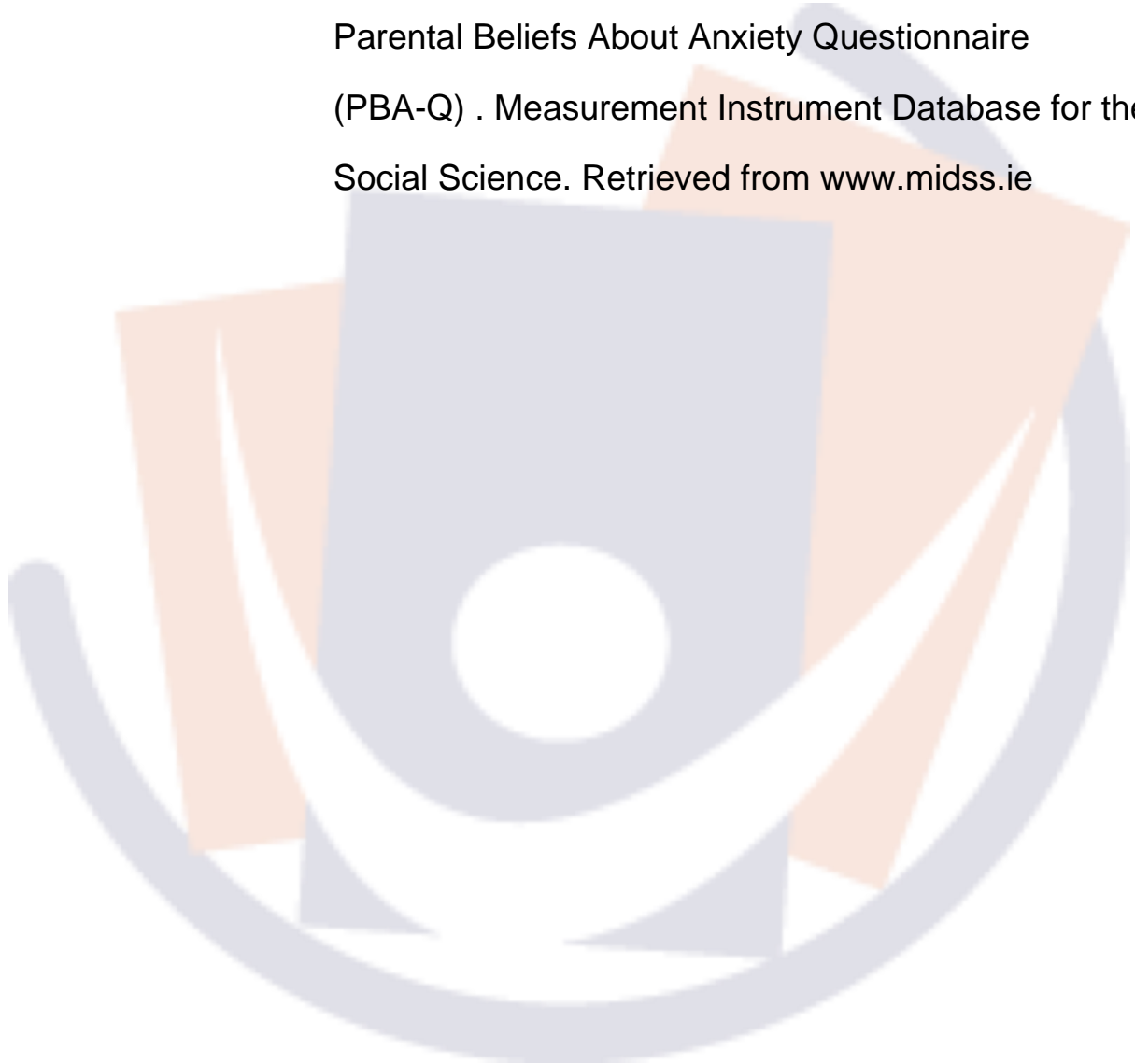


Instrument Title: The Parental Beliefs About Anxiety Questionnaire (PBA-Q)

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

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Participant Number: \_\_\_\_\_

### PBA-Q

Your relationship to child: Mother    Father    Other: \_\_\_\_\_

Listed below are some statements about how you might get along with your child. Please read each statement carefully and *circle* the answer which indicates how much you agree with each statement *for you and your child*. There are no right or wrong answers. Do not spend too much time on any statement.

Remember, we would like to know what your relationship with your child seems like to *you*. So *do not* try to figure out how other people might see your relationship with your child, but *do* give us your impression of your relationship with your child for each statement.

*For each statement below, please think about your relationship with your child who is being seen at this clinic today.*

- |    |  |                |       |          |                   |
|----|--|----------------|-------|----------|-------------------|
| 1  | When my child is upset, it makes me very anxious.  | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 2  | It scares me when I notice that my child is short of breath.   | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 3  | I feel like I am a bad parent if my child becomes stressed out.  | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 4  | If my child gets too nervous, it could be really harmful.  | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 5  | My child should not have to feel afraid.   | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 6  | My child will grow out of his/her fears.   | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 7  | When my child is nervous, I worry that he/she might be mentally ill.   | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 8  | I get very anxious when my child is ill.   | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 9  | I do not like it when other people see my child is afraid.   | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 10 | When my child's stomach is upset, I worry that he/she might be seriously ill.  | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 11 | When I worry about my child, I feel like I am being a good parent.   | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 12 | It scares me when my child is nervous.   | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 13 | When I feel worried that my child is not safe, it is important for me to trust those feelings no matter what anyone else says. | Strongly Agree | Agree | Disagree | Strongly Disagree |

Participant Number: \_\_\_\_\_

- |    |  |                |       |          |                   |
|----|--|----------------|-------|----------|-------------------|
| 14 | I do not get uncomfortable when my child is upset about something. | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 15 | It scares me when my child says he/she feels faint.                | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 16 | It scares me when my child is nauseous.                            | Strongly Agree | Agree | Disagree | Strongly Disagree |
| 17 | It is important to me that my child not appear nervous.            | Strongly Agree | Agree | Disagree | Strongly Disagree |

