

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

Number _____

Date _____

Instructions: Ask these questions about the last 3 months, or since the trauma, whichever is shorter. These are estimates of the caregiver's relationship with the child after a traumatic event. If more than one traumatic event has occurred to the child, then the interviewer must consider them in totality as opposed to restricting the interview to just one trauma.

The interviewer will need to know the child's PTSD symptoms beforehand to conduct this interview. Each question about a child's behavior is preceded by a question to trigger the parent's memory of the frequency of the behavior. This is meant to guide the parent to have an accurate recollection.

The interviewer first reads the questions verbatim. The question may be re-stated or clarified until the respondent understands it clearly.

Note that many of the items have to be rated as proportions, not frequency counts, because they are contingent on how frequent the child displays the symptoms.

Read this introduction to the caregiver:

"These questions are about how you typically react to the symptoms, or problem behaviors, of your child. Since these questions are about how you act as a parent, we realize that these may be sensitive questions, or some people might feel offended by some of them. We want to make sure you know that this is a research project where we don't know what the right or wrong answer is. We're just trying to learn what parents actually do at home when their children are having problems. From your answers, we hope to understand a little more about what techniques work best for different kinds of problems. We apologize ahead of time if any of these questions make you uncomfortable."

1. How often do you have thoughts that you should have prevented the trauma(s)? We're interested in your gut feelings, not what is realistic. (Note: *this is not guilt*).

pip1 1 2 3 4 5

- 1 = Once a day or more
- 2 = Once a week
- 3 = Once a month
- 4 = Less than once a month
- 5 = Never

2. You told me your child brings up the trauma (Child verbalizations or through play). When your child brings up the trauma, . . .

a. . . **do you just watch or listen, or do you get involved?**

(code how often mom gets involved)

pip2 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

b. . . **when you get involved, does your involvement seem to make your child less distressed?**

pip3 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half the time
- 4 = more than half, but not always
- 5 = Almost always

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

3. You told me your child is distressed by reminders of the trauma.

When your child is distressed by reminders of the trauma, . . .

a. . . **do you just watch or listen, or do you get involved?**

(code how often mom gets involved) pip4 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always involved

b. . . **When you get involved, does your child calm down?** pip5 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

4. You told me your child has nightmares.

When your child has a nightmare, . . .

a. . . **do you just watch or listen, or do you get involved?**

(code how often mom gets involved) pip6 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

b. . . **when you get involved, does your child calm down?** pip7 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

5. You said your child tries to avoid something that reminds him/her of the trauma.

When your child is trying to avoid a situation, . . .

a. . . **do you just watch or listen, or do you get involved?**

(code how often mom gets involved) pip8 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

- b. . . **when you get involved, does your child calm down?** pip9 0 1 2 3 4 5
0 = Not applicable
1 = Almost never
2 = some, but less than half
3 = Half of the time
4 = more than half, but not always
5 = Almost always

**6. You told me your child appears unusually detached from loved ones.
When your child is detached from loved ones, . . .**

- a. . . **do you just watch or listen, or do you get involved?**
(code how often mom gets involved) pip10 0 1 2 3 4 5
0 = Not applicable
1 = Almost never gets involved
2 = some, but less than half
3 = Half of the time
4 = more than half, but not always
5 = Almost always gets involved

- b. . . **when you get involved, does your involvement make him/her warm up to the loved ones?** pip11 0 1 2 3 4 5
0 = Not applicable
1 = Almost never
2 = some, but less than half
3 = Half of the time
4 = more than half, but not always
5 = Almost always

7. You told me your child shows fewer and less intense emotions on his/her face. (restricted range of affect).

- When your child shows this restricted affect, . . .**
a. . . **do you just watch, or do you get involved?** pip12 0 1 2 3 4 5
(code how often mom gets involved)
0 = Not applicable
1 = Almost never gets involved
2 = some, but less than half
3 = Half of the time
4 = more than half, but not always
5 = Almost always gets involved

- b. . . **when you get involved, does your involvement make him/her show more emotions?** pip13 0 1 2 3 4 5
0 = Not applicable
1 = Almost never
2 = some, but less than half
3 = Half of the time
4 = more than half, but not always
5 = Almost always

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

8. You told me your child is less interested in things than he/she used to be.
When your child is less interested in things than they used to be, . . .

a. . . do you just watch or listen, or do you get involved?

(code how often mom gets involved) pip14 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

b. . . when you get involved, does your involvement
make him/her get more interested in things?

pip15 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

9. You told me your child shows a loss of skills that they had learned.

(loss of developmental skills) When your child displays loss of developmental skills, . . .

a. . . do you just watch or listen, or do you get involved?

(code how often mom gets involved) pip16 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

b. . . when you get involved, does your involvement
help the skill come back?

pip17 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

10. You told me your child has difficulty sleeping.

When your child has difficulty sleeping, . . .

a. . . do you just watch or listen, or do you get involved?

(code how often mom gets involved) pip18 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

- b. . . **when you get involved, does your involvement help the child sleep better?** pip19 0 1 2 3 4 5
- 0 = Not applicable
 - 1 = Almost never
 - 2 = some, but less than half
 - 3 = Half of the time
 - 4 = more than half, but not always
 - 5 = Almost always

11. You told me your child has difficulty concentrating.

When your child has difficulty concentrating, . . .

- a. . . **do you just watch or listen, or do you get involved?**
(code how often mom gets involved) pip20 0 1 2 3 4 5
- 0 = Not applicable
 - 1 = Almost never gets involved
 - 2 = some, but less than half
 - 3 = Half of the time
 - 4 = more than half, but not always
 - 5 = Almost always gets involved

- b. . . **when you get involved, does your involvement help them concentrate better?** pip21 0 1 2 3 4 5
- 0 = Not applicable
 - 1 = Almost never
 - 2 = some, but less than half
 - 3 = Half of the time
 - 4 = more than half, but not always
 - 5 = Almost always

12. You told me your child is on guard for danger. (hypervigilant)

When your child is hypervigilant like this, . . .

- a. . . **do you just watch or listen, or do you get involved?**
(code how often mom gets involved) pip22 0 1 2 3 4 5
- 0 = Not applicable
 - 1 = Almost never gets involved
 - 2 = some, but less than half
 - 3 = Half of the time
 - 4 = more than half, but not always
 - 5 = Almost always gets involved

- b. . . **when you get involved, does your child calm down?** pip23 0 1 2 3 4 5
- 0 = Not applicable
 - 1 = Almost never
 - 2 = some, but less than half
 - 3 = Half of the time
 - 4 = more than half, but not always
 - 5 = Almost always

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

13. You told me your child show an exaggerated startle response.

When your child shows an exaggerated startle response, . . .

a. . . do you just watch or listen, or do you get involved?

(code how often mom gets involved) pip24 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

b. . . when you get involved, does your child
calm down?

pip25 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

14. You told me your child shows irritability, or outbursts of anger.

When your child is irritable, or has intense temper tantrums, . . .

a. . . do you just watch or listen, or do you get involved?

(code how often mom gets involved) pip26 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

b. . . when you get involved, does your child
calm down?

pip27 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

15. You told me your child is aggressive.

When your child is aggressive, . . .

a. . . do you just watch or listen, or do you get involved?

(code how often mom gets involved) pip28 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

b. . . **when you get involved, does your child
calm down?**

pip29 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

**16. You told me your child shows separation anxiety problems.
When your child is anxious about separation problems, . . .**

a. . . **do you just watch or listen, or do you get involved?**

(code how often mom gets involved)

pip30 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

b. . . **when you get involved, does your child
calm down?**

pip31 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

**17. You told me your child show other kinds of fears.
When your child displays other fears, . . .**

a. . . **do you just watch or listen, or do you get involved?**

(code how often mom gets involved)

pip32 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never gets involved
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always gets involved

b. . . **when you get involved, does your child
calm down?**

pip33 0 1 2 3 4 5

- 0 = Not applicable
- 1 = Almost never
- 2 = some, but less than half
- 3 = Half of the time
- 4 = more than half, but not always
- 5 = Almost always

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

18. (Note to interviewer: This will often be rated primarily from interviewer judgement based on the interview of the child's PTSD symptoms.

The construct of this item is aimed at parental denial of child's symptoms).

Prior to today and us talking about your child's symptoms of PTSD, were you aware of all of these symptoms?

pip34 1 2 3 4 5

- 1 = No. Parent was aware of almost no symptoms
- 2 = Parent was aware of some but less than half of the child's symptoms
- 3 = Parent was aware of about half of the child's symptoms
- 4 = Parent was aware of more than half but not all of the child's symptoms
- 5 = Yes. Parent was aware of most or all of child's symptoms

19. (Note to interviewer: this item is about parental criticism of the child, not the child's true coping ability).

Because your child is showing these symptoms or problems that we've talked about, do you think that your child is not handling things as well as the average child?

(alternative words: vulnerable, delicate, or weak).

(Note to interviewer: this rating can also be influenced by the interviewer's judgement based on responses from earlier items).

pip35 1 2 3 4 5

- 1 = A lot less well
- 2 = Medium less well
- 3 = A little less well than the average child
- 4 = One or two thoughts in that frame of mind, but they were fleeting
- 5 = No

20. How much has this traumatic event and having to deal with everything afterward emotionally distressed you? (Global distress)

pip36 1 2 3 4 5

- 1 = Daily or more
- 2 = Moderately distressed. Once a week or more.
- 3 = Once a month or more.
- 4 = A little distressed. Less than once a month
- 5 = Not at all/Never

21. How often have you appeared sad in front of your child for any reason, (other depression symptoms: sad, cry, lethargic, not eating, won't get out of bed)?

pip37 1 2 3 4 5

- 1 = Daily or more
- 2 = Moderately depressed. Once a week or more.
- 3 = Once a month or more.
- 4 = A little depressed. Less than once a month
- 5 = Not at all/Never

22. How often have you appeared depressed in front of other family members?

pip38 1 2 3 4 5

- 1 = Daily or more
- 2 = Moderately depressed. Once a week or more.
- 3 = Once a month or more.
- 4 = A little depressed. Less than once a month
- 5 = Not at all/Never

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

23. **How often are you more irritable with other family members?** pip391 2 3 4 5

- 1 = Daily or more
- 2 = Moderately irritable. Once a week or more.
- 3 = Once a month or more.
- 4 = A little irritable. Less than once a month
- 5 = Not at all/Never

24. **How much do you feel guilty after what happened to your child?** pip401 2 3 4 5

- 1 = Daily or more
- 2 = Moderately guilty. Once a week or more.
- 3 = Once a month or more.
- 4 = A little guilty. Less than once a month
- 5 = Not at all/Never

25. **Are you more lenient with discipline because you feel guilty or that your child has been through too much already?** pip411 2 3 4 5

- 1 = almost always more lenient
- 2 = more than half, but not always
- 3 = half the time
- 4 = some, but less than half
- 5 = Not at all/Never more lenient

26. **How much do you feel overprotective of your child now?** (Not how they behave with the child). pip421 2 3 4 5

- 1 = Daily or more feel overprotective
- 2 = Moderately. Once a week or more.
- 3 = Once a month or more.
- 4 = A little. Less than once a month
- 5 = Not at all/Never feel overprotective

27. **How much have you kept your child from activities out of fear for their safety, even though the child wasn't scared?** (Note to interviewer: These must be non-essential activities apart from going to school, doctors, and family outings). pip431 2 3 4 5

- 1 = Parent keeps child from almost all non-essential activities
- 2 = Parent has kept child from more than half, but not all non-essential activities
- 3 = About half.
- 4 = Parent has kept child some, but less than half non-essential activities
- 5 = Not at all/Never

28. **Do you think that overall you have shown any less affection than before to your child?** (parental warmth) pip441 2 3 4 5

- 1 = Daily or more shown less affection
- 2 = Moderately. Once a week or more.
- 3 = Once a month or more.
- 4 = A little. Less than once a month
- 5 = Not at all/Never shown less affection

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

29. Overall, when your child has appeared upset in the last 3 months, how often did you try to soothe him/her, versus maybe losing your patience a little?

(If clarification is needed, remember that this question is about displays of parental empathy).

pip451 2 3 4 5

- 1 = not at all/ never soothes him/her
- 2 = some, but less than half
- 3 = half the time
- 4 = more than half, but not always
- 5 = almost always soothes him/her

30. Overall, have you found yourself trying to spend less time with your child?

pip461 2 3 4 5

- 1 = Daily or more
- 2 = Moderately. Once a week or more.
- 3 = Once a month or more.
- 4 = A little. Less than once a month
- 5 = No

31. How often do you bring up what happened with your child and try to talk about it?

pip471 2 3 4 5

- 1 = Daily or more
- 2 = Moderately. Once a week or more.
- 3 = Once a month or more.
- 4 = A little. Less than once a month
- 5 = Not at all/Never

32. Since this trauma event occurred, has your child been in any similar situations where the same thing could have happened again?

pip481 2 3 4 5

- 1 = Daily or more
- 2 = Moderately. Once a week or more.
- 3 = Once a month or more.
- 4 = A little. Less than once a month
- 5 = Not at all/Never

33. (Note to interviewer: This rating can be primarily a judgement by the interviewer based on how the parent answered #31 and #32).

Do you think that talking about the trauma (#31) or being in similar situations (#32) could be really upsetting to your child?

pip491 2 3 4 5

- 1 = No. Parent thinks these would never be upsetting to child.
- 2 = Upsetting some, but less than half of the time.
- 3 = Upsetting about half of the time.
- 4 = Upsetting more than half of the time, but not always.
- 5 = Yes. Parent thinks these would almost always be upsetting.

34. Overall, has being a parent for your child been a more stressful and less enjoyable job?

pip501 2 3 4 5

- 1 = Feels overwhelmed almost always
- 2 = More bad days than good days
- 3 = About half good days, half bad days.
- 4 = More good days than bad days
- 5 = No

Posttrauma Inventory of Parental Style (PIPS)
version 1.2 (Scheeringa, 2002)

The PIPS was designed to try to classify parents into categories based on the following items:

A/S = Avoidant/Sad items: 21, 22, 23, 24, 25, 29, 30.

F/R= Frightening/Re-traumatizing items: 18, 31, 32, 33.

O/C= Overprotective/Constricting items: 1, 26, 27.

Miscellaneous items, not sure where they should go: 19, 20, 28, 34

Responses to child PTSD symptoms are 2-17 so these were not meant to classify specific parental categories, although it is obvious how scoring low or high on getting involved or not getting involved for these items would correlate with avoidant and overprotective respectively. It would be reasonable to correlate the overall responses on items #2-17 with the overall scores from each parental category.