

Dear Parent

## **NATIONAL RESEARCH PROJECT ADHASA GROUP: ADHD PARENT FUNCTIONING**

Thank you for being prepared to partake in this national research project.

As parents of ADHD diagnosed children you will be well aware that there are various instruments available to assess your child's ADHD and related symptomatic profile in order to offer treatment that will ensure his/her optimal well being.

I have been involved in educational psychology practice for 20 years and have worked with the diagnosis and treatment of ADHD as a main focus. During 1996 I produced a doctoral study on the state of ADHD diagnostic and therapeutic practice in South Africa. One of my main concerns has always been the well being of the ADHD child's parents, as they often have to deal with their child without the necessary knowledge and/or support. I often deal with highly stressed and depressed parents who just simply have to somehow keep on coping with their lives as parents and adults.

The study that I am now undertaking is to assess the actual functioning state of ADHD parents in South Africa. To this end a research questionnaire with instructions is included. It would also greatly support the research if both parents could complete a separate questionnaire.

After you have completed the questionnaire, your specific parent functioning profile will be provided to you in order to indicate whether you agree or disagree with the outcomes. In this regard you will be provided with a separate response form at that point in time.

I am a post doctoral researcher at the University of Johannesburg and as such adhere to the highest ethical research standards. To this end your responses

and results will be transacted directly between you and me and full professional confidentiality is guaranteed. You will also have full access to me during the research project.

Just before you engage with the questionnaire, a very important point regarding the instruction:

**"When I think about/engage with my ADHD child I think the following thoughts about ME, experience the following emotions in MY life, behave in the following ways towards MYSELF, others, family members, MY ADHD child"**

When completing the questionnaire please re read the instruction regularly as this will assist you greatly in assessing your functioning as broadly as possible. You are e.g. required as the parent of an ADHD child to assess your emotions, behaviour and thinking, not just towards your child, but also within the functioning of your life in general i.e. towards self, others and family members.

Please send you completed questionnaire to one of the following addresses:

J van Zyl Postnet Northcliff Suite 104 P/B X 17 Weltevredenpark 1715	Cell no : 083 284 5677  Fax : 086 545 7331	metrics@camiweb.com
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Regards

J van Zyl

**EDUCATIONAL PSYCHOLOGIST/RESEARCHER**

## ADHD PARENT FUNCTIONING ASSESSMENT DOCUMENTATION

\* Print and complete \*

\*Feel free to use aliases for surname and name if you so choose\*

\*Please provide correct information however for mother/father, child's age, gender and report forward contact detail\*

Surname/Last name	
First Name (indicate mother and/or father)	
Child's age and gender	
Give contact details and indicate preferred and most confidential communication mode to send report	
Tel no.	
Cell. no.	
Fax no.	
e-mail	

**\* IMPORTANT:** Tick your agreement with the appropriate response indicator on the right hand side (one of the four) – responses to all statements must be completed – only one response per statement\*

### ADHD PARENT FUNCTIONING QUESTIONNAIRE (PFQ)

PARENT FIRST NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_  
 MOTHER(M)/FATHER(F): \_\_\_\_\_

ADHD BOY(B)/GIRL(G): \_\_\_\_\_ CHILD'S AGE: \_\_\_\_\_ TEL NO/E-MAIL : \_\_\_\_\_

No	STATEMENTS: "When I think about/engage with my ADHD child (also as a parallel thought stream: When I think that I have an ADHD child in my life) I think the following thoughts about ME, experience the following emotions in MY life, behave in the following ways towards MYSELF, others, family members, MY ADHD child :"	Not true at all (Never, Seldom)	True to some degree (Occasionally)	True to a large degree (Often, Quite a Bit)	True to a very high degree (Very Often, Very Frequent)
1	Feel stressed				
2	Feel angry				
3	Feel frustrated				
4	Feel depressed				
5	Feel anxious				
6	Feel out of control				
7	Experience low self esteem				
8	Experience headaches				
9	Experience marital discord/problems				
10	Handle my child in an accommodating manner				
11	Behave prescriptively towards my child				
12	Behave in an unstructured manner in parenting exchanges e.g. do not set rules for behaviour, etc.				
13	Feel calm				
14	Behave defensively				

No	STATEMENTS: "When I think about/engage with my ADHD child (also as a parallel thought stream: When I think that I have an ADHD child in my life) I think the following thoughts about ME, experience the following emotions in MY life, behave in the following ways towards MYSELF, others, family members, MY ADHD child :"	Not true at all (Never, Seldom)	True to some degree (Occasionally)	True to a large degree (Often, Quite a Bit)	True to a very high degree (Very Often, Very Frequent)
15	Feel wound up				
16	Flare up				
17	Experience feelings of desperation				
18	Feel irritable				
19	Feel fearful				
20	Feel powerless				
21	Experience low self confidence				
22	Experience stomach aches				
23	Feel less competent than other parents				
24	Behave in a controlling manner as a parent				
25	Behave in an understanding manner towards my child				
26	Behave with flexibility in parenting exchanges with my child				
27	Deal with issues rationally i.e. use my intellect and not my emotions				
28	Act out				
29	Worry				
30	Experience emotional outbursts				
31	Feel stymied i.e. obstructed/thwarted				
32	Feel moody				
33	Feel unsure				
34	Feel "sold out"				
35	Feel useless				
36	Feel ill				
37	Experience conflict with my spouse/partner re. parenting issues				
38	Behave in an uninvolved manner in parenting issues e.g. rather do not engage when there is e.g. unacceptable behaviour				
39	Handle my child in an empathetic manner e.g. listen with understanding				
40	Behave in an overactive manner as a parent e.g. over react				
41	Behave in a self efficient manner i.e. not dependent on others				
42	Blame				
43	Experience forgetfulness				
44	Feel resentful				
45	Feel like "tearing my hair out"				
46	Experience sleeplessness				
47	Feel tense				
48	Feel incapable				
49	Feel self conscious				

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50	Experience blood pressure fluctuations				
51	Feel interpersonally sensitive e.g. take comments as personal criticism				
52	Listen effectively				
53	Behave in a laid back manner in parenting issues e.g. do not get overly excited about unacceptable behaviour				
54	Behave in a forgiving manner towards my child				
55	Deal with issues in a negotiating manner				
56	Manipulate				
57	Withdraw				
58	Deal with issues in a problem solving manner				
59	Behave like a disciplinarian towards my child e.g. constant strict rule enforcement				
60	Feel resilient				
61	Behave in a rejecting manner				
62	Experience poor concentration				
63	Feel bitter				
64	Feel pent up				
65	Cry				
66	Feel concerned				
67	Behave like a victim				
68	Feel regretful				
69	Experience sore muscles				
70	Feel isolated				
71	Behave in a verbal reprimanding manner as a parent e.g. tongue lashings				
72	Behave in a phlegmatic/flexible manner				
73	Behave in a dependent manner				
74	Nag my child				
75	Feel relaxed				
76	Deal with issues by threatening				
77	Feel numb				
78	Experience rage				
79	Scream				
80	Feel hopeless				
81	Feel restless				
82	Feel rudderless				
83	Do not care about my physical appearance				
84	Experience migraines				
85	Feel touchy				

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86	Promote shared leadership with my child re educational issues/decisions				
87	React physically in difficult parent/child exchanges e.g. hit my child				
88	Feel detached				
89	Experience explosive anger episodes				
90	React with verbal sarcasm				
91	Experience a loss of energy				
92	Experience muscle tension				
93	Feel as if without direction				
94	Feel shy				
95	Experience racing heart beat (angina)				
96	Avoid other people				
97	Behave in a task oriented manner as a parent e.g. set strict rules, time frames, control mechanisms, etc.				
98	Communicate reflectively with my child i.e. allow my child to respond and differ				
99	Experience memory loss				
100	Experience loss of anger control				
101	Lose my temper				
102	Feel worthless				
103	Feel keyed up				
104	Experience disorganisation				
105	Feel overly sensitive				
106	Experience nausea				
107	Keep quiet when with other people e.g. do not partake in conversations				
108	Promote shared decision making with my child				
109	Behave in a lax manner in parent/child interactions e.g. do not respond even if behaviour is quite unacceptable				
110	Behave hyper vigilantly e.g. "on my guard"				
111	Feel aggressive				
112	Throw temper tantrums				
113	Behave indecisively				
114	Feel on edge				
115	Feel as if "things are getting away"				
116	Experience negative thinking				
117	Suffer from back aches				
118	Reduce contact with other people				
119	Behave intrusively in my child's life e.g. constantly check on him/her				
120	Educate according to strict rules				

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121	Feel emotionally detached				
122	Seethe with anger				
123	Feel short fused				
124	Experience diminished pleasure in life				
125	Feel fatigued				
126	Feel things are "just too much"				
127	Feel I " just want to get away"				
128	Suffer from neck pain				
129	Offer excuses to avoid interpersonal contact with other people				
130	Behave in a patient manner				
131	Deal with parent/child interactions in an indirect manner e.g. do not confront unacceptable behaviour directly, but rather indirectly by "silently punishing and removing" a pleasurable activity/thing e.g. a planned trip to the movies				

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E-mail or fax, biographical information table and completed questionnaire to Jacques and receive your report within 24 hours—see contact details below:

Contact details:

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**Fax: +27 (86) 545 7331**

**Cell no: +27 (83) 284 5677**

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**[www.thebehaviourshop.com](http://www.thebehaviourshop.com)**