Guidelines for using the accessible questionnaire for parents-to-be

This questionnaire is used to measure a change in parenting self-efficacy. It can be used to evaluate the effectiveness of parenting programmes with parents-to-be who have learning disabilities and those who have low literacy skills. It can also be used to help identify specific problem areas that individual parents-to-be may be encountering.

This questionnaire should be completed prior to or during the first session of the parenting programme. A second questionnaire should be completed during or following the final session. If you are completing this questionnaire with a parent-to-be, please give minimum input to allow them to answer the statements how they understand the words. It is important to explain to parents-to-be that their responses will be used to identify changes in their own perception of their parenting abilities. Its' purpose is not to compare the scores of one parent-to-be with another but rather to aid in the evaluation of the parenting programme.

Scoring

Each statement is scored from 1-3, where 3 equates with "agree a lot" and 1 equates with "don't know". The total score for each section is a sum of scores. The range of scores for each subscale with four statements is therefore 4-12. The booklet comprises of 24 statements in total.

A change in pre and post programme scores for any section would suggest a change in the parent's perception of their parenting ability in that particular area of parenting.

This questionnaire has been developed with parents with learning disabilities. On their guidance, we have not included images as they may influence the responses of parents-to-be. However, if a parent would find images useful to illustrate the concepts within the questionnaire, you could consider using 'Having a Baby' published by Beyond Words:

https://booksbeyondwords.co.uk/bookshop/paperbacks/having-a-baby

If you have any concerns, want more information about the questionnaire or scoring, please contact:

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