

PARENTIFICATION INVENTORY

FAMILY ROLES, RESPONSIBILITIES, AND RELATIONSHIPS

These are questions about your thoughts, behaviors, and feelings, concerning yourself and your family. Please read each statement carefully. Select a response based on how true the statement is on a scale of **1** (never true) to **5** (always true). Be sure to answer every question as accurately as possible.

REMEMBER THESE QUESTIONS ARE ABOUT YOU AND YOUR FAMILY WHEN YOU WERE GROWING UP.

	Never true (1)	Rarely true (2)	Sometimes true (3)	Often true (4)	Always true (5)
1. I was expected to comfort my sibling(s) when they were sad or having emotional difficulties.	1	2	3	4	5
2. My parent(s) often shared secrets with me about other family members.	1	2	3	4	5
3. Most children living in my community contributed to their family's finances.	1	2	3	4	5
4. I had time to be happy or sad even though I had to care for family members.	1	2	3	4	5
5. I helped my parent(s) make important decisions.	1	2	3	4	5
6. I was responsible for making sure that my siblings went to bed every night.	1	2	3	4	5
7. I felt appreciated by my family.	1	2	3	4	5
8. Most children my age had the same roles and responsibilities that I had.	1	2	3	4	5
9. I had time for play or school work even though I had family responsibilities.	1	2	3	4	5
10. I worked and contributed to the family finances.	1	2	3	4	5
11. I was responsible for helping my siblings (brother/sister) complete their homework.	1	2	3	4	5
12. I was the first person family members turned to when there was a family disagreement.	1	2	3	4	5
13. I was the primary person who disciplined my siblings.	1	2	3	4	5
14. I often helped solve problems between my parent(s).	1	2	3	4	5
15. I really enjoyed my role in my family.	1	2	3	4	5
16. I was expected to comfort my parent(s) when they were sad or having emotional difficulties.	1	2	3	4	5
17. I was in charge of doing the laundry for the family most of the days of the week.	1	2	3	4	5
18. I served in the role of referee for my family.	1	2	3	4	5

	1	2	3	4	5
19. I was the person with whom family members shared their secrets.					
20. I felt like our family was a team and worked well together.	1	2	3	4	5
21. I was asked to complete the grocery shopping more than any other family members.	1	2	3	4	5
22. I served in the role of translator for family members.	1	2	3	4	5

Parentification Inventory Scoring Framework:

- I. Parent-Focused Parentification (PFP) Subscale:
2, 3, 5, 8, 10, 12, 14, 16, 18, 19, 21, 22
- II. Sibling-Focused Parentification (SFP) Subscale
1, 4, 6, 9, 11, 13, 17
- III. Perceived Benefits of Parentification (PBP) Subscale
7, 15, 20

Scoring computation:

Raw scores are summed and then divided by the number of items on each subscale. Subscale scores range from 1 to 5.

Citation for the Parentification Inventory:

Hooper, L. M. (2009). *Parentification Inventory*. (Available from L. M. Hooper, 108 Schindler Education Center, University of Northern Iowa, Cedar Falls, Iowa, 50614 – 0410)