

# Conflict Behaviour Questionnaire — Parent

You are the teenager's **mother**  **father**  (check one).

You are filling this questionnaire out regarding your **son**  **daughter**   
(check one), who is **aged**  years old.

Think back over the last 2 weeks at home. The statements below have to do with you and your teenager. Read the statement, and then decide if you believe the statement is true. If it is true, tick the box marked true, and if you believe the statement is not true, tick the box marked false. For each item, please tick either true or false, but never both for the same item. Answer for yourself, without talking it over with your partner.

	True	False
1. My teenager is easy to get along with.	<input type="checkbox"/>	<input type="checkbox"/>
2. My teenager is receptive to criticism.	<input type="checkbox"/>	<input type="checkbox"/>
3. My teenager is well behaved in our discussions.	<input type="checkbox"/>	<input type="checkbox"/>
4. For the most part, my teenager likes to talk to me.	<input type="checkbox"/>	<input type="checkbox"/>
5. We almost never seem to agree.	<input type="checkbox"/>	<input type="checkbox"/>
6. My teenager usually listens to what I tell him/her.	<input type="checkbox"/>	<input type="checkbox"/>
7. At least three time a week, we get angry at each other.	<input type="checkbox"/>	<input type="checkbox"/>
8. My teenager says that I have no consideration of his/her feelings.	<input type="checkbox"/>	<input type="checkbox"/>
9. My teenager and I compromise during arguments.	<input type="checkbox"/>	<input type="checkbox"/>
10. My teenager often doesn't do what I ask.	<input type="checkbox"/>	<input type="checkbox"/>
11. The talks we have are frustrating.	<input type="checkbox"/>	<input type="checkbox"/>
12. My teenager often seems angry at me.	<input type="checkbox"/>	<input type="checkbox"/>
13. My teenager acts impatient when I talk.	<input type="checkbox"/>	<input type="checkbox"/>
14. In general, I don't think we get along very well.	<input type="checkbox"/>	<input type="checkbox"/>
15. My teenager almost never understands my side of an argument.	<input type="checkbox"/>	<input type="checkbox"/>
16. My teenager and I have big argument about little things.	<input type="checkbox"/>	<input type="checkbox"/>
17. My teenager is defensive when I talk to him or her.	<input type="checkbox"/>	<input type="checkbox"/>
18. My teenager thinks my opinions don't count.	<input type="checkbox"/>	<input type="checkbox"/>
19. We argue a lot about rules.	<input type="checkbox"/>	<input type="checkbox"/>
20. My teenager tells me s/he thinks I am unfair.	<input type="checkbox"/>	<input type="checkbox"/>

*Note.* From Robin, A.L. & Foster, S.L. (1989) Negotiating parent-adolescent conflict: A behavioral-family systems approach. New York: Guilford Press. Reproduced with permission.

## Conflict Behaviour Questionnaire — Adolescent to complete (for Mother)

Think back over the last 2 weeks at home. The statements below have to do with you and your mother. Read the statement, and then decide if you believe the statement is true. If it is true, tick the box marked true, and if you believe the statement is not true, tick the box marked false. For each item, please tick either true or false, but never both for the same item. Please answer all items. Your answers will not be shown to your parents if you don't want them to be. Please put the completed form in the envelope provided and give it to your parents to bring back to their next group session.

	True	False
1. My mum doesn't understand me.	<input type="checkbox"/>	<input type="checkbox"/>
2. My mum and I sometimes end our arguments calmly.	<input type="checkbox"/>	<input type="checkbox"/>
3. My mum understands me.	<input type="checkbox"/>	<input type="checkbox"/>
4. We almost never seem to agree.	<input type="checkbox"/>	<input type="checkbox"/>
5. I enjoy the talks we have.	<input type="checkbox"/>	<input type="checkbox"/>
6. When I state my own opinion, she gets upset.	<input type="checkbox"/>	<input type="checkbox"/>
7. At least three times a week, we get angry at each other.	<input type="checkbox"/>	<input type="checkbox"/>
8. My mother listens when I need someone to talk to.	<input type="checkbox"/>	<input type="checkbox"/>
9. My mum is a good friend to me.	<input type="checkbox"/>	<input type="checkbox"/>
10. She says I have no consideration for her.	<input type="checkbox"/>	<input type="checkbox"/>
11. At least once a day, we get angry at each other.	<input type="checkbox"/>	<input type="checkbox"/>
12. My mother is bossy when we talk.	<input type="checkbox"/>	<input type="checkbox"/>
13. The talks we have are frustrating.	<input type="checkbox"/>	<input type="checkbox"/>
14. My mum understands my point of view, even when she doesn't agree with me.	<input type="checkbox"/>	<input type="checkbox"/>
15. My mum always seems to be complaining about me.	<input type="checkbox"/>	<input type="checkbox"/>
16. In general, I don't think we get along very well.	<input type="checkbox"/>	<input type="checkbox"/>
17. My mum screams a lot.	<input type="checkbox"/>	<input type="checkbox"/>
18. My mum puts me down.	<input type="checkbox"/>	<input type="checkbox"/>
19. If I run into problems, my mum helps me out.	<input type="checkbox"/>	<input type="checkbox"/>
20. I enjoy spending time with my mother.	<input type="checkbox"/>	<input type="checkbox"/>

## Conflict Behaviour Questionnaire — Adolescent to complete (for Father)

Think back over the last 2 weeks at home. The statements below have to do with you and your father. Read the statement, and then decide if you believe the statement is true. If it is true, tick the box marked true, and if you believe the statement is not true, tick the box marked false. For each item, please tick either true or false, but never both for the same item. Your answers will not be shown to your parents if you don't want them to be. Please put the completed form in the envelope provided and give it to your parents to bring back to their next group session.

	True	False
1. My dad doesn't understand me.	<input type="checkbox"/>	<input type="checkbox"/>
2. My dad and I sometimes end our arguments calmly.	<input type="checkbox"/>	<input type="checkbox"/>
3. My dad understands me.	<input type="checkbox"/>	<input type="checkbox"/>
4. We almost never seem to agree.	<input type="checkbox"/>	<input type="checkbox"/>
5. I enjoy the talks we have.	<input type="checkbox"/>	<input type="checkbox"/>
6. When I state my own opinion, he gets upset.	<input type="checkbox"/>	<input type="checkbox"/>
7. At least three times a week, we get angry at each other.	<input type="checkbox"/>	<input type="checkbox"/>
8. My father listens when I need someone to talk to.	<input type="checkbox"/>	<input type="checkbox"/>
9. My dad is a good friend to me.	<input type="checkbox"/>	<input type="checkbox"/>
10. He says I have no consideration for him.	<input type="checkbox"/>	<input type="checkbox"/>
11. At least once a day, we get angry at each other.	<input type="checkbox"/>	<input type="checkbox"/>
12. My father is bossy when we talk.	<input type="checkbox"/>	<input type="checkbox"/>
13. The talks we have are frustrating.	<input type="checkbox"/>	<input type="checkbox"/>
14. My dad understands my point of view, even when he doesn't agree with me.	<input type="checkbox"/>	<input type="checkbox"/>
15. My dad always seems to be complaining about me.	<input type="checkbox"/>	<input type="checkbox"/>
16. In general, I don't think we get along very well.	<input type="checkbox"/>	<input type="checkbox"/>
17. My dad screams a lot.	<input type="checkbox"/>	<input type="checkbox"/>
18. My dad puts me down.	<input type="checkbox"/>	<input type="checkbox"/>
19. If I run into problems, my dad helps me out.	<input type="checkbox"/>	<input type="checkbox"/>
20. I enjoy spending time with my father.	<input type="checkbox"/>	<input type="checkbox"/>

## Scoring Key for the CBQ

Only one score is obtained for each CBQ:

1. Parent version:

- a. Add one point for each *true*: 5, 7, 8, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20
- b. Add one point for each *false*: 1, 2, 3, 4, 6, 9

2. Adolescent version:

- a. Add one point for each *true*: 1, 4, 6, 7, 10, 11, 12, 13, 15, 16, 17, 18
- b. Add one point for each *false*: 2, 3, 5, 8, 9, 14, 19, 20