



## MEASURE OF PARENTAL STYLE (MOPS)

The Measure of Parental Style (MOPS) was developed to overcome some shortcomings in the Parental Bond Instrument.

The MOPS is a self-assessment tool used to measure perceived parenting styles across the following three measures:

- Indifference
- Abuse
- Overcontrol.

### Scoring instructions:

Items 5, 8, 10, 11, 12, 13 relate to the 'Indifference' measure

Items 2, 7, 9, 14, 15 relate to the 'Abuse' measure

Items 1, 3, 4, 6 relate to the 'Overcontrol' measure.

Sum the scores of the responses to items in each of the three categories to produce a total score for each category.

There is no cut-off score; the total score for each category provides a dimensional measure showing the degree to which that parental style was experienced by an individual.

### Reference:

Parker, G., Roussos, J., Hadzi-Pavlovic, D., Mitchell, P., Wilhelm, K. and Austin, M-P. (1997) The development of a refined measure of dysfunctional parenting and assessment of its relevance in patients with affective disorders. *Psychological Medicine*, 1997, 27, 1193-1203.

During your first 16 years how 'true' are the following statements about your MOTHER's behaviour towards you

Rate each statement either as:

- 0 - not true at all
- 1 - slightly true
- 2 - moderately true
- 3 - extremely true

1. Overprotective of me
2. Verbally abusive of me
3. Over controlling of me
4. Sought to make me feel guilty
5. Ignored me
6. Critical of me
7. Unpredictable towards me
8. Uncaring of me
9. Physically violent or abusive of me
10. Rejecting of me
11. Left me on my own a lot
12. Would forget about me
13. Was uninterested in me
14. Made me feel in danger
15. Made me feel unsafe

During your first 16 years how 'true' are the following statements about your FATHER's behaviour towards you

Rate each statement either as:

- 0 - not true at all
- 1 - slightly true
- 2 - moderately true
- 3 - extremely true

1. Overprotective of me
2. Verbally abusive of me
3. Over controlling of me
4. Sought to make me feel guilty
5. Ignored me
6. Critical of me
7. Unpredictable towards me
8. Uncaring of me
9. Physically violent or abusive of me
10. Rejecting of me
11. Left me on my own a lot
12. Would forget about me
13. Was uninterested in me
14. Made me feel in danger
15. Made me feel unsafe