

Interpersonal Mindfulness in Parenting (IEM-P) scale

Instructions: The following statements describe different ways that parents interact with their children on a daily basis. Please tell me whether you think the statement is “Never True,” “Rarely True,” “Sometimes True,” “Often True,” or “Always True” for you. Remember, there are no right or wrong answers and please answer according to what *really reflects* your experience rather than what you think your experience *should* be. Please treat each statement separately from every other statement.

	<u>Never True</u>	<u>Rarely True</u>	<u>Sometimes True</u>	<u>Often True</u>	<u>Always True</u>
1. I find myself listening to my child with one ear because I am busy doing or thinking about something else at the same time.	1	2	3	4	5
2. When I'm upset with my child, I notice how I am feeling before I take action.	1	2	3	4	5
3. I notice how changes in my child's mood affect my mood.	1	2	3	4	5
4. I listen carefully to my child's ideas, even when I disagree with them.	1	2	3	4	5
5. I often react too quickly to what my child says or does.	1	2	3	4	5
6. I am aware of how my moods affect the way I treat my child.	1	2	3	4	5
7. Even when it makes me uncomfortable, I allow my child to express his/her feelings.	1	2	3	4	5
8. When I am upset with my child, I calmly tell him/her how I am feeling.	1	2	3	4	5
9. I rush through activities with my child without being really attentive to him/her.	1	2	3	4	5
10. I have difficulty accepting my child's growing independence.	1	2	3	4	5

Scoring information (hypothesized subscales):

Awareness & Present-Centered Attention

- 1. I find myself listening to my child with one ear, because I am busy doing or thinking about something else at the same time.*
- 3. I notice how changes in my child's mood affect my mood.
- 6. I am aware of how my moods affect the way I treat my child.
- 9. I rush through activities with my child without being really attentive to him/her.*

Non-judgment

- 4. I listen carefully to my child's ideas, even when I disagree with them.
- 7. Even when it makes me uncomfortable, I allow my child to express his/her feelings.
- 10. I have difficulty accepting my child's growing independence.*

Non-reactivity

- 2. When I'm upset with my child, I notice how I am feeling before I take action.
- 5. I often react too quickly to what my child says or does.*
- 8. When I am upset with my child, I calmly tell him/her how I am feeling.

[items with an * are reverse-scored]