**EFFICACY**

The following questions are designed to help us get a better understanding of experiences that are difficult to manage. Please rate how well you can do the things described below by filling in the appropriate response. Please give your frank opinions. Use the following scale.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not well at all</td>
<td>Not too well</td>
<td>Somewhat well</td>
<td>Pretty well</td>
<td>Very well</td>
</tr>
</tbody>
</table>

How well can you . . .

1. Manage negative feelings when reprimanded by significant others? ____
2. Avoid getting upset when others keep giving you a hard time? ____
3. Get over irritation quickly for wrongs you have experienced? ____
4. Avoid flying off the handle when you get angry? ____
5. Read your friends’ needs? ____
6. Recognize when someone wants comfort and emotional support, even if (s)he does not overtly exhibit it? ____
7. Recognize when a person is inhibited by fear? ____
8. Recognize when a companion needs your help? ____
9. Recognize when a person is experiencing depression? ____

This questionnaire is designed to help us gain a better understanding of the kinds of things that make it difficult for parents to influence their children. Please indicate your opinions about each of the statements using the following response scale. (Note: If parents ask for clarification, we’re getting at how much it is POSSIBLE for them to get their children to do these things (even if they don’t.)

<table>
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</thead>
<tbody>
<tr>
<td>Nothing</td>
<td>Very little</td>
<td>Some influence</td>
<td>Quite a bit</td>
<td>A great deal</td>
</tr>
</tbody>
</table>

How much can you do to . . .

10 Help your children to work hard at their school work? ____
11 Get your children to stay out of trouble in school? ____
12 Get your children to do things you want at home? ____
13 Prevent your children from doing things you do not want them to do outside the home? ____
14 Make your children see school as valuable? ____
15 Keep track of what your children are doing when they are outside the home? ____