



Composite Caregiving Questionnaire (CCQ)

Instructions:

Note: If you have more than one child, please answer all the questions thinking about the child you currently have most difficulty with.

1	What is the first name of this child?											
2	What is this child's age?											
3	What is your relationship to this child?											
		0 - Completely Disagree	1	2	3	4	5 - Moderately Agree	6	7	8	9	Completely Agree - 10
4	This section is about how you understand your child. Using the scale, select how much you agree with each statement.											
	I am able to explain things patiently to my child.											
5	0	1	2	3	4	5	6	7	8	9	10	
5	I can get my child to listen to me.											
6	0	1	2	3	4	5	6	7	8	9	10	
6	I am able to comfort my child.											
7	0	1	2	3	4	5	6	7	8	9	10	
7	I am able to listen to my child.											
8	0	1	2	3	4	5	6	7	8	9	10	
8	I am able to put myself in my child's shoes (see things from my child's point of view)											
9	0	1	2	3	4	5	6	7	8	9	10	
9	I understand my child's needs.											
		0 - Completely disagree	1	2	3	4	5 - Moderately agree	6	7	8	9	Completely agree - 10
10	The following section is about emotion and affection. Using the scale, select how much you agree with each statement.											
	I am able to show affection to my child.											
11	0	1	2	3	4	5	6	7	8	9	10	
11	I can recognise when my child is happy or sad.											
12	0	1	2	3	4	5	6	7	8	9	10	
12	I am confident my child can come to me if he/she is unhappy.											
13	0	1	2	3	4	5	6	7	8	9	10	
13	When my child is sad I understand why.											
14	0	1	2	3	4	5	6	7	8	9	10	
14	I have a good relationship with my child.											



		0 - Completely disagree	1	2	3	4	5 - Moderately agree	6	7	8	9	Completely agree - 10
15	I find it hard to cuddle my child.	10	9	8	7	6	5	4	3	2	1	0
16	<p>Now thinking about the last 4 weeks, how much do these statements describe how you have been feeling or behaving with this child? Please use the scale below which refers to how often you have felt this way.</p> <p>I have been angry with this child.</p>	0	1	2	3	4	5	6	7	8	9	All the time - 10
17	I have raised my voice with or shouted at this child.	0	1	2	3	4	5	6	7	8	9	10
18	When this child cries, he/she gets on my nerves.	0	1	2	3	4	5	6	7	8	9	10
19	I have lost my temper with this child.	0	1	2	3	4	5	6	7	8	9	10
20	I have left this child alone in his/her bedroom when he/she was particularly irritable or upset.	0	1	2	3	4	5	6	7	8	9	10
			1 - Not at all like us	2	3 - A bit like us	4	Very like us - 5					
21	<p>These questions explore how it feels to be a caregiver and, more specifically, how it feels when you and your child are together. The statements describe how some caregivers feel about their relationship with their child. Read each statement carefully and select the option that most clearly reflects your relationship with your child.</p> <p>When I am with my child, I often feel out of control.</p>	1	2	3	4	5						
22	I often feel that there is nothing I can do to discipline/manage my child.	1	2	3	4	5						
23	When I am with my child, I often feel that my child is out of control.	1	2	3	4	5						
24	I feel that I am a failure as a caregiver.	1	2	3	4	5						
25	I feel that my situation needs to be changed but am helpless to do anything about it.	1	2	3	4	5						
26	I feel that my life is chaotic and out of control.	1	2	3	4	5						
27	My child treats me in a rude or sarcastic way.	1	2	3	4	5						
			None or a little of the time	Some of the time	A good part of the time	Most of the time						
28	<p>Below are 18 statements about you and your child. Please read each statement carefully and select the option that best fits.</p> <p>I am aware of my child's cues (signals or behaviours)</p>	0	1	2	3							
29	What I think and feel can affect how my child feels.	0	1	2	3							
30	I think about how I felt as a young child.	0	1	2	3							
31	I struggle to know what my child wants.	3	2	1	0							



		None or a little of the time	Some of the time	A good part of the time	Most of the time
32	I think about what my child may be thinking or feeling.	0	1	2	3
33	My child lets me know what she or he wants.	0	1	2	3
34	I remember how I felt as a young child.	0	1	2	3
35	I wonder how my child feels about things around us.	0	1	2	3
36	I feel confused by my child's cries.	3	2	1	0
37	I find myself thinking about what my child might like to do now.	0	1	2	3
38	Being a parent makes me think of my own childhood.	0	1	2	3
39	I can work out what my child wants.	0	1	2	3
40	I know that it may take more than one try to work out what my child needs.	0	1	2	3
41	When my child is crying, I don't know what he/she is telling me.	3	2	1	0
42	Now that I'm a parent, I think about my own childhood.	0	1	2	3
43	I try to work out what my child is communicating (trying to tell me).	0	1	2	3
44	I can work out what my child needs.	0	1	2	3
45	My child can pick up on my feelings.	0	1	2	3

Developer Reference:

Maxwell, AM. & Hawkins, E. (2022). [unpublished]

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