Risky Families Questionnaire

These are questions about when you were growing up (between ages 5 – 15). Please think over your family life and answer these questions.

1. **How often did a parent or other adult in the household make you feel that you were loved, supported, and cared for?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **How often did a parent or other adult in the household swear at you, insult you, put you down, or act in a way that made you feel threatened?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **How often did a parent or other adult in the household express physical affection for you, such as hugging, or other physical gestures of warmth and affection?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **How often did a parent or other adult in the household push, grab, shove, or slap you?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **How often would you say that a parent or other adult in the household behaved violently toward a family member or visitor in your home?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **How often would you say there was quarreling, arguing, or shouting between your parents?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **How often would you say there was quarreling, arguing, or shouting between a parent and you?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **How often would you say there was quarreling, arguing, or shouting between a parent and one of your siblings?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **How often would you say there was quarreling, arguing, or shouting between your sibling(s) and you?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **Would you say the household you grew up in was chaotic and disorganized?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Much |

1. **In your childhood, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **Would you say that the household you grew up in was well-organized and well- managed?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

1. **Would you say you were neglected while you were growing up, left on your own to fend for yourself?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Not at All |  |  |  | Very Often |

**Scoring Instructions:** Reversed Items: 1, 3, 12

Risky Families Total score: Sum Items: 1R, 2, 3R, 4, 5, 6, 7, 8, 9, 10, 11, 12R, 13 OR

Risky Families Total Score: Sum items: 2, 4, 5, 6, 7, 8, 9, 10, 11, 13

**Source:**

1. Taylor, S. E., Lerner, J. S., Sage, R. M., Lehman, B. J., & Seeman, T. E. (2004). [Early environment, emotions, responses to stress, and health](http://www.ncbi.nlm.nih.gov/pubmed?term=15509286). Journal of Personality, 72, 1365-1393.  
     
   2. Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Apitz, A. M., Edwards, V., et al. (1998). [Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults](http://www.ncbi.nlm.nih.gov/pubmed?term=9635069). American Journal of Preventive Medicine, 14, 245–258.

Link to website with scale and additional information: <https://www.cmu.edu/common-cold-project/measures-by-study/psychological-and-social-constructs/childhood-measures/childhood-family-risk.html>