

## **Interpersonal Mindfulness in Parenting Measure for Youth (IMPM-Y)<sup>^</sup>**

To Whom It May Concern,

Thank you for your interest in using the Interpersonal Mindfulness in Parenting Measure for Youth (IMPM-Y). The IMPM-Y items included as part of this measure (a total of 17 items) are drawn from the expanded version of the Interpersonal Mindfulness in Parenting (IMP) scale, which has been developed by Larissa G. Duncan and her colleagues and designed for parent report (de Bruin et al., 2014; Duncan, 2007; Duncan et al., 2009). Thus, the items on the IMPM-Y were revised to be amenable to youth reports about their parents.

Please feel free to use the IMPM-Y measure in your research, however we would like to ask that you do not publish its items without prior permission from the original IMP developers (as noted above). Also, please cite the reference below when referencing the IMPM-Y measure.

Best regards,

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***Below are statements that describe your point of view of how your parent(s) (or the adult(s) who take care of you) interact with you on a regular basis. When answering these questions, please think about the parent(s)/caregiver(s) you live with or have regular contact with.***

*I am answering these questions about:*

- My mother (or female caregiver)
- My father (or male caregiver)
- Both of my parents/caregivers

<b><i>Please SELECT ONE OPTION to describe how true each item below is for you.</i></b>		<b><i>Never or Almost Never True</i></b>	<b><i>Rarely or Infrequently True</i></b>	<b><i>Sometimes True</i></b>	<b><i>Often or Frequently True</i></b>	<b><i>Always or Almost Always True</i></b>
1	My parents don't really listen to me because they are busy doing or thinking about something else at the same time.	1	2	3	4	5
2	My parents listen carefully to my ideas even when they might disagree with them.	1	2	3	4	5
3	My parents often react too quickly to what I say or do.	1	2	3	4	5
4	I think it is hard for my parents to tell how I am feeling.	1	2	3	4	5
5	My parents are usually kind to me when I am upset about something.	1	2	3	4	5
6	My parents allow me to express my feelings, even when it makes them uncomfortable.	1	2	3	4	5
7	My parents tend to rush through activities with me without giving me much attention.	1	2	3	4	5
8	I feel that it is easy for my parents to tell when I am worried about something.	1	2	3	4	5
9	When my parents are upset with me, they calmly tell me how they are feeling.	1	2	3	4	5
10	When I am doing things with my parents, they tend to get easily distracted.	1	2	3	4	5
11	I notice that my parents can tell how I am feeling even when I don't say anything.	1	2	3	4	5
12	When I am going through a difficult time, my parents give me the support that I need.	1	2	3	4	5
13	When my parents are having a difficult time with me, they usually pause without immediately reacting.	1	2	3	4	5

<i>Please SELECT ONE OPTION to describe how true each item below is for you.</i>		<i>Never or Almost Never True</i>	<i>Rarely or Infrequently True</i>	<i>Sometimes True</i>	<i>Often or Frequently True</i>	<i>Always or Almost Always True</i>
14	My parents pay close attention to me when we are spending time together.	1	2	3	4	5
15	My parents try to understand my point of view, even when my opinions do not make sense to them.	1	2	3	4	5
16	When something I do upset my parents, they tend to get carried away with how they are feeling.	1	2	3	4	5
17	My parents try to be patient with me when I am having a hard time.	1	2	3	4	5

### **Scoring Information**

A total score of IMPM-Y can be created by averaging all its items (after reverse scoring the relevant items noted below). The IMPM-Y consists of four subscales as follows:

<b>Subscales</b>	<b>Items (Items with an * are reverse scored)</b>
Emotional Non-Reactivity in Parenting (ENRP)	2, 3*, 6, 9, 13, 15, 16*
Emotional Awareness of Child (EAC)	4*, 8, 11
Listening with Full Attention (LFA)	1*, 7*, 10*, 14
Compassion for Child (CC)	5, 12, 17