



Parental Overprotection Measure (POM)

Name:	Date:
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This questionnaire is designed to gather information about various aspects of parenting. Each child has unique needs so there are no right or wrong answers. For each item, please circle a number indicating often each aspect of parenting represents your usual response to your child.

	0 Not at all	1 A little	2 Somewhat	3 Quite often	4 Very much
1. I comfort my child immediately when he/she cries	0	1	2	3	4
2. When playing in a park, I keep my child within a close distance of me (i.e. within about 30m)	0	1	2	3	4
3. I protect my child from criticism	0	1	2	3	4
4. I give my child extra attention when he/she clings to me	0	1	2	3	4
5. I would not allow my child to go out with family friends if I were not present	0	1	2	3	4
6. I almost always take my child to the doctor if he/she is unwell	0	1	2	3	4
7. I keep a close watch on my child at all times	0	1	2	3	4
8. I tend to be over-protective of my child	0	1	2	3	4
9. I try to anticipate and avoid situations where my child might do something risky	0	1	2	3	4
10. I try to protect my child from making mistakes	0	1	2	3	4
11. I do not allow my child to climb trees	0	1	2	3	4
12. I shelter my child from life's difficulties	0	1	2	3	4
13. When away from home I tend to panic if my child is out of my sight, even for a moment	0	1	2	3	4
14. I am reluctant for my child to play some sports for fear he/she might get hurt	0	1	2	3	4
15. I will only leave my child with close friends or relatives if I have to go out	0	1	2	3	4
16. I accompany my child on all outings	0	1	2	3	4
17. I shield my child from conflict	0	1	2	3	4
18. I do everything possible to protect my child from potential injury	0	1	2	3	4
19. I protect my child from his/her fears	0	1	2	3	4