

## **Feelings about Being a Parent (FBP)**

Study Year 28

Fast Track Project Technical Report

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### **Citation**

#### *Instrument*

Roskam, Isabelle, et al. "Exhausted Parents: Development and Preliminary Validation of the Parental Burnout Inventory." *Frontiers in Psychology*, vol. 8, 2017, <https://doi.org/10.3389/fpsyg.2017.00163>.

#### *Report*

McCabe, G. and Paige, J. (2022). Feelings about Being a Parent (Fast Track Project Technical Report). Available from the Fast Track Project website: <http://www.fasttrackproject.org>

### **Measure Description**

The Feelings About Being a Parent survey is a 14-item measure that assesses a parent's satisfaction with parenthood and their adjustment to parenthood. Adjustment to parenthood is captured by items in which parents are asked to reflect about their current experiences relative to the year before they had children. The measure produces two scales: Satisfaction with Being a Parent and Adjustment to Parenthood.

**Unscored Dataset Name**           c28ff

**Score Data Name**                 FBP28

### **Report Sample**

This report provides descriptive statistics for the cohort 1 normative sample (original n=387). In addition, this report compares the means and frequencies for two additional samples: the high-risk control sample from cohort 1 (n=155) and the non-high-risk normative sample from cohort 1 (n=308). The non-high-risk normative sample excludes the high-risk normative participants who are also a part of the high-risk control sample (n=54). In year 28, 288 cohort 1 normative participants, 104 high-risk-control cohort 1 participants and 234 non-high-risk normative participants completed at least part of the survey. The Feelings About Being a Parent measure was only completed by participants with children. In year 28, 204 normative parents, 73 high-risk control parent sand 162 non-high-risk normative parents completed the measure.

### **Scaling**

#### **Items**

The table below describes the items. Items 1-3 were rated on a 5-point scale ranging from *Very Unhappy* (1) to *Very Happy* (5). Items 4-7 were rated on a 5-point scale ranging from *Not True at All* (1) to *Very True* (5). Items 8-14 were rated on a 5-point scale ranging from *Much Worse* (1) to *Much Better* (5).

c28ff01	FBP: Happiness with - The love and affection you get from your children.
c28ff02	FBP: Happiness with - The amount of time you spend with your children.
c28ff03	FBP: Happiness with - The demands your children place on you.

c28ff04	FBP: Accuracy of this statement for you: Being a parent is boring.
c28ff05	FBP: Accuracy of this statement for you: Being a parent is stressful.
c28ff06	FBP: Accuracy of this statement for you: I don't love my children.
c28ff07	FBP: Accuracy of this statement for you: My children don't love me.
c28ff08	FBP: Compared to the year before you had a child? -Your home is ...
c28ff09	FBP: Compared to the year before you had a child? -Your social life is ...
c28ff10	FBP: Compared to the year before you had a child? -Your amount of leisure time is ...
c28ff11	FBP: Compared to the year before you had a child? -Your job opportunities are ...
c28ff12	FBP: Compared to the year before you had a child? -Your overall happiness is ...
c28ff13	FBP: Compared to the year before you had a child? -Your finances are ...
c28ff14	FBP: Compared to the year before you had a child? -Your relationship with the children's other parent is ...

The two scales were created by averaging across the items listed below. Some items for the satisfaction scale were reverse coded (r) and all were standardized prior to taking the average.

Scales	Items	Description
FBP28sat	c28ff01z-03z, 04rz-07rz	FBP28 Satisfaction with Being a Parent (mean across standardized items 1-3 & 4r-7r)
FBP28adj	c28ff08-14	FBP28: Adjustment to Parenthood (mean across items 8-14)

### Descriptive Statistics

#### Full Normative Sample:

		Full Normative Sample					
		Cronbach's alpha	N	Mean	SD	Min	Max
FBP28sat	FBP28 Satisfaction with Being a Parent	0.63	204	0.02	0.50	-2.09	0.62
FBP28adj	FBP28 Adjustment to Parenthood	0.78	204	3.33	0.75	1	5

\*The standard deviation and Cronbach's alpha coefficient are not calculated for dichotomous scales.

#### Comparison of Non-High Risk Normative and High Risk Control Samples

There is no evidence of statistically significant differences between the high-risk control sample and the non-high-risk normative sample across the Feelings about Being a Parent scales.

		Non-High Risk Normative			High Risk Control			t-test*/Chi Sq Results**		
		N	Mean	SD	N	Mean	SD	DF	t /chi sq	pval
FBP28sat	FBP28 Satisfaction with Being a Parent	162	0.01	0.49	73	0.07	0.53	233	-0.83	0.41
FBP28adj	FBP28 Adjustment to Parenthood	162	3.31	0.7	72	3.45	0.87	113	-1.23	0.22

\*If the null hypothesis of equal variances is rejected, the t-test estimates shown in the table assume unequal variances, otherwise the t-test results shown assume equal variances.

\*\*Chi square tests are used to detect differences in dichotomous scales.