Parental Reactions to Children's Positive Emotions Scale[®]

Dear researchers:

Thank you for your inquiry about the **Parental Reactions to Children's Positive Emotions Scale**. This scale was adapted from Coping with Children's Negative Emotions Scale (CCNES, Fabes et al. 1990) to assess parental reactions to children's positive emotions (Song, Yang, Doan, & Wang (2019). It includes five hypothetical situations in which children experience positive emotions of happiness, excitement, proud, and desire (e.g., "my child expresses happiness and a lot of excitement because other children invited him/her to join them in a game"). The situations are common in schoolage children's lives. For each situation, six types of parental reactions are listed: a) maternal distress reactions (e.g., "feel uncomfortable about my child's reaction"), b) punitive reactions (e.g., "tell my child to stop or he/she won't be allowed to go play in the game"), c) expressive encouragement (e.g., "tell my child it is OK to express his or her excitement when he/she is happy"), d) emotion-focused dampening (e.g., "calm my child"), e) problem-focused reactions (e.g., "suggest my child accept the invitation politely through saying 'thank you' and start playing"), and f) minimization reaction (e.g., "tell my child that he/she is being a baby"). Parents are asked to rate the likelihood that they would respond with each type of reactions on a 7-point scale ranging from 1 (very unlikely) to 7 (very likely). Scores for each type of reactions are averaged across the five situations.

此问卷是根据Coping with Children's Negative Emotions Scale (CCNES, Fabes et al. 1990) 改编的用于测量家长对于孩子表达正面情绪的反应问卷,用在Song, Yang, Doan, & Wang (2019)文章中。

References

Fabes, R. A., Eisenberg, N., & Bernzweig, J. (1990). *Coping with children's negative emotions scale (CCNES): Description and scoring*. Tempe, AZ: Arizona State University.

Song, Q., Yang, Y., Doan, S. N., & Wang, Q. (2019). Savoring or dampening? Maternal reactions to children's positive emotions in cultural contexts. *Culture and Brain*, 7(2), 172-189. doi:10.1007/s40167-019-00080-3

Both English and Chinese versions of the scale are provided here. I would very much appreciate your feedback and would like to hear about your research findings with this scale.

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Child name:

Parental Reactions to Children's Positive Emotions Scale

Instructions: In the following items, please indicate on a scale from I (very unlikely) to 7 (very likely) the likelihood that you would respond in the ways listed for each item. Please read each item carefully and respond as honestly and sincerely as you can. For each response, please circle a number from 1-7. For some questions we also ask you write in what your goals are for your children in that given situation.

Response scale: 1 2 3 4 5 6 7
Very likely Medium Very likely

1. If my child expresses happiness and a lot of excitement because other children invite him/her to join them in a game, I would:

a) suggest my child accept the invitation politely through saying "thank you"	1	2	3	4	5	6	7
and to start playing							
b) tell my child that he/she is being a baby.	1	2	3	4	5	6	7
c) feel uncomfortable about my child's reaction	1	2	3	4	5	6	7
d) tell my child it is OK to express his or her excitement when he/she is happy	1	2	3	4	5	6	7
e) tell my child to stop or he won't be allowed to go play in the game.	1	2	3	4	5	6	7
f) calm my child.	1	2	3	4	5	6	7

2. If my child is act home and expresses desire to eat the cake in the refrigerator, I would:

a) soothe my child	1	2	3	4	5	6	7
b) tell my child it is OK to express his/her desires	1	2	3	4	5	6	7
c) tell my child to ask for the cake politely	1	2	3	4	5	6	7
d) feel unhappy because of my child's reaction	1	2	3	4	5	6	7
e) tell my child that if they don't stop they won't be allowed to have dessert	1	2	3	4	5	6	7
later							
f) tell my child that he/she should not make such a big deal out of it	1	2.	3	4	5	6	7

3. If my child receives the highest grade in the class, jumping up and down with joy, and tells everyone about it. I would:

a) encourage my child to express his or her excitement.	1	2	3	4	5	6	7
b) tell my child to stop being over-excited or he/she will not get a prize from	1	2	3	4	5	6	7
me.							
c) feel unhappy about my child's reaction.	1	2	3	4	5	6	7
d) tell my child that he/she is over-reacting.	1	2	3	4	5	6	7
e) calm my child.	1	2	3	4	5	6	7
f) tell my child to be happy in a considerate way because he/she might hurt the	1	2	3	4	5	6	7
feelings of his/her friends who have got lower grades.							

4. If my child shows a strong desire for a video game at a family friend's house, I would:

a) encourage my child to express his or her desires.	1	2	3	4	5	6	7
b) tell my child that if he/she doesn't stop, he/she will be sent home.	1	2	3	4	5	6	7
c) feel uncomfortable about my child's reaction.	1	2	3	4	5	6	7
d) tell my child to ask for the game politely.	1	2	3	4	5	6	7
e) calm my child.	1	2	3	4	5	6	7
f) tell my child that he/she is over-reacting.	1	2	3	4	5	6	7

5. If my child does well on a swim test and tells me proudly that he/she has received a medal, I would:

a) feel unhappy because of my child's reaction	1	2	3	4	5	6	7
b) calm my child.	1	2	3	4	5	6	7
c) tell my child that he/she should not make such a big deal out of it	1	2	3	4	5	6	7
d) encourage my child to express his or her pride.	1	2	3	4	5	6	7
e) point to my child that his/her good swimming performance comes from	1	2	3	4	5	6	7
persistent practice and he/she should keep up practicing for the next swim test							
f) tell my child to stop or I will not give him/her a prize	1	2	3	4	5	6	7

Scoring:

Expression encouragement: 1d; 2b; 3a; 4a; 5d Problem focused reactions: 1a; 2c; 3f; 4d; 5e

Punitive reactions: 1e; 2e; 3b; 4b; 5f

Emotion focused reactions: 1f; 2a; 3e; 4e; 5b Minimizing reactions: 1b; 2f; 3d; 4f; 5c Maternal distress: 1c; 2d; 3c; 4c; 5a

Savoring subscale: average of emotion encouragement & problem focused reactions

Damning subscale: average of punitive reactions, emotion focused reactions, & minimizing reactions

孩子姓名:

家长对孩子积极情绪的反应量表

说明:请用以下的量表来表示在碰到下列的每一个情况时,您有多大可能会做出下列a至f的反应。请仔细阅读每一项反应并且尽量如实地回答。对其中的一些情况,我们希望您能进一步阐述您反应的目的是什么。

 反应量表: 1
 2
 3
 4
 5
 6
 7

 非常不可能
 非常可能

1. 如果我的孩子因为被其他小孩邀请加入他们的游戏而表现得开心和兴奋,我会:

a) 建议我的孩子说"谢谢"去接受邀请,并开始游戏	1	2	3	4	5	6	7
b) 告诉我的孩子他/她的行为很幼稚,像个小孩子	1	2	3	4	5	6	7
c) 对于孩子的反应感到不自在	1	2	3	4	5	6	7
d) 告诉我的孩子当他/她高兴的时候,表现出兴奋是正常的	1	2	3	4	5	6	7
e) 告诉我的孩子不要这样,不然他/她就不能去参加这个游戏.	1	2	3	4	5	6	7
f) 让孩子平静下来	1	2	3	4	5	6	7

2. 如果在家中,我的孩子表现出想吃冰箱里的蛋糕的欲望。我会::

a) 安抚我的孩子	1	2	3	4	5	6	7
b) 告诉我的孩子表现出他/她的欲望是正常的	1	2	3	4	5	6	7
c) 告诉我的孩子礼貌地表示要吃蛋糕	1	2	3	4	5	6	7
d) 因为孩子的反应而不高兴	1	2	3	4	5	6	7
e) 告诉我的孩子如果他/她不收敛的话, 待会儿就没有甜点吃了	1	2	3	4	5	6	7
f) 告诉我的孩子他/她不应该把这当个大事	1	2	3	4	5	6	7

3. 如果我的孩子考试得了全班最高分,他/她高兴得蹦来跳去,并且告诉了每个人。我会:

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a) 鼓励我的孩子表现出他/她的兴奋
b) 告诉我的孩子不要过分喜悦,不然我就不给他/她奖品了
c) 对于孩子的反应不高兴
d) 告诉我的孩子他/她反应过度了
e) 让孩子冷静下来
f) 告诉我的孩子表现高兴的时候要考虑其他人,因为他/她的朋友没有考
到这么高的分数,他/她可能会伤害到他们的感情
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4. 如果我的孩子在亲戚朋友家里对一个电子游戏表现出强烈的欲望。我会:

a) 鼓励我的孩子表现出他/她的欲望	1	2	3	4	5	6	7
b) 告诉我的孩子不要这样,不然他/她就会被送回家	1	2	3	4	5	6	7
c) 对于孩子的反应感到不自在	1	2	3	4	5	6	7
d) 告诉我的孩子要礼貌地表示要这个电子游戏	1	2	3	4	5	6	7
e) 让孩子冷静下来	1	2	3	4	5	6	7
f) 告诉我的孩子他/她反应过度了	1	2	3	4	5	6	7

5. 如果我的孩子在游泳考试中表现优异,并且自豪地告诉我他/她收到了一枚奖牌。我会:

a) 因为孩子的反应而不开心	1	2	3	4	5	6	7
b) 让孩子冷静下来	1	2	3	4	5	6	7
c) 告诉我的孩子他/她不应把这当个大事	1	2	3	4	5	6	7
d) 鼓励我的孩子表现出他/她的自豪来	1	2	3	4	5	6	7
e) 向孩子指出他/她优异的游泳成绩得益于不懈的练习, 他/她应该为下次	1	2	3	4	5	6	7
的游泳考试继续练习							
f) 告诉我的孩子不要这样,不然我就不会给他/她奖品了	1	2	3	4	5	6	7

评分标准:

Expression encouragement: 1d; 2b; 3a; 4a; 5d 的平均值 Problem focused reactions: 1a; 2c; 3f; 4d; 5e 的平均值

Punitive reactions: 1e; 2e; 3b; 4b; 5f 的平均值

Emotion focused reactions: 1f; 2a; 3e; 4e; 5b 的平均值 Minimizing reactions: 1b; 2f; 3d; 4f; 5c 的平均值 Maternal distress: 1c; 2d; 3c; 4c; 5a 的平均值

Savoring subscale: emotion encouragement 和 problem focused reactions 的平均值

Damning subscale: punitive reactions, emotion focused reactions, 和 minimizing reactions 的平均值