

My Memories of Upbringing, Child Version (EMBU-C)

The EMBU-C is a self-report questionnaire for children, designed to explore how they perceive their parents' rearing attitudes. It measures four core dimensions of perceived parenting style separately for the father and for the mother: emotional warmth, rejection, control attempts or overprotection, and favoring of the child. The tool is mainly used in clinical psychology and research to document the child's relational experience, better understand the links between perceived parenting practices and emotional or behavioral symptoms, and enrich the assessment of the family context.

Number of questions	41 questions
Estimated duration	15 minutes
Language	English
Original name	Egna Minnen Beträffande Uppfostran, Child Version
Target audience	Children aged 7-12
Authors	Josefina Castro, Josep Toro, Jan van der Ende, Willem A. Arrindell (1993)
Category	Parenting, Childhood

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Scoring & interpretation

Each item is rated on a scale from 1 to 4, ranging from “No, never” to “Yes, most of the time”. The child answers separately for the father and for the mother. Scoring is done by summing the items of each subscale for each parent: emotional warmth 15 items, rejection 11 items, control attempts or overprotection 10 items, favoring of the child 5 items. Higher scores indicate a stronger perception of the dimension concerned. Interpretation is mainly dimensional and comparative between parental profiles, rather than based on a diagnostic cutoff. In practice, the favoring subscale should be interpreted with caution, particularly when there are no siblings or in versions that exclude it.

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“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

 Elodie C. - CBT Psychologist