PBI

Parental Bonding Instrument (PBI)

The Parental Bonding Instrument (PBI) is a self-report tool that measures a person's perception of parental behaviors, usually on the 'care' and 'overprotection' dimensions, during the first 16 years of their life. The PBI is used to explore the influence of early parental relationships on later psychological development.

Number of questions	25 questions
Estimated duration	10 minutes
Language	English
Original name	Parental Bonding Instrument
Target audience	Adults, adolescents
Authors	George Parker, Hilary Tupling, Lyn Brown (1979)
Category	Parenting, Adolescent care

Preview of the 25 questions

As you remember your MOTHER in your first 16 years:

Spoke to me in a warm and friendly voice

Very like | Moderately like | Moderately unlike | Very unlike

As you remember your MOTHER in your first 16 years:

Did not help me as much as I needed

Very like | Moderately like | Moderately unlike | Very unlike

As you remember your MOTHER in your first 16 years:

Let me do those things I liked doing

Very like | Moderately like | Moderately unlike | Very unlike

As you remember your MOTHER in your first 16 years:

Seemed emotionally cold to me

Very like | Moderately like | Moderately unlike | Very unlike

As you remember your MOTHER in your first 16 years:

Appeared to understand my problems and worries

Very like | Moderately like | Moderately unlike | Very unlike

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored on a scale from 0 to 3, yielding a separate score for the two main dimensions: care and overprotection. High scores on the 'care' factor indicate a positive perception of the parental bond, while a high score on the 'overprotection' factor reflects a perception of excessive parental control. The scores guide the interpretation of the perceived parenting style.

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- Automatic scoring
- Results sent by email

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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