PSOC

Parenting Sense of Competence Scale (PSOC)

The Parenting Sense of Competence Scale (PSOC) is a self-report tool designed to measure parental sense of competence, including perceived efficacy and satisfaction in the parenting role. Commonly used in research and clinical interventions, it aims to assess the extent to which parents feel capable and satisfied with their performance as parents.

Number of questions	17 questions
Estimated duration	10 minutes
Language	English
Original name	Parenting Sense of Competence Scale
Target audience	Parents of children
Authors	John Gibaud-Wallston, Charles S. Wandersman (1978)
Category	Parenting

Preview of the 17 questions

The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 - Strongly agree

Even though being a parent could be rewarding, I am frustrated now while my child is at his/her present age.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 - Strongly agree

I go to bed the same way I wake up in the morning, feeling I have not accomplished a whole lot.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 - Strongly agree

I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 - Strongly agree

My mother/father was better prepared to be a good mother/father than I am.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 - Strongly agree

Scoring & interpretation

The PSOC uses a 6-point Likert-type scale for each item, ranging from "strongly disagree" to "strongly agree". Total scores are calculated by adding up the responses, with some items reverse-scored. A high score indicates greater perceived competence. There are two subscales: parental efficacy and parental satisfaction.