

Parental Assistance with Child Emotion Regulation (PACER) Questionnaire
Cohodes, Preece, McCauley, Rogers, Gross, & Gee

The following questions relate to your experience of your child's negative emotions (e.g., sadness, anger, anxiety). For each statement, rate the degree to which the following statements are typically true of you in general. Circle one answer for each statement.

When my child is having negative feelings...	Strongly disagree	---	---	Neutral	---	---	Strongly agree
1. I help my child remove themselves from situations that they are in that may be causing negative feelings.	1	2	3	4	5	6	7
2. I help my child leave whatever situation may be causing them to have negative feelings.	1	2	3	4	5	6	7
3. I help my child get out of the current situation that may be causing negative feelings and engage in other situations instead.	1	2	3	4	5	6	7
4. I help my child stop doing whatever is making them have negative feelings once they are in this situation.	1	2	3	4	5	6	7
5. I remove my child from a situation when it is causing them to have negative feelings.	1	2	3	4	5	6	7
6. I help my child think carefully about different solutions to their problems.	1	2	3	4	5	6	7
7. I help my child solve problems that are causing those feelings.	1	2	3	4	5	6	7
8. I help my child think of different ways to solve problems.	1	2	3	4	5	6	7
9. I help my child think of solutions to their problems.	1	2	3	4	5	6	7
10. I help my child take steps to solving a problem.	1	2	3	4	5	6	7
11. I help my child find other people to help them (including myself).	1	2	3	4	5	6	7
12. I help my child find other people to engage with (including myself).	1	2	3	4	5	6	7
13. I help my child find friends and family members for support (including myself).	1	2	3	4	5	6	7
14. I help my child find other people to be around physically (including myself).	1	2	3	4	5	6	7
15. I encourage my child to reach out to others (including myself).	1	2	3	4	5	6	7
16. I help my child replay whatever is making them have negative feelings in their mind.	1	2	3	4	5	6	7
17. I help my child think again and again about whatever is making them have negative feelings.	1	2	3	4	5	6	7
18. I encourage my child to think over and over again about why they are having negative feelings.	1	2	3	4	5	6	7
19. I help my child replay the experience of negative feelings again and again in their mind.	1	2	3	4	5	6	7
20. I help my child think about situations that are upsetting or that cause negative feelings over and over again.	1	2	3	4	5	6	7

	When my child is having negative feelings...	Strongly disagree	---	---	Neutral	---	---	Strongly agree
21.	I help my child find ways to distract themselves from their negative feelings.	1	2	3	4	5	6	7
22.	I help my child distract themselves from their negative feelings by finding other things to do.	1	2	3	4	5	6	7
23.	I help my child take their mind off of things that are making them have negative feelings.	1	2	3	4	5	6	7
24.	I help my child take their attention off something that is making them have negative feelings.	1	2	3	4	5	6	7
25.	I help my child think about something other than what is making them have negative feelings.	1	2	3	4	5	6	7
26.	I help my child think of a situation in a positive light.	1	2	3	4	5	6	7
27.	I help my child see the situation from a different perspective.	1	2	3	4	5	6	7
28.	I help my child try to see the positive aspects of a situation that is making them have negative feelings.	1	2	3	4	5	6	7
29.	I help my child change their feelings by thinking differently about their current situation.	1	2	3	4	5	6	7
30.	I encourage my child to think of the positive side to their negative feelings.	1	2	3	4	5	6	7
31.	I help my child understand that it's okay to have negative feelings.	1	2	3	4	5	6	7
32.	I help my child accept their negative feelings.	1	2	3	4	5	6	7
33.	I help my child accept the way they are feeling if they are unable to change the situation causing those feelings.	1	2	3	4	5	6	7
34.	I tell my child that having negative feelings is okay.	1	2	3	4	5	6	7
35.	I stress to my child that it can be helpful to accept negative feelings in some situations.	1	2	3	4	5	6	7
36.	I help my child to not show their negative feelings.	1	2	3	4	5	6	7
37.	I help my child try to hide their feelings from others.	1	2	3	4	5	6	7
38.	I help my child hide their physical expressions of their negative feelings.	1	2	3	4	5	6	7
39.	I help my child hide their negative feelings so that it is very hard for other people to tell how they are feeling in the moment.	1	2	3	4	5	6	7
40.	I encourage my child to hide negative feelings from others.	1	2	3	4	5	6	7
41.	I help my child talk openly with other people.	1	2	3	4	5	6	7
42.	I help my child talk about the situation or problem that caused them to feel this way.	1	2	3	4	5	6	7
43.	I encourage my child to often talk about their feelings with others.	1	2	3	4	5	6	7
44.	I help my child confide in others about what is bothering them.	1	2	3	4	5	6	7
45.	I help my child express their negative feelings to other people.	1	2	3	4	5	6	7

Before my child has negative feelings...		Strongly disagree	---	---	Neutral	---	---	Strongly agree
46.	I help my child avoid entering potentially uncomfortable situations whenever possible.	1	2	3	4	5	6	7
47.	I help my child stay away from entering situations that might make them have negative feelings.	1	2	3	4	5	6	7
48.	I do things to prevent my child from entering a new situation that might cause them to have negative feelings.	1	2	3	4	5	6	7
49.	I encourage my child to stay away from situations that could make them have negative feelings.	1	2	3	4	5	6	7
50.	I help my child avoid doing things that could lead to negative feelings.	1	2	3	4	5	6	7

PACER Scoring Instructions

Subscale	Scoring
Behavioral disengagement	Sum items 1-5
Problem solving	Sum items 6-10
Social support search	Sum items 11-15
Rumination	Sum items 16-20
Distraction	Sum items 21-25
Reappraisal	Sum items 26-30
Acceptance	Sum items 31-35
Expressive suppression	Sum items 36-40
Venting	Sum items 41-45
Avoidance	Sum items 46-50

Citation:

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