

Me as a Parent scale – Short Form

Practitioner information

The Me as a Parent Scale–Short Form (MaaPs-SF) is a four-item measure of parent self-efficacy developed by the Parenting Research Centre.

Higher levels of parenting self-efficacy are associated with positive child and parent outcomes. The MaaPs-SF is a useful tool to monitor the impact of parenting programs or services offering parent support.

The MaaPs-SF can be helpful in practice to support individual parents. It assists in identifying parents who require additional support.

Completing the survey with parents also provides an opportunity to engage parents in a discussion about any concerns they have and also an opportunity to reinforce what they are doing well.

What are the MaaPs-SF norms?

Based on a representative sample of parents living in Victoria, Australia, in 2022, this table shows population norms (average scores) for the MaaPs-SF from a total sample of N = 2596.

Scores that are one standard deviation or more below the population mean may be viewed as a 'low' score, and may provide an indication that a parent has a lower perception of their parenting self-efficacy compared to other parents.

Scoring the MaaPs-SF

To get a total MaaPs-SF score, add up the scores for all four items. Total scores can range from 4 to 20. Higher scores indicate higher levels of parenting self-efficacy.

To get an average score for a group, add up all total scores and divide by the number of respondents in the group.

Recording MaaPs-SF responses over time

This [record sheet](#) can be used to manually record parent responses over time.

Considerations when using the MaaPs-SF

Before completing the MaaPs-SF, parents must be given information about their responses and how their information will be stored, accessed and used. If responses on the MaaPs-SF are shared for research or evaluation purposes, it should be de-identified.

Administering the MaaPs-SF

This [short video](#) provides a 'how-to' guide on introducing and administering the MaaPs-SF with parents and families in a clinical setting.

MaaP-SF Average and 'low' scores in an Australian sample

Population	N	Mean	SD	'Low' score
Victorian parent (overall)	2596	16.68	2.547	14.13
Parents of children with complex ^a needs	1153	16.27	2.709	13.56
Parents of children without complex needs	1443	17.01	2.361	14.65
Mothers	1488	16.60	2.624	13.98
Fathers	1108	16.79	2.437	14.35
Metropolitan	1925	16.68	2.522	14.16
Regional	670	16.71	2.612	14.10
Lowest Socio-Economic group	282	16.82	2.544	14.28
Highest Socio-Economic group	656	16.59	2.518	14.07

^aComplex needs refer to health/medical condition, sensory impairment or learning difficulty, or behavioural/emotional difficulty.