



Introduction: Open-ended Questions	
1	What hopes do you have for your child and the family?
2	What do you think you need to get there?
3	What sort of things do you do to help keep yourself strong? <i>[optional: keep these strategies/ key supports in mind as they progress along questionnaire- can remind parent of these strategies if they become distressed/ at end of questionnaire]</i>

When I ask these next questions, I will ask you to rate how much you have been bothered by each problem in the past month. You can answer from 0 to 4. 0 is for 'Not at all', 1 is for 'A little bit', 2 is for 'Somewhat', 3 is for 'A fair bit' and 4 is 'A lot', and you can say if you prefer not to answer.

Supports and Relationships (Factor 3)							
Read aloud: "This section is about supports and relationships. Please answer thinking about the past month".							
		Not at all 0	A little bit 1	Somewhat 2	A fair bit 3	A lot 4	Prefer not to answer
4	I have role models in my life that I can learn about parenting from	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
5	I have people who listen to me and believe in me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
6	I feel supported by my friends/mob	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
7	I have family that love me even when I muck up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
8	I have family/mob who can help me with my child	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
9	I have people in my life that I have close relationships with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
10	I found it hard to have close, trusting relationships with people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
11	I felt really alone, even when with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
12	I felt disconnected from people close to me, even when I know they care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
13	In the past month, have any difficulties with supports and relationships had a negative impact on your ability to function? (for example in your community, your family life, your relationships, your work life or your parenting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Cultural Connections and Resources (Factor 5)							
Read aloud: "These next questions ask about your cultural connections and resources. Please answer, thinking about the last month..."							
		Not at all 0	A little bit 1	Sometimes 2	A fair bit 3	A lot 4	Prefer not to answer
14	I feel like I belong in my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
15	I participate in cultural practices that give me peace (such as going out bush, ceremony, community cultural events)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
16	Spirituality is a source of strength for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
17	I have strategies to deal with racism if it happens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
18	I am able to maintain my Aboriginal or Torres Strait Islander identity, values and beliefs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
19	I have not felt connected to my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
20	In the past month, have any difficulties with cultural connections and resources had a negative impact on your ability to function? (for example in your community, your family life, your relationships, your work life or your parenting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Complex post-traumatic distress symptom clusters (Factor 1) Intrusive thoughts, avoidance and feeling fearful (PTSD)							
Read about: "These next questions ask about memories and feelings and may stir up uncomfortable feelings." Again...thinking about the last month ..."							
		Not at all 0	A little bit 1	Sometimes 2	A fair bit 3	A lot 4	Prefer not to answer
21	Felt as if you are reliving bad or hurtful things that have happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
22	Had a memory come back that was so strong you lost yourself in that moment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
23	Had flashbacks of bad or hurtful things that have happened without meaning to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
24	Had the same bad dreams or nightmares over and over again	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
25	Tried to avoid people, places or situations that remind you of bad or hurtful things that have happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
26	Felt numb or found it hard to feel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
27	Felt on guard or "on alert"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
28	Felt edgy, jumpy, frightened or nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
29	In the past month, have any difficulties with memories and emotions had a negative impact on your ability to function? (for example, in your community, your family life, your work life or your parenting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Difficulties with emotional regulation and self-belief (C-PTSD)							
Read about: "This part of the questionnaire asks about how you manage strong feelings and how you feel about yourself. Thinking about the last month ..."							
		Not at all 0	A little bit 1	Somewhat 2	A fair bit 3	A lot 4	Prefer not to answer
30	Felt angry really easily for no reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
31	Felt strong emotions and had trouble managing them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
32	Felt your feelings can be hurt very easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
33	Felt like there is something wrong with you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
34	Felt shame from things that have happened to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
35	Felt guilty for no reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
36	Felt you are no good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
37	Felt cut off or distant from what's going on around you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
38	In the past month, have any difficulties regulating emotions and/or self-beliefs had a negative impact on your ability to function? (for example, in your community, your family life, your relationships, your work life or your parenting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Grief, Loss and Disconnection (Factor 2)							
Read aloud: "These next questions ask you about any difficulties you might be experiencing in terms of grief, loss, and disconnection. Again, please answer the following questions thinking about the last month ...!"							
		Not at all 0	A little bit 1	Sometimes 2	A fair bit 3	A lot 4	Prefer not to answer
39	Felt like your connection to spirit or spirituality is weak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
40	Felt grief and loss because of losing cultural knowledge and practices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
41	Felt grief and loss of connection to country	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
42	Felt like your spirit or spirituality has become weak because of bad or hurtful things that have happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
43	Felt disconnected to your ancestors because of bad or hurtful things that have happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
44	Were able to spend time on "country" or a special place that you feel a connection with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
45	In the past month, have any difficulties with grief, loss or disconnection negatively impacted your ability to function? (for example, in your community, your family life, your relationships, your work life or your parenting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Sense of self and strengths (Factor 4)							
Read aloud: "These next questions are about your sense of self and personal strengths. Please answer thinking about the last month ...!"							
		Not at all 0	A little bit 1	Sometimes 2	A fair bit 3	A lot 4	Prefer not to answer
46	I feel like I have a say or can make choices in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
47	I feel it's ok to be a 'good enough' parent, and don't have to be 'perfect'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
48	I can trust myself to make good choices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
49	I feel ok with myself as I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
50	I have done things that I am proud of	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
51	I can manage my emotions well, even in difficult situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
52	I am able to have a laugh even when things are difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
53	In the past month, have any difficulties with your sense of self negatively impacted your ability to function? (for example, in your community, your family life, your relationships, your work life or your parenting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

Getting Support and Keeping Yourself Strong	
Read aloud: "I know those are tricky questions to answer, so I'd just like to finish by talking about some of the ways you look after yourself and keep yourself strong, which we discussed a bit at the start of the interview."	
54	When things are challenging, what are some good things that you do to take care of yourself?
55	Who are the people that can support you and your child?
56	What kind of support do you need from them?