



## PEEM Hardcopy Response Form & Administration Guide





# PARENT EMPOWERMENT AND EFFICACY MEASURE (PEEM)

Freiberg, Homel, & Branch (2014)

## BACKGROUND

- WHAT:** The PEEM (Parent Empowerment and Efficacy Measure) is a strengths-based measurement tool. It provides insight into caregivers' sense of control or capacity to manage the challenges of being a parent and provide a safe and supportive home environment for their children. It was developed for, and in collaboration with family support service providers, and is a valid and reliable measure (Freiberg, Homel, & Branch, 2014). If your service includes program activities designed to promote family function and positive parenting you may find PEEM a useful tool.
- WHO:** PEEM was developed for use with parents or carers of pre-prep and primary school aged children.
- WHY:** The PEEM can help parents and professionals work together to strengthen and support caregivers' confidence with parenting. It can be used as an outcomes measure for program evaluation.
- HOW:** It is a short and practical measure that can be completed online using **Parent's Voice** (register for PEEM online at [www.realwell.org.au](http://www.realwell.org.au)). The Document you are reading now provides a printable version of the measure for times when you do not have access to the online version.

The online version includes automated scoring and secure data storage features. If your agency has access to the online version but, for some reason you administer PEEM using a hardcopy version, you will need to transfer the information from the paper form into Parent's Voice online.

**Source:** Freiberg, K., Homel, R., & Branch, S. (2014). The Parent Empowerment and Efficacy Measure (PEEM): A tool for strengthening the Accountability and Effectiveness of Family Support Services. *Australian Social Work*, 67 (3), 405-418. <http://dx.doi.org/10.1080/0312407X.2014.902980>  
[https://www.griffith.edu.au/\\_data/assets/pdf\\_file/0004/648103/PEEM-paper.pdf](https://www.griffith.edu.au/_data/assets/pdf_file/0004/648103/PEEM-paper.pdf)

# ADMINISTRATOR'S GUIDE

## 1. Record Administration Details and complete the Participant Information Form

### ADMINISTRATION DETAILS

Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Agency ID for Client/Family \_\_\_\_\_

### PARTICIPANT INFORMATION FORM

First name

Last name

Birthday (day & month) :

Gender

Male  Female

Postcode

What country were you born in?

If you speak a language other than English at home, what is it?

Are you Aboriginal or Torres Strait Islander?  Yes  No

How many children do you have in your care?

Age of youngest child

Age of eldest child

What is your relationship to the child(ren) in your care?

- Mother  
 Father  
 Grandparent  
 Other Relative  
 Foster Carer  
 Other

If Other, please specify

Which of the following best describes your current highest educational level?

- Did not complete high school  
 Completed high school  
 Trade certificate or diploma  
 University qualification

Who lives in your home?

- Couple with children  
 Single parent family  
 Extended family (parent, children and others)

## 2. Give participant the PARENT'S VOICE response form

If you aren't using PEEM: A Parent's Voice online, the hardcopy response is attached at the end of this document. This two-page back-to-back form includes instructions and practice items on the first page, and the 20 PEEM items on the second page. Ensure the parent's name and the administration date are recorded at the top of the second page.

## 3. Read the instructions from the top of the practice page

*Raising kids and being a parent is rewarding – but it's also hard work! No parent ever feels completely satisfied with the job they are doing because life is so complicated – but everyone does the best they can.*

*Here's a list of things most parents want. They may not be completely true for you right now – and that's OK!*

*As you read each statement, use the numbers 1 to 10 to show how well you think it describes the way you feel about the issue right now. For example you might say "10" if the statement definitely describes exactly the way you feel about the issue at the moment; But you would say "1" if it is a poor match and nothing like the way you feel.*

## 4. Run through the three practice items to get people into the swing of things:

*Let's practice on a few examples before we start*

Practice Items: *Here's a few examples of the way someone I know thought out loud about these practice questions as they were answering them.*

- a) ***I love my children:*** Yeah – my kids mean everything to me so I'd give that a "10" - it definitely describes the way I feel at the moment.
- b) ***I wake up feeling fresh and full of energy each day:*** Right now I never seem to get enough sleep and I always feel a bit tired, so I'd probably give that a rating of "3" the statement is not really a good description of how I feel at the moment.
- c) ***I get time for myself:*** Right now my family needs me a lot and I don't really have too much spare time – but even though I'm busy, I still try to organise things to make sure I get a bit of time to relax and do something I enjoy every week –so I guess it kind of describes the way I feel - I'd say it's about a "6" for me.

Sample Statements:	Definitely not		Not really		Kind of		Mostly		Definitely	
	1	2	3	4	5	6	7	8	9	10
1. I love my children										✓
2. I wake up feeling fresh and full of energy each day			✓							
3. I get time for myself						✓				

- 5. Ask the parent to complete the practice items for themselves.** Discuss as required.
- 6. Ask the parent to complete the 20 PEEM items themselves.** (But let them know that they can ask for assistance or clarification if they need to.)
- 7. Offer guidance if needed**  
If you sense the parent is still unsure or struggling with the process, you might say something like *OK let's look at the first item:*

The first statement says: ***I find it easy to talk to people like teachers, doctors and nurses about my children***

*If you feel that at the moment*

- you *definitely* find it easy to talk to teachers and other service providers - tick under 9 or 10
- you *mostly* find it easy to talk to teachers ..... tick under 7 or 8
- you *kind of* find it easy to talk to teachers ..... tick under 5 or 6
- you *don't really* find it easy to talk to teachers ... tick under 3 or 4
- you *definitely do not* find it easy to talk to teachers ... tick under 1 or 2

## **OR**

Item 12 says: ***I have someone I can rely on to help with my children if I need it***

If at the moment you feel that

- You *definitely* have someone you can rely on to help with your children ..... tick under 9 or 10
- There is *most probably* someone you can rely on to help with your children .... tick under 7 or 8
- You *kind of* have someone you could rely on to help with your children .... tick under 5 or 6
- You *don't really* have someone who you could call on to help with your children .... tick under 3 or 4
- You *definitely don't* have anyone you can rely on to help with your children .... tick under 1 or 2

## PEEM SCORING PROCEDURE

If you don't have access to PEEM/Parent's Voice online, you will need to calculate scores by hand.

The PEEM contains 20 items. Responses to all items are in the form of a 1-to-10 point scale used to indicate degree of agreement with the statement.

The items are all scored in the same direction and a higher score indicates relatively greater strength in each area.

### Scoring is simple:

- To calculate the **Total empowerment score**, just add up the response given to each of the 20 items.

Total score can range between 20 and 200.

(We found that the average total score calculated across the population is around 154.)

We recommend using the Total Score as the best indicator of overall parenting efficacy. However, you can also use the measure to derive two sub-scores.

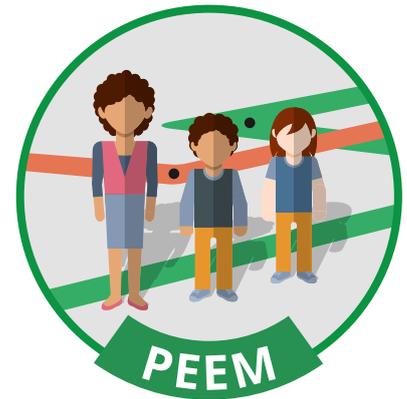
(i) Efficacy to parent - confident and positive orientation to parenting role and practice,  
(ii) Efficacy to Connect - capacity to access support and participate in social or other activities that promote positive parenting.

- To calculate **PEEM sub-scores**:
  - i. Efficacy to Parent Subscale: Add up the responses given to items 3, 5, 7, 8, 9, 14, 15, 16, 18, 19, 20  
(Possible range: 11- 110)
  - ii. Efficacy to Connect Subscale: Add up responses given to items 1, 2, 4, 6, 10, 11, 12, 13, 17  
(Possible score range: 9-90)

PEEM hardcopy form for back-to-back printing

# WELCOME TO PEEM - A PARENT'S VOICE!

Raising kids and being a parent is rewarding – but it’s also hard work! No parent ever feels completely satisfied with the job they are doing because life is so complicated – but everyone does the best they can.



Here’s a list of things most parents want. They may not be completely true for you right now – **and that’s OK!**

As you read each statement, use the scale to show how well you think it describes the way you feel about the issue right now. For example you might tick under the number “10” if the statement definitely describes exactly the way you feel about the issue at the moment; But you would tick under “1” if it is a poor match and definitely does not describe the way you feel at the moment. Most of your responses will probably fall somewhere between these two extremes.

## PRACTICE QUESTIONS

Sample Statements:	Definitely not		Not really		Kind of		Mostly		Definitely	
	1	2	3	4	5	6	7	8	9	10
1. I love my children										
2. I wake up feeling fresh and full of energy each day										
3. I get time for myself										

# A PARENT'S VOICE



Name \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Think about each of the following statements: For each one, tick the box that shows whether the statement describes the way you have been feeling about things lately.	Definitely not		Not really		Kind of		Mostly		Definitely	
	1	2	3	4	5	6	7	8	9	10
1. I find it easy to talk to people like teachers, doctors and nurses about my children										
2. I know how to get useful information about how my children's needs change as they grow										
3. I feel good when I think about the future for my children										
4. I can work out what to do if any of my children have a problem										
5. We have clear rules and routines in my family										
6. I can find services for my children when I need to										
7. In my family there is more to enjoy than to worry about										
8. I stay calm and manage life even when it's stressful										
9. I believe my children will do well at school										
10. I can help make this community a better place for children										
11. I can help other families find help when they need it										
12. I have someone I can rely on to help with my children if I need it										
13. I know good parenting tips that I can share with others										
14. I feel that I'm doing a good job as a parent										
15. I feel good about myself										
16. I feel good about the way my children behave										
17. I feel part of a community										
18. I have good friends outside my family										
19. I can make time for my children when they need it										
20. I know my children feel safe and secure										

