

Parental Regret Scale

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Parenting is a source of different experiences, both better and worse. Below are statements that address these less positive sides of parenting. Read each of them and then assess to what extent they describe your experiences as a parent.

Use the scale below and indicate to what extent you agree with each statement by marking your answer with an X on each line.

- 1-strongly disagree
- 2-disagree
- 3-somewhat disagree, somewhat agree
- 4-agree
- 5-strongly agree

Read and rate each statement	1	2	3	4	5
1. Having a child (children) was a bad decision					
2. I should have prevented having a child (children) while it was still possible					
3. If I could decide again whether to have a child (children), I would choose not to					
4. It was not wise to have a child (children)					
5. Without a child (children), my life would be better					
6. I wish I could turn back time and not have a child (children)					
7. I'm angry at myself for having a child					
8. I feel guilty because I didn't prevent pregnancy					
9. I feel sad when I think about what kind of life I could have had if I hadn't had a child (children)					
10. I resent myself for having children.					
11. Having a child (children) has harmed me.					
12. I regret my decision to have a child (children)					

Additional question possible to use:

Indicate how often you regret your decision to have a child/children:

- 0 - never
- 1- several times a year
- 2- once a month or less often
- 3- several times a month
- 4- once a week
- 5- several times a week
- 6- daily