

Interpreting the PSOC: Parenting Sense of Competence Scale

The PSOC uses 16 questions to understand how capable a caregiver feels as a parent and how satisfied they are with being a parent. Average total scores have been reported between 58-66 (Johnston & Mash, 1989; Ohan, Leung, & Johnston, 2000).

Satisfaction questions are intended to understand how a parent feels when they are parenting, such as feelings of success or accomplishment as a parent. Average scores on the satisfaction scale have been reported between 36 and 44. Lower scores on these questions may indicate a parent's uncertainty about whether they can be a good parent or how they could become one.

Efficacy questions are intended to understand how a parent feels about their parenting skills. These questions ask about a parent's confidence and their ability to solve problems when they arise. Average scores on this scale have been reported between 22 and 31 depending on the gender of the child (with slightly lower scores for parents of boys). Lower scores may indicate a parent's uncertainty about whether they have the knowledge or skills required to be an effective parent.

Summarizing the results of these studies, combined scores under 58 may be considered low, scores 58-74 average, and 75+ to be high parenting self-esteem and sense of efficacy.

References:

- Ohan, J., Leung, D., Johnston, C. (2000). The Parenting Sense of Competence Scale: Evidence of a Stable Factor Structure and Validity. *Canadian Journal of Behavioural Science*, 32(4), 251-261.
- Johnston, C., & Mash, E. (1989). A Measure of Parenting Satisfaction and Efficacy. *Journal of Clinical Child Psychology*, 2, 167-175.