



Parent Questionnaire - R

Dear Parent or Caregiver: Being a parent is not always easy. We want to help families have a safe environment for kids. So, we're asking everyone these questions about problems that affect many families. If there's a problem, we'll try to help.

Please answer the questions about your child being seen today for a checkup. If there's more than one child, please answer "yes" if it applies to any one of them. This is voluntary. You don't have to answer any question you prefer not to. We will keep this information confidential, unless there's concern that your child is being hurt.

Today's Date: ___/___/___

Child's Name: _____

Child's Date of Birth: ___/___/___

Relationship to Child: _____

PLEASE CHECK

- Yes No Would you like us to give you the phone number for Poison Control?
- Yes No Do you need to get a smoke alarm for your home?
- Yes No Does anyone smoke at home?
- Yes No In the past 12 months, did you worry that your food would run out before you could buy more?
- Yes No In the past 12 months, did the food you bought just not last and you didn't have money to get more?
- Yes No Do you often feel your child is difficult to take care of?
- Yes No Do you sometimes find you need to slap or hit your child?
- Yes No Do you wish you had more help with your child?
- Yes No Do you often feel under extreme stress?
- Yes No Over the past 2 weeks, have you often felt down, depressed, or hopeless?
- Yes No Over the past 2 weeks, have you felt little interest or pleasure in doing things?

Thinking about the past 3 months

- Yes No Have you and a partner fought a lot?
- Yes No Has a partner threatened, shoved, hit or kicked you or hurt you physically in any way?
- Yes No Have you had 4 or more drinks in one day?
- Yes No Have you used an illegal drug or a prescription medication for nonmedical reasons?
- Yes No Other things you'd like help with today: _____

Please give this form to the doctor or nurse you're seeing today. We encourage you to discuss anything on this list with her or him. Thank you!

SEEK Parent Questionnaire (PQ - formerly Parent Screening Questionnaire or PSQ)

<https://www.seekwellbeing.org/>

SEEK PQ, *Safe Environment for Every Kid*, is a project of the University of Maryland School of Medicine Department of Pediatrics.

The SEEK PQ is an evidence-based tool used to briefly and systematically screen parents for prevalent psychosocial problems that are risk factors for child maltreatment, and that generally jeopardize children's health, development and safety. In 2017 a new version of the SEEK was released, the SEEK PQ R. Both the SEEK PQ and SEEK PQ –R instruments are included in the packet.

Free online training for professionals available through the University of Maryland (recommended for all providers)

<https://www.seekwellbeing.org/seek-online-training-description>

The SEEK online training consists of seven (7) modules on the following topics: introduction to SEEK, parental depression, substance abuse, corporal punishment/discipline, intimate partner violence, food insecurity, and major parenting stress. In addition, 2 modules address the medical and mental healthcare team in pediatric primary care settings and include: relationship building, motivational interviewing, addressing barriers to engagement, and probing suicidality. Aside from the videotape modules, supplemental materials and information are offered to enrich the learning experience and help implement the SEEK model. Approximate time commitment 2-3 hours.

Intended Audience: Pediatricians, family medicine practitioners, residents/fellows, nurse practitioners and physician assistants in pediatric primary care and family medicine.

Administering the PQ:

The PQ should be given to parents at regular checkups between 0-5 years of age, such as at: 2, 9, 15, 24, 36, 48 and 60 months. We don't suggest giving it at the first visit before having any relationship with the parent. Logistically, it may be easiest to use at each visit, but it needs to fit in with other questionnaires in the practice so as not to overly burden parents and professionals. Parents have not complained about completing it repeatedly. As a family's circumstances can naturally change, it is important to continue asking parents to complete the PQ periodically.

Provide parents with the PQ in advance of the visit. Usually, the medical or nursing assistant who first sees the child provides the PQ on a clipboard to the parent. She or he should introduce the PQ saying something such as "we're trying to improve the care we give to kids and families. Please fill this out and give it to your doctor/nurse at the start of the visit." The PQ should be completed in a private room while waiting for the medical professional.

Scoring the PQ:

Concerns for a false positive screen:

A screen is just a screen. A brief assessment should help clarify whether this was falsely positive. Be careful not to convey a diagnosis, for example, of depression. Further evaluation should clarify that.

Concerns for a false negative screen:

It's inevitable that some problems will be missed. There may be many reasons why someone chooses not to disclose a problem. It's possible that by asking the question(s), you've shown your interest, and sown a seed. They may disclose in the future. Parents who decide to not disclose are probably not amenable to intervention at this time.

The SEEK PQ is designed to be integrated into pediatric primary care. By building upon the good relationships that usually exist between child health professionals and parents to help address these problems, it is relatively easy to implement.