

**For office use only:** Client ID: \_\_\_\_\_ Date: \_\_\_\_\_ Timepoint: \_\_\_\_\_

Parent/Caregiver Name: \_\_\_\_\_

What is your relationship to the child? \_\_\_\_\_

Children's Emotion Management Scale: **ANGER** - Parent Report

Instructions: Please circle the response that best describes your child/adolescent's behavior when they are feeling **mad**.

1. When my child is feeling mad, they can control their temper.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
2. My child holds their anger in.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
3. My child stays calm and keeps their cool when they are feeling mad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
4. My child does things like slam doors when they are mad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
5. My child hides their anger.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
6. My child attacks whatever it is that makes them very angry.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
7. My child gets mad inside but doesn't show it.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
8. My child can stop their self from losing their temper when they are mad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
9. My child says mean things to others when they are mad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
10. My child tries to calmly deal with what is making them mad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
11. My child is afraid to show their anger.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>

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Children's Emotion Management Scale: **SADNESS** - Parent Report

Instructions: Please circle the response that best describes your child/adolescent's behavior when they are feeling **sad**.

1. When my child is feeling sad, they can control their crying and carrying on.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
2. My child holds their sad feelings in.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
3. My child stays calm and doesn't let sad things get to them.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
4. My child whines/fusses about what's making them sad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
5. My child hides their sadness.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
6. When my child is sad, they does something totally different until they calm down.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
7. My child gets sad inside but doesn't show it.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
8. My child can stop themselves from losing control of their sad feelings.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
9. My child cries and carries on when they are sad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
10. My child tries to calmly deal with what is making them sad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
11. My child does things like mope around when they are sad.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
12. My child is afraid to show their sadness.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>

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Children's Emotion Management Scale: **WORRY** - Parent Report

Instructions: Please circle the response that best describes your child/adolescent's behavior when they are feeling **worried**.

1. My child can keep themselves from losing control of their worried feelings.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
2. My child shows their worried feelings.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
3. My child holds their worried feelings in.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
4. My child talks to someone until they feel better when they are worried	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
5. My child does things like cry and carry on when they are worried.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
6. My child hides their worried feelings.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
7. My child keeps whining about how worried they are.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
8. My child gets worried inside but doesn't show it.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
9. My child can't stop themselves from acting really worried	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>
10. My child tries to calmly settle the problem when they feel worried.	Hardly Ever <b>1</b>	Sometimes <b>2</b>	Often <b>3</b>