

CT SCALE

No matter how well people get along, there are times when they disagree on major decisions, get annoyed about something, or just have spats or fights because they're in a bad mood or tired or for some other reason. They also use many different ways trying to settle their differences. Here is a list of things that people might do during a conflict or a disagreement.

We would like you to try to remember how often these things occurred in your family during the past year, and also during your child's life before a year ago. We would like you to consider all disagreements, not just the serious ones. First, we would like you to remember how often you did any of these things to your child, and then we would like you to remember how often your spouse did any of these things to your child. We would then like you to remember how often you did any of these things to your spouse, and then how often your spouse did any of these things to you.

It may be hard to remember everything that has happened in the past 5 years, exactly how many times these things may have happened, and when. Please try to be as accurate as possible, but we understand that you will probably have to give your best guess.

Use the following scale for your answer, and circle the number that best fits each time.

| | | | | | | |
|-------|---------------------------|-----------------|----------------------|----------------|---------------------|---------------------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| never | less than once a month | once a month | 2-3 times a month | once a week | 2-3 times a week | almost every day |

This page is for the things you may have done to your child.
 First, go through the items and answer for this past year (last 12 months).
 Then, think about how often these things happened before a year ago.
 Use the following scale:

| | | | | | | |
|------------|--------------------------------|----------------------|---------------------------|---------------------|--------------------------|--------------------------|
| 0 never | 1 less than once a month | 2 once a month | 3 2-3 times a month | 4 once a week | 5 2-3 times a week | 6 almost every day |
|------------|--------------------------------|----------------------|---------------------------|---------------------|--------------------------|--------------------------|

| | THIS PAST YEAR | | | | | | BEFORE A YEAR AGO | | | | | | | |
|---|----------------|---|---|---|---|---|-------------------|---|---|---|---|---|---|---|
| 1. <u>Tried</u> to discuss an issue calmly | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. <u>Did</u> discuss an issue calmly | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. Got information to back up your side of things | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. Brought in or tried to bring in someone to help settle things | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. Argued heatedly but didn't yell | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. Yelled, insulted or swore at your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. Sulked or refused to talk about it | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. Stomped out of the room or house | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. Threw, smashed, hit or kicked something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. Threatened to throw something at your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. Threw something at your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. Pushed, grabbed, or shoved your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. Threatened to spank your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. Spanked your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. Spanked your child with something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. Threatened to hit your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. Hit or tried to hit your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. Hit or tried to hit your child with something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. Threatened to beat up your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. Beat up your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

This page is for the things your husband/wife may have done to your child.
 First, go through the items and answer for this past year (last 12 months).
 Then, think about how often these things happened before a year ago.
 Use the following scale:

| | | | | | | |
|-------|---------------------------|-----------------|----------------------|----------------|---------------------|---------------------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| never | less than once a month | once a month | 2-3 times a month | once a week | 2-3 times a week | almost every day |

| | THIS PAST YEAR | | | | | | | BEFORE A YEAR AGO | | | | | | |
|---|----------------|---|---|---|---|---|---|-------------------|---|---|---|---|---|---|
| 1. <u>Tried</u> to discuss an issue calmly | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. <u>Did</u> discuss an issue calmly | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. Got information to back up his/her side of things | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. Brought in or tried to bring in someone to help settle things | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. Argued heatedly but didn't yell | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. Yelled, insulted or swore at your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. Sulked or refused to talk about it | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. Stomped out of the room or house | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. Threw, smashed, hit or kicked something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. Threatened to throw something at your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. Threw something at your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. Pushed, grabbed, or shoved your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. Threatened to spank your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. Spanked your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. Spanked your child with something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. Threatened to hit your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. Hit or tried to hit your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. Hit or tried to hit your child with something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. Threatened to beat up your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. Beat up your child | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

This page is for the things you may have done to your husband/wife.
 First, go through the items and answer for this past year (last 12 months).
 Then, think about how often these things happened before a year ago.
 Use the following scale:

| | | | | | | |
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| 0 never | 1 less than once a month | 2 once a month | 3 2-3 times a month | 4 once a week | 5 2-3 times a week | 6 almost every day |
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| | THIS PAST YEAR | | | | | | | BEFORE A YEAR AGO | | | | | | |
|---|----------------|---|---|---|---|---|---|-------------------|---|---|---|---|---|---|
| 1. <u>Tried</u> to discuss an issue calmly | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. <u>Did</u> discuss an issue calmly | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. Got information to back up your side of things | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. Brought in or tried to bring in someone to help settle things | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. Argued heatedly but didn't yell | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. Yelled, insulted or swore at your husband/wife | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. Sulked or refused to talk about it | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. Stomped out of the room or house | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. Threw, smashed, hit or kicked something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. Threatened to throw something at your husband/wife | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. Threw something at your husband/wife | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. Pushed, grabbed, or shoved your husband/wife | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. Threatened to hit your husband/wife | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. Hit or tried to hit your husband/wife, but not with anything | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. Hit or tried to hit your husband/wife with something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. Threatened to beat up your husband/wife | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. Beat up your husband/wife | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

This page is for the things your husband/wife may have done to you.
 First, go through the items and answer for this past year (last 12 months).
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|--|----------------|---|---|---|---|---|---|-------------------|---|---|---|---|---|---|
| 1. <u>Tried</u> to discuss an issue calmly | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
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| 3. Got information to back up his/her side of things | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. Brought in or tried to bring in someone to help settle things | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
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| 8. Stomped out of the room or house | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. Threw, smashed, hit or kicked something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. Threatened to throw something at you | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. Threw something at you | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. Pushed, grabbed, or shoved you | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. Threatened to hit you | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. Hit or tried to hit you | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. Hit or tried to hit you with something | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. Threatened to beat you up | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. Beat you up | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |