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## **Translation of the Parent Motivation Inventory (PMI) questionnaire into Danish**

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## Colophon

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Permission to use the PMI was obtained from one of the instrument’s developers (Matthew K. Nock).

# 1 Introduction

**This report describes the process undertaken in the translation of the Parent Motivation Inventory (PMI) questionnaire from US-English into Danish. It is written primarily as documentation for review by the developers of the PMI, but it is hoped that it also provides useful background information for future Danish users of the PMI.**

In Denmark there is an increasing demand for documentation of how interventions in the social areas of the community works. To day the municipalities are doing a lot of important and good work without knowing which effort or arrangement works, how it works and for whom it works. The government wants to find out how to measure the effect of a given program and use this knowledge to create focus on evidence based interventions that works.

A study is being planned to asses the effects and the implementation of Parent Management Training (PMT) in Denmark. The study is undertaken by the 'Centre for Applied Health Services Research and Health Technology Assessment' (CAST) at the University of Southern Denmark, in collaboration with the 'School of Social Work – Odense' and 'Odense College of Social Education.

The project receives financial support from the National Board of Social Services under the Ministry of Social Affairs.

The PMI will be used in a study involving approximately 24 families who will undergo PMT-treatment and 24 families who will get treatment as usual (TAU). The study is designed as a randomised controlled trial (RCT) and will take place in three Danish municipalities.

Although this questionnaire was developed to assess American parents' motivation to participate in treatment the items were judged to be appropriate for assessing Danish parents' motivation as well. Furthermore, this will make it possible to do comparative analyses between Danish and American parents' motivation to participate in treatment. Another purpose of the study is to examine the parents' degree of motivation during the treatment and see if the treatment effect is correlated with the parents' degree of motivation.

## 2 Translation process

As the PMI had not previously been translated into Danish, CAST<sup>1</sup> undertook to translate the PMI from US-English into Danish after agreement from the questionnaires developers<sup>2</sup>. In line with established practice for translation of measuring instruments, the process involved several stages:

### A. Forward translation

- Two forward translations of the PMI from English into Danish, undertaken independently by two native Danish speakers
- Production of a first ‘reconciliation’ Danish version via discussion between the forward translators

### B. Backward translation

- Two back translations of the Danish reconciliation version into English, undertaken independently by two native English speakers who were not familiar with the wording of the original PMI items.

### C. Production of a Danish version to be used in the PMT- research study.

- Comparison between the two back translations and the original English PMI to identify any discrepancies, misunderstandings, ambiguity etc.
- Production of a second reconciliation Danish version

### *2.1 Forward translation*

The 25 items of the PMI were translated into Danish by two native Danish speakers, working independently. Both translators work in health and social service research and have a good working knowledge of English and previous experience of translation from English into Danish.

When each forward translation was complete, the two translators met to discuss discrepancies between their two versions (‘A’ and ‘B’ in Appendix 1). They then produced a first ‘reconciliation’ Danish version that they considered to be the best translation of the original English text.

There were no major problems in translating the PMI items into Danish and the two translations were quite similar to each other. There were, however, a few items that included words or concepts that could be translated in different ways depending on the intended meaning of the original English text. These words/concepts were:

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<sup>1</sup> Centre for Applied Health Services Research & Health Technology Assessment (Center for Anvendt Sundhedstjenesteforskning og Teknologivurdering - CAST), University of Southern Denmark

<sup>2</sup> Matthew K. Nock, Ph.D, Assistant Professor, Department of Psychology, Harvard University, Cambridge, MA.  
Valerie Photos, B.A. Doctoral student, Department of Psychology, Harvard University, Cambridge, MA.

- **Well-being.** Well-being can be translated as ‘*velvære*’ (to be comfortable – more individual concept), or ‘*trivsel*’ (be doing fine (thrive) – can be more than one person) or ‘*velbefindende*’ (to be comfortable – relates more to ones health). We chose ‘*trivsel*’ to be the most appropriate concept in this context.
- **Behaviour:** Behaviour can be translated as either ‘*opførsel*’ (the way one behaves or manner) or ‘*adfærd*’ (manner or conduct). We chose ‘*adfærd*’ as being the best translation for behaviour here.
- **Parenting techniques:** A direct translation would be ‘*forældreomsorgsteknikker*’ (‘*forældreomsorg*’ - the way parents take care of/look after their child and ‘*teknikker*’ - technique) which both translators believed to be bad Danish (not a used concept). Instead both chose the wording ‘*opdragelsesteknikker*’ (techniques of upbringing) to describe the item content.
- Question 12 and 15: ... **experience many negative outcomes in life.** A direct translation would be ‘*opleve mange negative udfald/resultater/situationer i sit liv*’. This sentence does, however, not give much meaning and could easily be misunderstood – or not understood at all. The translators therefore chose to translate it with ‘*...have mange negative oplevelser i sit liv*’ ( ...having many negative experiences in life).
- The original US-English version only addresses parents of boys. In the Danish study (or in Denmark in general) it is expected that there also will be girls who undergo treatment with their parents. In those circumstances where the original US-English version said ‘he/his’ the Danish version says ‘hans/hendes’ (his/her) or ‘han/hun’ (he/she).

## 2.2 Backward translation

The first reconciliation Danish version was translated back into English by two native English speakers, working independently. Both translators have a good working knowledge of Danish and one has previous experience of translating ‘quality of life’ instruments<sup>3</sup>.

When each back translation was complete one of the back translators (C in appendix 2) met with one of the forward translators (A in appendix 1) to discuss discrepancies between the two backward translations (‘C’ and ‘D’ in Appendix 2) and the original US-English version. Changes were made to the Danish text as appropriate and a second reconciliation Danish version was produced. The items for the second reconciliation Danish version are printed in bold in Appendix 2.

The two backward translations were quite similar to each other and to the original US-English version (Appendix 2). Many of the differences were minor and simply arose from different ways of

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<sup>3</sup> EQ5D – Claire Gudex is a member of the EuroQol group.

saying the same things – maybe some of the minor differences arose simply because of linguistic differences: translator C in Appendix 2 originates from New Zealand and translator D from UK.

Some of the items required further discussion but only one was altered in the light of the back translations:

Question 2: *I am willing to work on changing my own behaviour as it relates to managing my child.* Both forward translators had understood the question as being one having a cause and an effect – the backward translator thought we had made an over interpretation. Instead the Danish wording was translated “Jeg er villig til at arbejde med at ændre min egen adfærd i forbindelse med hvordan jeg håndterer mit barn” (lit: I am willing to work on changing my own behaviour in relation to how I handle my child).

## Appendix 1: Forward translation of the PMI – results

The following are listed for each item in turn: the original English wording (OE), the two forward translations (a & b) and the 1<sup>st</sup> reconciliation Danish text (bold text).

The response categories were translated as:

Strongly Disagree – Meget uenig

Disagree - Uenig

Neutral – Neutral

Agree – Enig

Strongly Agree – Meget enig

|   |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | OE | All parents who come to the clinic for treatment with their children are different. How much do you agree with each of the following statements related to your participation in your child's treatment? Your responses will not affect the treatment you receive in any way. Thank you.                                                                                                                                                                                                                                                                                                                   |
|   | A  | Alle forældre, der modtager behandling sammen med deres børn, er forskellige. Hvor enig er du i de følgende udsagn, som relaterer sig til din deltagelse i dit barns behandling? Dine besvarelser vil på ingen måde påvirke den behandling du modtager.<br>(på forhånd) mange tak.                                                                                                                                                                                                                                                                                                                         |
|   | B  | Alle forældre som kommer i klinikken med deres børn og modtager behandling er forskellige fra hinanden/unikke...I hvilken grad er du enig med hvert af de følgende udsagn, som vedrører din deltagelse i dit barns behandling. Dine svar vil ikke påvirke den behandling I modtager på nogen måde. Tak for din deltagelse.<br><b>Alle forældre, der modtager behandling sammen med deres børn, er forskellige. Hvor enig er du i de følgende udsagn, som vedrører din deltagelse i dit barns behandling? Dine besvarelser vil på ingen måde påvirke den behandling I modtager. Tak for din besvarelse.</b> |
| 1 | OE | My child's behavior has to improve soon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|   | A  | Det er nødvendigt at mit barns adfærd snart forbedres.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|   | B  | Mit barns opførsel/adfærd (må og) skal snart forbedre sig/blive bedre.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|   | A1 | <b>Det er nødvendigt, at mit barns adfærd snart bliver bedre.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 2 | OE | I am willing to work on changing my own behavior as it relates to managing my child                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|   | A  | Jeg er villig til at arbejde på at ændre min egen adfærd da det relaterer sig hvordan jeg (opdrager?) styrer mit barn.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|   | B  | Jeg er villig til at arbejde med at ændre min egen opførsel/adfærd, da det hører sammen med at styre/håndtere mit barn.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|   | A2 | <b>Jeg er villig til at arbejde med at ændre min egen adfærd, da det hører sammen med hvordan jeg håndterer mit barn.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 3 | OE | It is very important for the well-being of my family that my child changes his behavior                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|   | A  | Det er meget væsentligt for min families velvære (trivsel) at mit barn ændrer sin adfærd.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|   | B  | Det er meget vigtigt for min families velbefindende, at mit barn ændrer sin opførsel/adfærd.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|   | A3 | <b>Det er meget væsentligt for min families trivsel, at mit barn ændrer sin adfærd.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 4 | OE | I am prepared to come to the clinic every week for several months in order to change my child's behavior                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|   | A  | Jeg er indstillet på at komme til konsultationer hver uge i flere måneder for at ændre mit barns adfærd.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|   | B  | Jeg er indstillet på at komme på klinikken hver uge i adskillige måneder for at ændre mit barns opførsel/adfærd.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|   | A4 | <b>Jeg er indstillet på at komme til konsultationer hver uge i flere måneder for at ændre mit barns adfærd.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |

|    |                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|----|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5  | OE<br>A<br>B<br>A5  | Although the main problem is with my child's behavior, I believe I should come to treatment every week<br>Selvom det primære problem omhandler mit barns adfærd, da mener jeg at jeg skal komme til behandling hver uge<br>Selvom hovedproblemet er mit barns opførsel/adfærd, så mener jeg, at jeg skal komme til behandling hver uge (komme på kurset)...<br><b>Selvom hovedproblemet er mit barns adfærd, så mener jeg, at jeg skal komme til behandling hver uge.</b> |
| 6  | OE<br>A<br>B<br>A6  | It is very important for the well-being of my child that he changes his behavior<br>A Det er meget vigtigt for mit barns velvære, at han/hun ændre sin adfærd.<br>B Det er meget vigtigt for mit barns velbefindende, at han ændrer sin opførsel/adfærd.<br><b>Det er meget vigtigt for mit barns trivsel, at han/hun ændrer sin adfærd.</b>                                                                                                                              |
| 7  | OE<br>A<br>B<br>A7  | I am willing to change my current parenting techniques and try new ones<br>A Jeg er klar til at ændre den måde jeg aktuelt tager mig af mit barn og forsøge med nye opdragelsesteknikker<br>B Jeg er villig til at ændre mine nuværende opdragelsesteknikker og prøve nogle nye.<br><b>Jeg er villig til at ændre mine nuværende opdragelsesteknikker og prøve nogle nye.</b>                                                                                             |
| 8  | OE<br>A<br>B<br>A8  | I think the benefits of this treatment will be greater than the costs<br>A Jeg tror at fordelene ved denne behandling er større end omkostningerne<br>B Jeg tror at fordelene ved denne behandling vil være større end omkostningerne.<br><b>Jeg tror, at fordelene ved denne behandling vil være større end omkostningerne.</b>                                                                                                                                          |
| 9  | OE<br>A<br>B<br>A9  | I would like my child's behavior to change<br>A Jeg ser gerne at mit barns adfærd ændre sig<br>B Jeg vil gerne have at mit barns opførsel/adfærd ændrer sig.<br><b>Jeg vil gerne have, at mit barns adfærd ændrer sig.</b>                                                                                                                                                                                                                                                |
| 10 | OE<br>A<br>B<br>A10 | I am willing to try parenting techniques even if I think they might not work<br>A Jeg er villig til at prøve opdragelsesteknikker, selvom jeg ikke tror, at de vil fungere.<br>B Jeg er villig til at prøve opdragelsesteknikker, selvom jeg ikke tror de vil virke.<br><b>Jeg er villig til at prøve opdragelsesteknikker, selvom jeg ikke tror de virker.</b>                                                                                                           |
| 11 | OE<br>A<br>B<br>A11 | I want to be involved in my child's treatment at this point in time<br>A Jeg ønsker på nuværende tidspunkt at være involveret i mit barns behandling.<br>B Jeg ønsker at være involveret i mit barns behandling på nuværende tidspunkt.<br><b>Jeg ønsker på nuværende tidspunkt at være involveret i mit barns behandling.</b>                                                                                                                                            |
| 12 | OE<br>A<br>B<br>A12 | My child will experience many negative outcomes in life if his behavior does not change<br>A Mit barn vil opleve mange negative udfald i sit liv hvis hans/hendes adfærd ikke ændres<br>B Mit barn vil (have mange negative oplevelser) opleve mange negative resultater/situationer/udfald i sit liv, hvis ikke hans opførsel/adfærd ændrer sig.<br><b>Mit barn vil have mange negative oplevelser i sit liv, hvis ikke hans/hendes adfærd ændrer sig.</b>               |
| 13 | OE<br>A<br>B<br>A13 | I am motivated to practice the techniques I will learn in session at home with my child<br>A Jeg er motiveret til at udføre de teknikker, som jeg kommer til at lære i sessionerne, sammen med mit barn derhjemme.<br>B Jeg er motiveret til at anvende de teknikker jeg lærer på kurset med mit barn derhjemme.<br><b>Jeg er motiveret til at udføre de teknikker, som jeg kommer til at lære i konsultationerne, sammen med mit barn derhjemme</b>                      |
| 14 | OE<br>A<br>B<br>A14 | I believe that my child's behavior cannot change without my involvement in treatment<br>A Jeg er overbevist om at mit barns adfærd ikke kan ændres uden min inddragelse i behandlingen<br>B Jeg tror ikke at mit barns opførsel/opførsel kan ændre sig uden min involvering i behandlingen.<br><b>Jeg er overbevist om, at mit barns adfærd ikke kan ændre sig uden min inddragelse i behandlingen</b>                                                                    |
| 15 | OE<br>A<br>B<br>A15 | My family will experience many negative outcomes in life if my child's behavior does not change<br>A Min familie vil opleve mange negative udfald her i livet hvis mit barns adfærd ikke ændre sig<br>B Min familie vil (have mange negative oplevelser) opleve mange negative resultater/situationer/udfald, hvis mit barns opførsel/adfærd ikke ændrer sig.<br><b>Min familie vil have mange negative oplevelser, hvis mit barns adfærd ikke ændrer sig.</b>            |
| 16 | OE<br>A<br>B<br>A16 | I am eager to participate in treatment<br>A Jeg er spændt på at deltage i behandlingen.<br>B Jeg (ser frem til at /)er ivrig efter at deltage i behandlingen.<br><b>Jeg er spændt på at deltage i behandlingen.</b>                                                                                                                                                                                                                                                       |

|    |                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 17 | OE<br>A<br>B<br><b>A17</b> | I believe that changing my own behavior can cause my child's behavior to change<br>Jeg tror at jeg ved at ændre min egen adfærd kan fremkalde ændring i mit barns adfærd.<br>Jeg tror på at hvis jeg ændrer min egen opførsel/adfærd, kan dette medføre at mit barns opførsel/adfærd ændrer sig.<br><b>Jeg tror, at jeg ved at ændre min egen adfærd kan fremkalde ændring i mit barns adfærd.</b>                                                              |
| 18 | OE<br>A<br>B<br><b>A18</b> | I want my child's behavior to improve<br>Jeg ønsker at mit barns adfærd forbedres.<br>Jeg ønsker at mit barns opførsel/adfærd skal forbedre sig/blive bedre.<br><b>Jeg ønsker, at mit barns adfærd skal blive bedre.</b>                                                                                                                                                                                                                                        |
| 19 | OE<br>A<br>B<br><b>A19</b> | I am motivated to change the way I reward and punish my child if it will lead to improvement<br>Jeg er motiveret til at ændre den måde jeg belønner og afstraffer mit barn på, hvis dette vil medføre forbedring<br>Jeg er villig til at ændre den måde jeg belønner og straffer mit barn på, hvis dette vil medføre forbedring.<br><b>Jeg er villig til at ændre den måde jeg belønner og straffer mit barn på, hvis dette vil medføre forbedring.</b>         |
| 20 | OE<br>A<br>B<br><b>A20</b> | I believe that I can learn to change my child's behavior<br>Jeg tror, at jeg kan lære at ændre mit barns adfærd<br>Jeg tror, at jeg kan lære at ændre mit barns opførsel/adfærd.<br><b>Jeg tror, at jeg kan lære at ændre mit barns adfærd</b>                                                                                                                                                                                                                  |
| 21 | OE<br>A<br>B<br><b>A21</b> | I am motivated to participate in my child's treatment each week<br>Jeg er motiveret til at tage del i mit barns ugentlige behandling.<br>Jeg er motiveret til at deltage i mit barns behandling hver uge.<br><b>Jeg er motiveret til at deltage i mit barns behandling hver uge.</b>                                                                                                                                                                            |
| 22 | OE<br>A<br>B<br><b>A22</b> | Participation in this treatment is a top priority in my schedule and that of my child<br>Deltagelse i denne behandling har topprioritet i min og mit barns planlægning.<br>Deltagelse i denne behandling har topprioritet i min planlægning af aktiviteter og i mit barns.<br><b>Deltagelse i denne behandling har topprioritet i min og mit barns aktivitetsplanlægning.</b>                                                                                   |
| 23 | OE<br>A<br>B<br><b>A23</b> | I believe that I am capable of learning the skills needed to change my child's behavior<br>Jeg tror, at jeg er i stand til at lære de færdigheder, der er nødvendige for at ændre mit barns adfærd.<br>Jeg tror, at jeg er i stand til at lære de nødvendige værktøjer til /færdigheder som skal til for at ændre mit barns opførsel/adfærd.<br><b>Jeg tror, at jeg er i stand til at lære de færdigheder, der er nødvendige for at ændre mit barns adfærd.</b> |
| 24 | OE<br>A<br>B<br><b>A24</b> | I look forward to learning new techniques for managing my child's behavior<br>Jeg ser frem til at lære nye teknikker hvormed jeg kan styre (kontrollere) mit barns adfærd.<br>Jeg ser frem til at lære nye teknikker til at styre/håndtere mit barns opførsel/adfærd.<br><b>Jeg ser frem til at lære nye teknikker, hvormed jeg kan håndtere mit barns adfærd</b>                                                                                               |
| 25 | OE<br>A<br>B<br><b>A25</b> | I am motivated to work with a therapist for one hour each week in order to change my own behavior<br>Jeg er motiveret til at skulle arbejde med en terapeut et time ugentligt med henblik på at ændre min egen adfærd.<br>Jeg er motiveret til at arbejde med en terapeut en time hver uge for at ændre min egen opførsel/adfærd.<br><b>Jeg er motiveret til at arbejde med en terapeut en time hver uge for at ændre min egen adfærd.</b>                      |

## Appendix 2: Backward translation of the PMI – results

The following are listed for each item in turn: the original English text and the 1<sup>st</sup> Danish reconciliation text (A1, A2 etc.), the two backward translations (c & d), and the changes made in the 2<sup>nd</sup> reconciliation Danish text (A1T, A2T etc.).

The response categories were translated as:

Meget uenig – Strongly disagree

Uenig - Disagree

Neutral - Neutral (Neither agree nor disagree)

Enig - Agree

Meget enig – Strongly agree

Translator C: Behandling = treatment (programme) = therapy. Words in italics – not in Danish version but more appropriate in English translation

|   |     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   |     | <p>All parents who come to the clinic for treatment with their children are different. How much do you agree with each of the following statements related to your participation in your child's treatment? Your responses will not affect the treatment you receive in any way. Thank you.</p> <p><i>Alle forældre, der modtager behandling sammen med deres børn, er forskellige. Hvor enig er du i de følgende udsagn, som vedrører din deltagelse i dit barns behandling? Dine besvarelser vil på ingen måde påvirke den behandling I modtager. Tak for din besvarelse.</i></p> <p>Parents who undergo therapy together with their children can be very different from each other. To what extent do you agree with the following statements about your involvement in your child's treatment programme? Your answers will in no way affect the <i>quality and type of</i> treatment that you receive. Thank-you for taking the time to answer these questions.</p> <p>Each parent who receives treatment together with their child is different. Are you in agreement with the following statements, which concern your participation in your child's treatment. Your answers will in no way effect the treatment which your child receives. Thank you for your participation.</p> <p><b>(Unchanged)</b></p> |
| 1 | A1  | <p>My child's behavior has to improve soon</p> <p><i>Det er nødvendigt at mit barns adfærd snart bliver bedre.</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|   | C   | (lit: It is necessary for my child's behaviour to improve soon) Eller: My child's behaviour has to improve and soon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|   | D   | It is important that my child's behaviour improves soon.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|   | A1T | <b>(Unchanged)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 2 | A2  | <p>I am willing to work on changing my own behavior as it relates to managing my child</p> <p><i>Jeg er villig til at arbejde med at ændre min egen adfærd, da det hører sammen med hvordan jeg håndterer mit barn.</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|   | C   | (Lit: I am willing to work on changing my own behaviour, as this relates to how I handle my child.)<br>I am willing to work on changing my own behaviour, as I know that this affects the way I handle my child                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|   | D   | I am willing to change my own behaviour, in respect to how I handle my child.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|   | A2T | <b>Jeg er villig til at arbejde med at ændre min egen adfærd i forbindelse med hvordan jeg håndterer mit barn</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 3 | A3  | <p>It is very important for the well-being of my family that my child changes his behavior</p> <p><i>Det er meget væsentligt for min families trivsel at mit barn ændrer sin adfærd.</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|   | C   | (Lit: It is very important for my family's welfare that my child changes his/her behaviour.)<br>Eller: My child's behaviour has to change for the sake of the family's well-being                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|   | D   | <b>1. It is really important for the families well being, that my child changes his/her behaviour.</b><br><b>2. It is really important for the families prosperity, that my child changes his/her behaviour.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|   | A3T | <b>(Unchanged)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

|    |                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|----|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4  | A4<br><br>C<br><br>D<br>A4T   | I am prepared to come to the clinic every week for several months in order to change my child's behavior<br><b><i>Jeg er indstillet på at komme til konsultationer hver uge i flere måneder for at ændre mit barns adfærd.</i></b><br>I am prepared to come to weekly consultations over several months in order to <i>help</i> change my child's behaviour<br>I am prepared to attend consultation each week for months, to change my child's behaviour.<br><b>(Unchanged)</b>                                                                                                           |
| 5  | A5<br><br>C<br><br>D<br>A5T   | Although the main problem is with my child's behavior, I believe I should come to treatment every week<br><b><i>Selvom hovedproblemet er mit barns adfærd, så mener jeg, at jeg skal komme til behandling hver uge.</i></b><br>Even though it is my child's behaviour that is the main problem, I believe that I should also come to therapy each week<br>Even though the main problem is my child's behaviour, I believe that I should attend consultations each week.<br><b>(Unchanged)</b>                                                                                             |
| 6  | A6<br><br>C<br><br>D<br>A6T   | It is very important for the well-being of my child that he changes his behavior<br><b><i>Det er meget vigtigt for mit barns trivsel at han/hun ændrer sin adfærd.</i></b><br>(Lit: It is very important for my child's well-being that he/she changes his/her behaviour) My child has to change his/her behaviour for the sake of his/her well-being. Eller: My child's behaviour has to change for his/her own sake<br>It is really important for my child's development that he/she changes his/her behaviour.<br><b>(Unchanged)</b>                                                   |
| 7  | A7<br><br>C<br><br>D<br>A7T   | I am willing to change my current parenting techniques and try new ones<br><b><i>Jeg er villig til at ændre mine nuværende opdragelsesteknikker og prøve nogle nye.</i></b><br>I am willing to change the way I bring up my child and to try new methods/approaches<br>I am willing to change the methods which I am presently using to raise my child, and try new ones.<br><b>(Unchanged)</b>                                                                                                                                                                                           |
| 8  | A8<br><br>C<br><br>D<br>A8T   | I think the benefits of this treatment will be greater than the costs<br><b><i>Jeg tror at fordelene ved denne behandling vil være større end omkostningerne.</i></b><br>I believe that the advantages of this treatment programme will outweigh the costs<br>1. I believe that the advantages of this treatment will be worth the trouble<br>2. I believe that the advantages of this treatment will outweigh the disadvantages<br><b>(Unchanged)</b>                                                                                                                                    |
| 9  | A9<br><br>C<br><br>D<br>A9T   | I would like my child's behavior to change<br><b><i>Jeg vil gerne have at mit barns adfærd ændrer sig.</i></b><br>I would like my child's behaviour to change<br>1. I would like my child's behaviour to change.<br>2. I really would like my child's behaviour to change.<br><b>(Unchanged)</b>                                                                                                                                                                                                                                                                                          |
| 10 | A10<br><br>C<br><br>D<br>A10T | I am willing to try parenting techniques even if I think they might not work<br><b><i>Jeg er villig til at prøve opdragelsesteknikker, selvom jeg ikke tror de virker.</i></b><br>I am willing to try other ways of bringing up my child, even though I do not think they will work<br>1. I am willing to try methods of raising my child even though I disagree with them<br>2. I am willing to try methods of raising my child even though I think that they do not work.<br><b><i>Jeg er villig til at prøve opdragelsesteknikker, selv hvis jeg måske ikke tror de vil virke.</i></b> |
| 11 | A11<br><br>C<br><br>D<br>A11T | I want to be involved in my child's treatment at this point in time<br><b><i>Jeg ønsker på nuværende tidspunkt at være involveret i mit barns behandling.</i></b><br>My current feeling is that I want to be involved in my child's treatment. Eller: I want to get involved in my child's treatment now/at this point in time<br>1. At the present time I wish to be involved in my child's treatment.<br>2. At the present time I want to participate in my child's treatment.<br><b>(Unchanged)</b>                                                                                    |
| 12 | A12                           | My child will experience many negative outcomes in life if his behavior does not change                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

|    |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | C<br>D<br>A12T            | <b><i>Mit barn vil have mange negative oplevelser i sit liv, hvis ikke hans/hendes adfærd ændrer sig.</i></b><br>My child will have many negative experiences in life if his/her behaviour does not change<br>My child will have many negative experiences in his/her life, if his/her behaviour doesn't change.<br><b>(Unchanged)</b>                                                                                                                                                                                                                      |
| 13 | A13<br><br>C<br>D<br>A13T | I am motivated to practice the techniques I will learn in session at home with my child<br><b><i>Jeg er motiveret til at udføre de teknikker, som jeg kommer til at lære i konsultationerne, sammen med mit barn derhjemme</i></b><br>I am prepared (motivated/willing) to use at home with my child the techniques that I will learn about in the consultations<br>I am willing to use the methods, which I learn during consultations, at home together with my child.<br><b>(Unchanged)</b>                                                              |
| 14 | A14<br><br>C<br>D<br>A14T | I believe that my child's behavior cannot change without my involvement in treatment<br><b><i>Jeg er overbevist om at mit barns adfærd ikke kan ændre sig uden min inddragelse i behandlingen</i></b><br>(Lit: I am convinced that my child's behaviour cannot change unless I get involved in the treatment programme) Eller. I believe that my child's behaviour will only change if I get involved in the treatment programme<br>I am convinced that my child's behaviour cannot be changed without my participation in treatment.<br><b>(Unchanged)</b> |
| 15 | A15<br><br>C<br>D<br>A15T | My family will experience many negative outcomes in life if my child's behavior does not change<br><b><i>Min familie vil have mange negative oplevelser, hvis mit barns adfærd ikke ændrer sig.</i></b><br>My family will have many negative experiences if my child's behaviour does not change<br>The family will have a lot of negative experiences, if my child's behaviour does not change.<br><b>(Unchanged)</b>                                                                                                                                      |
| 16 | A16<br><br>C<br>D<br>A16T | I am eager to participate in treatment<br><b><i>Jeg er spændt på at deltage i behandlingen.</i></b><br>I am keen to get involved in the treatment programme<br>I am excited in participating in treatment.<br><b>(Unchanged)</b>                                                                                                                                                                                                                                                                                                                            |
| 17 | A17<br><br>C<br>D<br>A17T | I believe that changing my own behavior can cause my child's behavior to change<br><b><i>Jeg tror at jeg ved at ændre min egen adfærd kan fremkalde ændring i mit barns adfærd.</i></b><br>I believe that by changing my own behaviour, I will be able to change my child's behaviour<br>I believe that changing my own behaviour, can effect change in my child's behaviour.<br><b>(Unchanged)</b>                                                                                                                                                         |
| 18 | A18<br><br>C<br>D<br>A18T | I want my child's behavior to improve<br><b><i>Jeg ønsker at mit barns adfærd skal blive bedre.</i></b><br>I want my child's behaviour to improve<br>I wish my child's behaviour to improve.<br><b>(Unchanged)</b>                                                                                                                                                                                                                                                                                                                                          |
| 19 | A19<br><br>C<br>D<br>A19T | I am motivated to change the way I reward and punish my child if it will lead to improvement<br><b><i>Jeg er villig til at ændre den måde jeg belønner og straffer mit barn på, hvis dette vil medføre forbedring.</i></b><br>I am willing to change the way in which I reward and discipline my child, if this will bring about improvements (in his/her behaviour)<br>I am willing to change the methods by which, I reward and punish my child, if this will result in improvement.<br><b>(Unchanged)</b>                                                |
| 20 | A20<br><br>C<br>D<br>A20T | I believe that I can learn to change my child's behavior<br><b><i>Jeg tror, at jeg kan lære at ændre mit barns adfærd</i></b><br>I think that I can learn to change my child's behaviour<br>I think that I can learn to change my child's behaviour.<br><b>(Unchanged)</b>                                                                                                                                                                                                                                                                                  |
| 21 | A21<br><br>C              | I am motivated to participate in my child's treatment each week<br><b><i>Jeg er motiveret til at deltage i mit barns behandling hver uge.</i></b><br>I am prepared (motivated/willing) to participate in my child's treatment each week                                                                                                                                                                                                                                                                                                                     |

|    |                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | D<br>A21T                     | I am motivated to participate in my child's treatment each week.<br><b>(Unchanged)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 22 | A22<br><br>C<br><br>D<br>A22T | Participation in this treatment is a top priority in my schedule and that of my child<br><b><i>Deltagelse i denne behandling har topprioritet i min og mit barns aktivitetsplanlægning.</i></b><br>Participation in this treatment programme is the main priority (has top priority) in the planning of my and my child's activities. Eller: Participation in this treatment programme has top priority when I am planning my and my child's activities<br>Participation in this treatment has top priority in my and my child's planned activities.<br><b>(Unchanged)</b> |
| 23 | A23<br><br>C<br>D<br>A23T     | I believe that I am capable of learning the skills needed to change my child's behavior<br><b><i>Jeg tror, at jeg er i stand til at lære de færdigheder, der er nødvendige for at ændre mit barns adfærd.</i></b><br>I believe that I can learn the necessary skills to change my child's behaviour<br>I believe that I am able to learn the skills that are necessary, enabling me to change my child's behaviour.<br><b>(Unchanged)</b>                                                                                                                                  |
| 24 | A24<br><br>C<br>D<br>A24T     | I look forward to learning new techniques for managing my child's behavior<br><b><i>Jeg ser frem til at lære nye teknikker hvormed jeg kan håndtere mit barns adfærd</i></b><br>I look forward to learning new techniques for handling my child's behaviour<br>I look forward to learning new techniques where by I can handle my child's behaviour<br><b>(Unchanged).</b>                                                                                                                                                                                                 |
| 25 | A25<br><br>C<br>D<br>A25T     | I am motivated to work with a therapist for one hour each week in order to change my own behavior<br><b><i>Jeg er motiveret til at arbejde med en terapeut en time hver uge for at ændre min egen adfærd.</i></b><br>I am prepared (motivated/willing) to work with a therapist for an hour a week in order to change my own behaviour<br>I am motivated in working with a therapist, for one hour each week, to change my own behaviour.<br><b>(Unchanged)</b>                                                                                                            |

## Appendix 3: The final questionnaire – Danish layout

### Vejledning:

Alle forældre, der modtager behandling sammen med deres børn, er forskellige. Hvor enig er du i de følgende udsagn, som vedrører din deltagelse i dit barns behandling? Dine besvarelser vil på ingen måde påvirke den behandling I modtager. Tak for din besvarelse.

|     |                                                                                                                           | Meget uenig                           | Uenig                                 | Neutral                               | Enig                                  | Meget enig                            |
|-----|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 1.  | Det er nødvendigt at mit barns adfærd snart bliver bedre.                                                                 | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 2.  | Jeg er villig til at arbejde med at ændre min egen adfærd i forbindelse med hvordan jeg håndterer mit barn                | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 3.  | Det er meget væsentligt for min families trivsel at mit barn ændrer sin adfærd                                            | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 4.  | Jeg er indstillet på at komme til konsultationer hver uge i flere måneder for at ændre mit barns adfærd.                  | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 5.  | Selvom hovedproblemet er mit barns adfærd, så mener jeg, at jeg skal komme til behandling hver uge.                       | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 6.  | Det er meget vigtigt for mit barns trivsel at han/hun ændrer sin adfærd.                                                  | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 7.  | Jeg er villig til at ændre mine nuværende opdragelsesteknikker og prøve nogle nye.                                        | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 8.  | Jeg tror at fordelene ved denne behandling vil være større end omkostningerne                                             | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 9.  | Jeg vil gerne have at mit barns adfærd ændrer sig                                                                         | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 10. | Jeg er villig til at prøve opdragelsesteknikker, selvom jeg ikke tror de virker                                           | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 11. | Jeg ønsker på nuværende tidspunkt at være involveret i mit barns behandling                                               | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 12. | Mit barn vil have mange negative oplevelser i sit liv, hvis ikke hans/hendes adfærd ændrer sig                            | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 13. | Jeg er motiveret til at udføre de teknikker, som jeg kommer til at lære i konsultationerne, sammen med mit barn derhjemme | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 14. | Jeg er overbevist om at mit barns adfærd ikke kan ændre sig uden min inddragelse i behandlingen                           | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 15. | Min familie vil have mange negative oplevelser, hvis mit barns adfærd ikke ændrer sig                                     | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 16. | Jeg er spændt på at deltage i behandlingen                                                                                | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 17. | Jeg tror at jeg ved at ændre min egen adfærd kan fremkalde ændring i mit barns adfærd                                     | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 18. | Jeg ønsker at mit barns adfærd skal blive bedre                                                                           | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 19. | Jeg er villig til at ændre den måde jeg belønner og straffer mit barn på, hvis dette vil medføre forbedring               | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |

|     |                                                                                                         | Meget uenig                           | Uenig                                 | Neutral                               | Enig                                  | Meget enig                            |
|-----|---------------------------------------------------------------------------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| 20. | Jeg tror, at jeg kan lære at ændre mit barns adfærd                                                     | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 21. | Jeg er motiveret til at deltage i mit barns behandling hver uge                                         | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 22. | Deltagelse i denne behandling har topprioritet i min og mit barns aktivitetsplanlægning                 | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 23. | Jeg tror, at jeg er i stand til at lære de færdigheder, der er nødvendige for at ændre mit barns adfærd | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 24. | Jeg ser frem til at lære nye teknikker hvormed jeg kan håndtere mit barns adfærd                        | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |
| 25. | Jeg er motiveret til at arbejde med en terapeut en time hver uge for at ændre min egen adfærd           | <input type="checkbox"/> <sub>1</sub> | <input type="checkbox"/> <sub>2</sub> | <input type="checkbox"/> <sub>3</sub> | <input type="checkbox"/> <sub>4</sub> | <input type="checkbox"/> <sub>5</sub> |