

Questionnaire of Unpredictability in Childhood (QUIC)
Glynn et al., (2019)

Instructions and Items:

This set of questions asks about your childhood experiences. When we say parents, we mean whoever in your life fills that role for you (e.g. biological parents, step parents, grandparents, foster parents). This could be one person, or this could be multiple people.

Please list those people's relationship to you below:

First, we are going to ask about a specific part of your childhood, which is when you were less than 12 years old. These answers should be based on your own memories prior to the age of 12, not on things you later learned from your parents or others.

Please answer these questions based on your typical or average experiences.

Typical or average experiences from earliest <u>memory to age 12</u>...	Yes	No
1. I had a set morning routine on school days (i.e., I usually did the same thing each day to get ready).	1	0
2. My parents were often late to pick me up (e.g. from school, aftercare or sports).	1	0
3. My parents kept track of what I ate (e.g., made sure that I didn't skip meals or tried to make sure I ate healthy food).	1	0
4. My family ate a meal together most days.	1	0
5. My parents tried to make sure I got a good night's sleep (e.g., I had a regular bed time, my parents checked to make sure I went to sleep).	1	0
6. I had a bedtime routine (e.g., my parents tucked me in, my parents read me a book, I took a bath).	1	0
7. In my afterschool or free time hours at least one of my parents knew what I was doing.	1	0
8. I usually knew when my parents were going to be home.	1	0
9. At least one of my parents regularly checked that I did my homework.	1	0

Now we are going to ask you about your experiences from birth to age 18 (or your whole life, if you are less than 18 years old). Again, this should be based on your own memories prior to the age of 18, not on things you later learned from your parents or others.

Please answer these questions based on your typical or average experiences.

Typical or average experiences from <u>earliest memory to age 18</u>...	Yes	No
10. At least one of my parents regularly kept track of my school progress.	1	0
11. At least one of my parents had punishments that were unpredictable.	1	0
12. I often wondered whether or not one of my parents would come home at the end of the day.	1	0
13. There were often people coming and going in my house that I did not expect to be there.	1	0
14. At least one parent made time each day to see how I was doing.	1	0
15. My family planned activities to do together.	1	0
16. At least one of my parents would plan something for the family, but then not follow through with the plan.	1	0
17. My family had holiday traditions that we did every year (e.g., cooking a special food at a particular time of year/decorate the house the same way).	1	0
18. There was a long period of time when I didn't see one of my parents (e.g. military deployment, jail time, custody arrangements).	1	0
19. I experienced changes in my custody arrangement.	1	0
20. I moved frequently.	1	0
21. At least one of my parents changed jobs frequently.	1	0
22. There were times when one of my parents was unemployed and couldn't find a job even though he/she wanted one.	1	0
23. There was a period of time when I often worried that I was not going to have enough food to eat.	1	0
24. There was a period of time when I often worried that my family would not have enough money to pay for necessities like clothing or bills.	1	0
25. There was a period of time when I did not feel safe in my home.	1	0
26. I changed schools frequently.	1	0

Typical or average experiences from <u>earliest memory to age 18...</u>	Yes	No
27. I changed schools mid-year.	1	0
28. My parents had a stable relationship with each other.	1	0
29. My parents got divorced.	1	0
30. At least one of my parents had many romantic partners.	1	0

For the next set of questions, we are asking if this is true for at least one of your parents. **Please answer these questions based on your typical or average experiences.**

Typical or average experiences from <u>earliest memory to age 18...</u>	Yes	No
31. At least one of my parents was disorganized.	1	0
32. At least one of my parents was unpredictable.	1	0
33. For at least one of my parents, when they were upset I did not know how they would act.	1	0
34. One of my parents could go from calm to furious in an instant.	1	0
35. One of my parents could go from calm to stressed or nervous in an instant.	1	0

For the next set of questions, we are asking about your household. If you lived in more than one household, please answer about the household in which you spent the most time. **Please answer these questions based on your typical or average experiences.**

Typical or average experiences from <u>earliest memory to age 18...</u>	Yes	No
36. I lived in a clean house.	1	0
37. I lived in a cluttered house (e.g., piles of stuff everywhere).	1	0
38. In my house things I needed were often misplaced so that I could not find them.	1	0

Scoring Information:

The QUIC consists of an overall score and five separate subscale scores. Higher scores indicate more exposure to unpredictability in childhood. To obtain the overall score or subscale scores, reverse score select items (indicated by an R after the item number) and then calculate the sum of the items in each scale:

Parental monitoring and involvement = $1R + 3R + 4R + 5R + 6R + 7R + 9R + 10R + 14R$

Parental predictability = $2 + 8R + 11 + 12 + 15R + 16 + 17R + 31 + 32 + 33 + 34 + 35$

Parental environment = $18 + 19 + 21 + 22 + 28R + 29 + 30$

Physical environment = $13 + 20 + 26 + 27 + 36R + 37 + 38$

Safety and security = $23 + 24 + 25$

Overall = Sum of all subscales.