

**Self-Report (12+)**

**Questionnaire of Unpredictability in Childhood – Brief (QUIC-5)**

**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.

We are going to ask about your experiences from birth to age 18 (or your whole life, if you are less than 18 years old). These answers should be based on your own memories, not on things you later learned from your parents or others.

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

	<b>Yes</b>	<b>No</b>
1. Before age 12, I had a bedtime routine (e.g., my parents tucked me in, my parents read me a book, I took a bath).	<b>1</b>	<b>0</b>
2. At least one of my parents was unpredictable.	<b>1</b>	<b>0</b>
3. One of my parents could go from calm to furious in an instant.	<b>1</b>	<b>0</b>
4. My parents had a stable relationship with each other.	<b>1</b>	<b>0</b>
5. In my house, things I needed were often misplaced so that I could not find them.	<b>1</b>	<b>0</b>

**Scoring Information:**

The QUIC-5 Self-Report (12+) consists of a single score. A higher score indicates more exposure to unpredictability in childhood. To obtain the score, reverse score select items (indicated by an R after the item number) and then calculate the sum of the items:

$$\text{QUIC-5 Score} = 1R + 2 + 3 + 4R + 5$$

**References:**

Glynn, L.M., Stern, H.S., Howland, M.A., Risbrough, V.B., Baker, D.G., Nievergelt, C.M., Baram, T.Z., & Davis, E.P. Measuring novel antecedents of mental illness: The Questionnaire of Unpredictability in Childhood. *Neuropsychopharmacology*. 44, 876–882 (2019). doi: 10.1038/s41386-018-0280-9.

Lindert, N.G., Maxwell, M.Y., Liu, S.R., Stern, H.S., Baram, T.Z., Davis, E.P., Risbrough, V.B., Baker, D.G., Nievergelt, C.M., & Glynn, L.M. Exposure to unpredictability and mental health: Validation of the brief version of the Questionnaire of Unpredictability in Childhood (QUIC-5) in English and Spanish. *Frontiers in Psychology*. 13:971350 (2022). doi: 10.3389/fpsyg.2022.971350.