

Family Climate Questionnaire (FCQ): Adult and older adult Short Form

Name _____ date _____ / _____ / _____

Look back to how you grew up in your family. Please rate how much you feel to each item. 1= not at all 2 = some 3 = often 4 = almost always

	1	2	3	4	5
1A	Mom likes to help me (cheer me up)	Mom makes me laugh.	Mom recognizes how I feel	When being with mom, I feel relaxed.	Mom is available for me.
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
1B	Dad likes to help me (cheer me up)	Dad makes me laugh.	Dad recognizes how I feel.	When being with dad, I feel relaxed.	Dad is available for me.
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
2A	Mom responds to what I need.	Mom helps me when I request.	I am comfortable being with mom.	Mom makes me enthusiastic.	Mom is seriously concerned about me.
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
2B	Dad responds to what I need.	Dad helps me when I request.	I am comfortable being with dad.	Dad makes me enthusiastic.	Dad is seriously concerned about me.
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
3A	Mom does not care about me.	I am confused about what mom wants.	Mom does not allow me enough privacy	I feel mom is disorganized.	I feel that mom is near me but not close to me.
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
3B	Dad does not care about me.	I am confused about what dad wants.	Dad does not allow me enough privacy.	I feel dad is disorganized.	I feel that dad is near me but not close to me.
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
4A	Being with mom, I do not have enough time and space for myself.	Mom does not tell how good or bad I behave.	Mom is restrictive towards me.	I feel mom is unpredictable.	I am lonely even when with mom.
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
4B	Being with dad, I do not have enough time and space for myself.	Dad does not tell how good or bad I behave.	Dad is restrictive towards me.	I feel dad is unpredictable.	I am lonely even when with dad.
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4

Overall, how do you feel about family climate, please circle the number corresponding to your feeling in each item?

item	Warm-relaxing	Assisting, Helping	Vivacious, fun, enjoyable	Sensitive, empathic	Overinvolved, controlling
Score	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
	Ignoring, distant	Chaotic, disorganized	Lonesome		
Score	1 2 3 4	1 2 3 4	1 2 3 4		

* could be a significant other (female) who taking care of you , ** could be a significant other (male) who taking care of you