This questionnaire asks for your current opinion on child-raising. Please read each statement carefully and circle the option that best fits your opinion. Please answer as per your true opinion.

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| 1: Definitely not true　2: Not true　3: Rather not true　4: Neither　5: Rather true　6: True　7: Definitely true |
| 1. I can do anything for my child that he needs.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. There is someone who helps my child when he/she is in trouble.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. I have someone who I can talk to about child-raising. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. I can figure out the reason behind my child’s trouble. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. There are people who would help my child in the future. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I’m aware of my child’s traits.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I’m worried about raising my child without anyone’s opinion.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. I enjoy talking to and playing with my child.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. I know what my child is best suited for.

(e.g., school subjects, play, and jobs). | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. I have no choice but to raise my child all alone. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. I have better knowledge of children’s behavior and traits than others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. I value interactions with my child.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. My child makes me feel energized.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. I know what my child will do in the future. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. I know what my child is not good at. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I have someone who I can trust my child with.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Score

Knowledge of the child’s characteristics

Item 4, 6, 9, 11, 14, 15
Mean:

Perceived social supports

Item 2, 3, 5, 7(r), 10(r), 16
Mean:

Positive perceptions of parenting:

Item 1, 8, 12, 13
Mean:

Parenting Resilience

All items

Mean:

r = reverse i.e., 1→7, 2→6, 3→5, 4→4, 5→3 6→2, 7→1