

OUTBURST MONITORING SCALE-PARENT VERSION

Child's Name: _____ Child's Sex: M F Child's Date of Birth: _____

Your Name: _____ Your Relationship to Child: _____ Today's Date _____

How Familiar Are You With This Child's Behavior During the Past Week? Very Somewhat Not Very Not at All

Instructions: Please answer the following questions based on this Child's behavior during the LAST WEEK. Please circle your answers, and answer all questions (make your best guess if you are uncertain).	Never (Not At All)	Rarely (1-2 times total during the week)	Sometimes (3-6 times Total during the week)	Often (1-2 times in a typical day)	Very Often (3 or more times in a typical day)
1. Shouted, cursed, or insulted people, but with a reasonable cause.	0	1	2	3	4
2. Shouted, cursed, or insulted people, but more than the people (or situation) deserved.	0	1	2	3	4
3. Really blew up at someone (shouting or cursing) with a lot of hate or Anger.	0	1	2	3	4
4. Threatened to hurt someone.	0	1	2	3	4
5. Slammed a door, ripped clothing, or knocked something over Because angry or upset.	0	1	2	3	4
6. Physically threw or hit/kicked things (not people) because angry or upset.	0	1	2	3	4
7. Broke or smashed things because angry or upset.	0	1	2	3	4
8. Threw or destroyed things while trying to hurt people (e.g., threw things as people in order to hurt them; set fires).	0	1	2	3	4
9. Hit or picked at self (e.g., picked/scratched skin, pulled out hair, or hit self without causing injury) because angry or upset.	0	1	2	3	4
10. Threw self into objects (banged head, hit walls with fists, threw self on floor) because angry or upset.	0	1	2	3	4
11. Injured (cut, bruised, burned, etc.) self because angry or upset.	0	1	2	3	4
12. Seriously hurt or tried to kill self.	0	1	2	3	4
13. Acted like s/he was about to start a fight, pushed, raised fists, took a swing because angry or upset	0	1	2	3	4
14. Got into a fight involving punching, pushing, scratching, kicking or pulling hair.	0	1	2	3	4
15. Got into a fight and caused some mild injuries (bruises, sprains, welts, etc.).	0	1	2	3	4
16. Got into a fight and caused serious injury (fracture, loss of teeth, deep cut, loss of consciousness).	0	1	2	3	4
17. Shouted at, cursed at, or insulted an adult or authority (teacher, coach, parent).	0	1	2	3	4
18. Physically threatened an adult or authority (either by action or words).	0	1	2	3	4
19. Physically pushed, shoved or hit and adult authority	0	1	2	3	4
20. Deliberately threatened or tried to harm self.	0	1	2	3	4