

Name (or Unique ID): _____ Date: _____

Circle one: Pre-survey / Post-survey

Name of Organization/Location: _____

Name of Facilitator: _____

Please circle or write your answer. Circle only one answer.

Part A – About You

1. What is your age? _____
2. Are you a mother? (*Circle one*)
 - a. Yes
 - b. No
3. What is your current marital status? (*Circle one*)
 - a. Married
 - b. Single/Never Married
 - c. Divorced
 - d. Separated
 - e. Widow
4. What is your race? (*Circle one*)
 - a. White
 - b. Black
 - c. Hispanic/Latino
 - d. Asian
 - e. Native American
 - f. Other _____
5. Circle the highest level of school you finished. (*Circle one*)
 - a. Grade School
 - b. Middle School/Junior High School
 - c. High School/GED
 - d. College
 - e. Graduate School
6. Have you attended a training/trade school? (*Circle one*)
 - a. No
 - b. Yes, Vocational
 - c. Yes, Technical
 - d. Yes, Business
 - e. Yes, Other _____
7. How many children do you have? (*Circle one*)
 - a. 1
 - b. 2
 - c. 3
 - d. 4
 - e. 5
 - f. 6 or more

—continued

Part B – About Your Relationship with the Father of Your Children

There are 15 statements below about your relationship with the father of your children. After you read each statement, tell us the degree to which you Agree or Disagree with each statement by circling one of the answers.

SA - Strongly Agree
Circle SA if you agree with the statement most or all of the time.

A - Agree
Circle A if you agree with the statement some of the time.

N - Neutral
Circle N when you can't decide whether you agree or disagree.

D - Disagree
Circle D if you disagree with the statement some of the time.

SD - Strongly Disagree
Circle SD if you disagree with the statement most or all of the time.

When things are not going well for me, I am confident that I can:

1. Have a good relationship with the father of my children.

SA A N D SD

2. Stay calm when I talk with the father of my children.

SA A N D SD

3. See things from the point of view of the father of my children.

SA A N D SD

4. Get my point across to the father of my children.

SA A N D SD

5. Let go of the **unrealistic** expectations I have of the father of my children.

SA A N D SD

6. Let go of the **realistic** expectations I have of the father of my children.

SA A N D SD

7. Let go of the situations over which I have no control.

SA A N D SD

8. Let go of the issues of control I have in the relationship with the father of my children.

SA A N D SD

9. Do a good job of handling conflict between me and the father of my children.

SA A N D SD

10. Control my emotions when talking about a difficult situation with the father of my children.

SA A N D SD

11. Create a safe emotional environment when talking with the father of my children about a difficult situation.

SA A N D SD

12. Increase the amount of trust that the father of my children has in me.

SA A N D SD

13. Care about what the father of my children wants when talking with him about a difficult situation.

SA A N D SD

14. Share my point of view with compassion when talking with the father of my children about a difficult situation.

SA A N D SD

15. Respect the father of my children when talking with him about a difficult situation.

SA A N D SD

—continued

Part C – Your Knowledge about Mother-Father Relationships

Circle the answer that best completes the statement or answers the question. Select only one answer for each statement or question.

1. When I expect something of someone, it means that I _____ that the person will say certain things or act in certain ways.
 - a. know
 - b. was told by someone
 - c. guarantee
 - d. anticipate
 - e. none of the above
 - f. I'm not sure
2. How do the unrealistic expectations you have of men affect your relationships with men?
 - a. They harm my relationships with men.
 - b. They help my relationships with men.
 - c. They warn me about the harm men might cause me.
 - d. They don't affect my relationships with men.
 - e. b and c
 - f. None of the above
 - g. I'm not sure
3. The unspoken rules in my life _____ my behavior.
 - a. cause
 - b. result from
 - c. guide
 - d. are
 - e. none of the above
 - f. I'm not sure
4. Every rule has _____.
 - a. a behavior
 - b. a lesson
 - c. a consequence
 - d. an attitude
 - e. a and b
 - f. none of the above
 - g. I'm not sure
5. The unrealistic expectations I have of my children's father are _____.
 - a. his fault
 - b. my fault
 - c. no one's fault
 - d. fair
 - e. unfair
 - f. none of the above
 - g. I'm not sure

—continued

6. Which statement below best describes what a mother wants when she tries to control the relationship with the father of her children?
- to hold him in check
 - to win most of the arguments
 - to get the children on her side in an argument
 - to make him feel worthless
 - b and d
 - none of the above
 - I'm not sure
7. How a mother and father handle _____ in their relationship has a lot to do with whether their relationship is successful.
- sex
 - conflict
 - issues with money (finances)
 - raising their children
 - none of the above
 - I'm not sure
8. Your relationship with the father of your children is like a _____ for the relationships your children will form during their lives.
- stop sign
 - warning
 - power source
 - blueprint
 - none of the above
 - I'm not sure
9. What causes problems in communication between a mother and father over time?
- different communication styles
 - poor patterns of communication
 - they hate each other
 - they come from different backgrounds
 - none of the above
 - I'm not sure
10. Which of the following skills can you use to improve the communication between you and the father of your children?
- Choose → Prepare → Release → Relate
 - Release → Prepare → Choose → Pause
 - Prepare → Pause → Think → Choose
 - Think → Prepare → Choose → Pause
 - None of the above
 - I'm not sure
11. One of the best skills I can use to improve the relationship with the father of my children is:
- make deposits in his Emotional Money Market Account®.
 - make deposits in his Emotional Retirement Account®.
 - make withdrawals from my Emotional Money Market Account®.
 - make withdrawals from my Emotional Bank Account®.
 - make deposits in his Emotional Bank Account®.
 - none of the above
 - I'm not sure

—continued

12. Another one of the best skills I can use to improve the relationship with the father of my children is to create:
- a. Mutual Purpose and Mutual Respect
 - b. Mutual Understanding and Mutual Goals
 - c. Common Goals and Common Views
 - d. Common Values and Common Attitudes
 - e. None of the above
 - f. I'm not sure
13. Four (4) of the best skills I can use to better understand the points of view of the father of my children are to _____, _____, _____, and _____ **after he shares them.**
- a. ask, question, agree, and paraphrase
 - b. reflect, release, relate, and agree
 - c. ask, mirror, paraphrase, and prime
 - d. question, prime, reflect, and release
 - e. none of the above
 - f. I'm not sure

14. Which of the following "3 Cs" can you use to effectively communicate your views to the father of your children?
- a. calm, cool, collected
 - b. candid, collected, cooperative
 - c. creative, cooperative, comfortable
 - d. calm, confident, compassion
 - e. none of the above
 - f. I'm not sure

—continued

Part D –Your Attitudes about Mother-Father Relationships

There are 15 statements about fathering below. After you read each statement, tell us the degree to which you Agree or Disagree with each statement by circling one of the answers.

SA - Strongly Agree
Circle SA if you agree with the statement most or all of the time.

A - Agree
Circle A if you agree with the statement some of the time.

N - Neutral
Circle N when you can't decide whether you agree or disagree.

D - Disagree
Circle D if you disagree with the statement some of the time.

SD - Strongly Disagree
Circle SD if you disagree with the statement most or all of the time.

1. A good mother has a good relationship with the father of her children.

SA A N D SD

2. A good mother does not work with the father of her children when he won't work with her.

SA A N D SD

3. A father's role in the life of his child can be replaced by the **child's mother**.

SA A N D SD

4. A father's role in the life of his child cannot be replaced by **another man**.

SA A N D SD

5. A good mother does not let go of realistic expectations she has for the father of her children.

SA A N D SD

6. A good mother admits that she has a role in causing poor communication with the father of her children.

SA A N D SD

7. A good mother can control her emotions when communicating with the father of her children.

SA A N D SD

8. A good mother focuses on what she wants for herself and her children more than she focuses on what the father of her children wants.

SA A N D SD

9. It is the father's job more than it is the mother's job to create a safe environment in which to communicate.

SA A N D SD

10. As long as one parent respects the other parent, it isn't necessary for effective communication that both parents respect each other.

SA A N D SD

11. If a mother points out a mistake that a father made, it is a sign of disrespect for the father.

SA A N D SD

12. A good mother asks the father what he wants when she communicates with him.

SA A N D SD

13. When a mother and father have an issue between them and cannot agree on the same outcome, they should keep talking rather than walk away and try again later.

SA A N D SD

—continued

14. When talking about a difficult situation between them, a good mother shares her view first before asking the father for his view.

SA A N D SD

15. When talking about a difficult situation between them, a good mother knows that it is not her job to help the father share his view.

SA A N D SD



Date of Pre-survey: _____ Person Scoring: _____

Date of Post-survey: _____ Person Scoring: _____

Location of Program: _____

Read the *Understanding Dad™ Survey Scoring Instructions* before you complete this worksheet. Use the same worksheet for pre-survey and post-survey answers given by moms on the *Understanding Dad™ Survey* to calculate the frequency (N) and percentage (%) of responses and to determine whether the demographic profile of the group changed during the course of the program (Part A). Use the remainder of this worksheet to gauge the impact of the program on moms' pro-relationship self-efficacy/skills (Part B), knowledge (Part C), and attitudes (Part D).

PART A - ABOUT YOU (N = number of mothers; % = percentage of group)

	PRE-SURVEY		POST-SURVEY	
1. Age				
a. 13 - 19	N _____	% _____	N _____	% _____
b. 20 - 29	N _____	% _____	N _____	% _____
c. 30 - 39	N _____	% _____	N _____	% _____
d. 40 - 49	N _____	% _____	N _____	% _____
e. 50 - 59	N _____	% _____	N _____	% _____
f. 60 or over	N _____	% _____	N _____	% _____
2. Are you a mother?				
a. Yes	N _____	% _____	N _____	% _____
b. No	N _____	% _____	N _____	% _____
3. Marital Status				
a. Married	N _____	% _____	N _____	% _____
b. Single/Never Married	N _____	% _____	N _____	% _____
c. Divorced	N _____	% _____	N _____	% _____
d. Separated	N _____	% _____	N _____	% _____
e. Widow	N _____	% _____	N _____	% _____
4. Race				
a. White	N _____	% _____	N _____	% _____
b. Black	N _____	% _____	N _____	% _____
c. Hispanic/Latino	N _____	% _____	N _____	% _____
d. Asian	N _____	% _____	N _____	% _____
e. Native American	N _____	% _____	N _____	% _____
f. Other	N _____	% _____	N _____	% _____

PRE-SURVEY

POST-SURVEY

5. Highest School Level Completed

- | | | | | |
|-------------------------------------|---------|---------|---------|---------|
| a. Grade School | N _____ | % _____ | N _____ | % _____ |
| b. Middle School/Junior High School | N _____ | % _____ | N _____ | % _____ |
| c. High School/GED | N _____ | % _____ | N _____ | % _____ |
| d. College | N _____ | % _____ | N _____ | % _____ |
| e. Graduate School | N _____ | % _____ | N _____ | % _____ |

6. Training School Attended

- | | | | | |
|---------------|---------|---------|---------|---------|
| a. None | N _____ | % _____ | N _____ | % _____ |
| b. Vocational | N _____ | % _____ | N _____ | % _____ |
| c. Technical | N _____ | % _____ | N _____ | % _____ |
| d. Business | N _____ | % _____ | N _____ | % _____ |
| e. Other | N _____ | % _____ | N _____ | % _____ |

7. Number of Children

- | | | | | |
|--------------|---------|---------|---------|---------|
| a. 1 | N _____ | % _____ | N _____ | % _____ |
| b. 2 | N _____ | % _____ | N _____ | % _____ |
| c. 3 | N _____ | % _____ | N _____ | % _____ |
| d. 4 | N _____ | % _____ | N _____ | % _____ |
| e. 5 | N _____ | % _____ | N _____ | % _____ |
| f. 6 or more | N _____ | % _____ | N _____ | % _____ |

PART B – ABOUT YOUR RELATIONSHIP WITH THE FATHER OF YOUR CHILDREN

Pre-survey Score	Mom's Name, ID Number, or Other Identification	Post-survey Score	Gain Score
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____
11. _____	_____	_____	_____
12. _____	_____	_____	_____
13. _____	_____	_____	_____
14. _____	_____	_____	_____
15. _____	_____	_____	_____
16. _____	_____	_____	_____
17. _____	_____	_____	_____
18. _____	_____	_____	_____
19. _____	_____	_____	_____
20. _____	_____	_____	_____
Totals: _____		_____	_____
Average: _____		_____	_____

PART C – YOUR KNOWLEDGE ABOUT MOTHER-FATHER RELATIONSHIPS

Pre-survey Score	Mom's Name, ID Number, or Other Identification	Post-survey Score	Gain Score
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____
11. _____	_____	_____	_____
12. _____	_____	_____	_____
13. _____	_____	_____	_____
14. _____	_____	_____	_____
15. _____	_____	_____	_____
16. _____	_____	_____	_____
17. _____	_____	_____	_____
18. _____	_____	_____	_____
19. _____	_____	_____	_____
20. _____	_____	_____	_____
Totals: _____		_____	_____
Average: _____		_____	_____

PART D – YOUR ATTITUDES ABOUT MOTHER-FATHER RELATIONSHIPS

Pre-survey Score	Mom's Name, ID Number, or Other Identification	Post-survey Score	Gain Score
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____
11. _____	_____	_____	_____
12. _____	_____	_____	_____
13. _____	_____	_____	_____
14. _____	_____	_____	_____
15. _____	_____	_____	_____
16. _____	_____	_____	_____
17. _____	_____	_____	_____
18. _____	_____	_____	_____
19. _____	_____	_____	_____
20. _____	_____	_____	_____
Totals: _____		_____	_____
Average: _____		_____	_____

SCORING: PART C

The following list of answers are the correct answers to Part C — Your Knowledge About Mother-Father Relationships of the *Understanding Dad™ Survey*. (Instructions for how to score Parts B and D appear later in these instructions.) This section of the survey measures the impact of the program on moms' pro-relationship knowledge of subjects covered in the curriculum. Compare each mom's answers with the correct answers. Mark each question answered correctly on the survey by using a "C." Count the number of "Cs" and place the number on the front page of the survey next to the mom's name or, if you use one, her ID number.

CORRECT ANSWERS: PART C

- | | |
|------|-------|
| 1. D | 8. D |
| 2. A | 9. B |
| 3. C | 10. C |
| 4. C | 11. E |
| 5. E | 12. A |
| 6. A | 13. C |
| 7. B | 14. D |

Use Part A of the *Understanding Dad™ Survey Scoring Worksheet* to compile the demographic profile of the group at the start and end of the program. Record the number (N) of moms who provided each answer to the questions (from Part A — About You) in the Pre-Survey and Post-Survey columns and blanks and calculate the percentage of the group that provided each answer.

Use Part B of the *Understanding Dad™ Survey Scoring Worksheet* to record the pre-survey and post-survey scores of the moms. Place the names of the moms on the center line. Record the number of correct pre-survey answers (completed during the first session) in the column to the left of the name and the number of correct post-survey answers (completed during the last session) in the column to the immediate right of the name. The column to the extreme right labeled **Gain Score** will tell you how many more questions the moms answered correctly. To calculate the gain score, identify the number of correct pre-survey answers and the

number of correct post-survey answers. Subtract the pre-survey score from the post-survey score to get the gain score.

EXAMPLE:

	Pre-survey	Post-survey	Gain
a. Evelyn	10	10	0
b. Susan	12	11	-1
c. Jillian	8	14	+6
d. Tamesha	11	14	+3

If the pre-survey and post-survey scores show no gain (example a.), then record the number 0. If the scores show a gain (examples c. & d.), place a positive sign (+) before the number. If the scores show a loss (example b.), place a negative sign (-) before the number. Add up the pre-survey scores, post-survey scores, and gain scores to show average group scores. Using the example scores:

TOTALS

Pre-survey	Post-survey	Gain Score
41	49	8

AVERAGE

(Divide by number of tests = 4)

Pre-survey	Post-survey	Gain Score
10.25	12.25	2

The average pre-survey score was 10.25. The average post-survey score was 12.25. The group, overall, gained an average of two correct answers per mom.

SCORING: PARTS B AND D

Scoring Part B — About Your Relationship with the Father of Your Children and Part D — Your Attitudes About Mother-Father Relationships is different than scoring Part B because there are no "correct" responses. These sections of the survey measure moms' level of agreement with a series of statements; consequently, their answers are neither right nor wrong. It is preferable, however, that they agree or strongly agree or disagree or strongly disagree with certain statements based on the intended impact of the program.

Part B measures self-efficacy in some of the most critical pro-relationship skills (moms' belief in their ability to perform specific skills) taught in the curriculum. Moms' responses to each of these statements should trend toward greater/stronger agreement at the end of the program compared to before they started the program.

Part D measures some of the most critical pro-relationship attitudes that the program addresses. Depending on the wording of the statement, moms' responses should trend toward greater agreement or disagreement at the end of the program compared to before they started the program. The preferred direction of movement in moms' responses for each statement appears below.

(A = Strongly Agree or Agree; D = Strongly Disagree or Disagree)

PREFERRED RESPONSES: PART D

- | | |
|------|-------|
| 1. A | 9. D |
| 2. D | 10. D |
| 3. D | 11. D |
| 4. A | 12. A |
| 5. D | 13. D |
| 6. A | 14. D |
| 7. A | 15. D |
| 8. D | |

To score Parts B and D for an entire group of moms, convert the moms' answers on the "agree" statements to numbers as follows: Strongly Agree = 5, Agree = 4; Neutral = 3; Disagree = 2; Strongly Disagree = 1. Reverse the scoring in Part D on the "disagree" statements: Strongly Disagree = 5; Disagree = 4; Neutral = 3; Agree = 2; Strongly Agree = 1.

Next, add the numbers for each statement to arrive at a total score for the group and divide the score by the number of moms in the group to arrive at an average score for each statement.

Ideally, the average score for each statement in Part B and Part D should be higher after the moms complete the program than before they started it. The Gain Score for each statement is the difference between the average score of the moms before they started the program and the average score after they complete it.

To calculate the average score for the entire group for each of these parts of the survey (i.e. all of the statements combined), add the total scores for each statement and divide by the number of statements in each part of the

survey. Compare the average score for the group before the moms started the program to their scores after they started it to arrive at the Gain Score for each part of the survey.

INTERPRETATION

This analysis of moms' progress during the program is not an academic/scientific analysis in which you will be able to determine a statistically significant effect of the program. If you want an academic assessment, you will need to work with an experienced program evaluator to design a study that will provide that kind of analysis. This analysis, however, is an easy way to determine whether the knowledge, self-efficacy (skills), and attitudes of each mom and the group as a whole improved since the start of the program.

After you arrive at scores for the group, review with the moms the overall concepts the group knew and the concepts the group needs to work on. Avoid sharing the results in such a way that the moms will infer that they somehow "failed" as individuals or as a group. Share instead in a way that highlights strengths that they developed as a consequence of the program that the survey results reflect, and note areas that need improvement.

Use the results of the survey to improve your facilitation of the program. If you find, for example, that the moms didn't improve in a certain area as much as you'd like (e.g. knowledge as reflected in Part B), reflect on what you can do to better facilitate that area of the program. Ask questions, such as:

- **Did I cover that information adequately?**
- **Did I skip over that information?**
- **Is there additional information I can give moms that will help them to more effectively understand that area?**

The bottom line is to use the results to make you a better facilitator of the Understanding Dad™ program.

Final Note: Taking an assessment/survey can intimidate some moms. Be sensitive to this issue and support moms in their efforts to learn better ways to interact and communicate with the fathers of their children.