

## PARENTAL PHUBBING SCALE (PPS) – English version

### Instructions (PPS-Mother).

Think about the time you spend with your MOTHER (or the person who takes her place). How often do you find yourself in the following situations?

*(If your mother does NOT have a smartphone or an old-generation mobile phone, answer NEVER to all questions.)*

	Never	Rarely	Sometimes	Often	Always
During a typical mealtime that we spend together, she pulls out and checks her smartphone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
She places her smartphone where she can see it when we are together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
She keeps her smartphone in her hand when she is with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When her smartphone rings or beeps, she pulls it out even if we are in the middle of a conversation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
She get distracted by the smartphone when we do something together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During leisure time that we spend together, she pays more attention to her smartphone than to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If there is a lull in our conversation, she will check her smartphone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Instructions (PPS-Father).

Think about the time you spend with your FATHER (or the person who takes his place). How often do you find yourself in the following situations?

*(If your father does NOT have a smartphone or an old-generation mobile phone, answer NEVER to all questions.)*

	Never	Rarely	Sometimes	Often	Always
During a typical mealtime that we spend together, he pulls out and checks his smartphone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
He places his smartphone where he can see it when we are together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
He keeps his smartphone in his hand when he is with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When his smartphone rings or beeps, he pulls it out even if we are in the middle of a conversation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
He get distracted by the smartphone when we do something together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During leisure time that we spend together, he pays more attention to his smartphone than to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If there is a lull in our conversation, she/he will check her/his smartphone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## **Scoring Instructions**

The PPS allows for the calculation of a phubbing score for each parent (PPS-Mother and PPS-Father), as well as a global score reflecting the overarching factor of parental phubbing. Each score is obtained by averaging the items that load onto it. No items are reverse-scored.

## **Reference**

Pancani, L., Gerosa, T., Gui, M., & Riva, P. (2021). “Mom, dad, look at me”: The development of the Parental Phubbing Scale. *Journal of Social and Personal Relationships*, 38(2), 435-458. doi: 10.1177/0265407520964866