

Parental Interoception Questionnaire (PIQ) 2025

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- Appropriate citation is provided
- Any modifications by the users are clearly identified

If you modify the questionnaire for your research (including translations) please let us know for our records.

PIQ Scoring Instructions

1. Reverse-code items marked with (R): items 7, 15, 16, 20, 21, and 22.
1 = 5 2 = 4 3 = 3 4 = 2 5 = 1
2. Obtain mean scores for each subscale.
 - a. Attention: items 1, 2, 3, 4, 5, 6, and 7(R)
 - b. Epistemic Attitudes (EA): items 8, 9, 10, and 11
 - c. Trust and Self-Efficacy (Trust): items 12, 13, and 14
 - d. Regulation: items 15(R), 16(R), 17, 18, and 19
 - e. Linking: items 20(R), 21(R), 22(R), 23, and 24
3. Obtain the overall mean score (all items).

In this questionnaire, each question refers to possible situations where parents may notice, understand, or respond to their child's bodily sensations and bodily signals. These terms mean very similar things: the term **“bodily sensations”** means things like pain after a fall or due to illness, itching due to fabrics or allergies, pleasant touch by stroking or hugging a soft toy, hunger, thirst, feeling full and content after being fed, feeling fatigued or energised, feeling hot or cold, sweating related to being hot or being anxious, etc. The term **“bodily signals”** means signals related to the inside of the body, such as the beating heart, being out of breath after strenuous exercise or after a fearful experience, signals related to digestion, signals related to needing to go to the toilet, or needing to sleep, red burning cheeks when feeling shy, etc.

Please read each statement carefully and indicate how much you agree or disagree that it applies to you generally in daily life. Remember that there are no right or wrong answers.

	1	2	3	4	5
	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
1. I can return my attention to my child's bodily signals (e.g., heartrate, breathing, red cheeks) if I am distracted.	1	2	3	4	5
2. I can refocus my attention from my own thoughts to understanding my child's bodily needs.	1	2	3	4	5
3. I can switch my attention between my child's various bodily sensations (e.g., if they're getting hot while eating).	1	2	3	4	5
4. I notice when my child is experiencing pleasant sensations in their body (e.g., they are comfortable or enjoying being stroked).	1	2	3	4	5
5. I can pay some attention to my child's bodily sensations (e.g., if they feel comfortable, are feeling hot or cold, are in pain) even when there is a lot going on around me/us.	1	2	3	4	5
6. When I am in conversation with someone, every now and then I switch my attention to my child's bodily needs to make sure everything is alright.	1	2	3	4	5
7. I don't usually notice tension in my child's body unless other people react to it.	1	2	3	4	5
8. I frequently observe my child's body to inform me about what they need.	1	2	3	4	5
9. Observing my child's body signals (e.g., heart rate) helps me understand them better.	1	2	3	4	5
10. I regularly observe my child's body signals (e.g., breathing, bodily tension) to obtain information about their emotional state.	1	2	3	4	5
11. I usually observe my child's body signals to obtain information about how their body may feel.	1	2	3	4	5
12. I am confident that my child's body will let me know what is good for them.	1	2	3	4	5
13. I am confident that my child's body signals will let me know if something is wrong with them.	1	2	3	4	5

Please read each statement carefully and indicate how much you agree or disagree that it applies to you generally in daily life. Remember that there are no right or wrong answers.

	1	2	3	4	5
	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
14. I am confident that my baby's body/body signals will communicate important/helpful information.	1	2	3	4	5
15. I find it difficult to soothe my child when they are ill.	1	2	3	4	5
16. When my child is uncomfortable in their body (e.g., is tense, has tummy ache), I find it difficult to help them feel better.	1	2	3	4	5
17. I find it easy to soothe my child when they're upset.	1	2	3	4	5
18. When my child is not feeling well in their body, I find it easy to soothe them.	1	2	3	4	5
19. When I sense my child has a fast heartbeat, I can think of different solutions to help them regulate it.	1	2	3	4	5
20. I have difficulty making sense of my child's emotions unless their body signals are very strong.	1	2	3	4	5
21. I have difficulty making sense of my child's body signals unless they are very strong.	1	2	3	4	5
22. I have difficulty recognising when my child is hungry based on their body.	1	2	3	4	5
23. I find it easy making sense of my child's emotions even if their body signals are not very intense.	1	2	3	4	5
24. I find it easy recognising when my child needs to go to the toilet based on their body.	1	2	3	4	5