



# Parental Alienation Toolsets

Andries (Oupa Joe) van Tonder  
ajvantonder@oupajoe.ie  
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This list is still in draft form. Check back regularly for updated versions.

Professionals are invited to give opinion and suggestions to be made. Please contact the author at the email above.

## Important Toolsets

- **Alienated Family Relationship Scale (AFRS)** assesses Inter-parental Conflict, Alienating Attitude of the father toward the mother and of the mother toward the father, and Alienated Attitude of the young adult toward both parents.
- **Baker Alienation Questionnaire (BAQ)** to identify alienated children and non-alienated children.
- **Baker Strategies Questionnaire (BSQ)** to collect reliable and valid information about the specific alienating behaviours that a child had been exposed to and/or a parent was currently engaging in. (17 primary alienating behaviors.)
- **Bene-Anthony Family Relations Test (BAFRT)** is a projective test that explores indirectly children's perceptions of their relationship with family members. ("Children in the alienated group who had not been abused or neglected by their target parent expressed almost exclusively negative (hostile) feelings towards them, while also expressing almost exclusively positive (affectionate) feelings towards their preferred parent.")
- **Bricklin Perceptual Scales (BPS)** measures children's perceptions about each parent and indicate if the results are from alienation or estrangement
- **Children's Beliefs About Parental divorce Scale (CBAPS)** identifies problematic reaction to parents divorcing. The higher the score, the more problematic the beliefs about parental divorce.
- **Diagnostic Checklist for Pathogenic Parenting: Extended Version (DCPP)**<sup>1</sup> is a tool developed by C.A. Childress, Psy.D. (2015/2017). All three of the diagnostic indicators must be present (either 2a OR 2b) for a clinical diagnosis of attachment-based "parental alienation."

<sup>1</sup> <https://drcachildress.org/wp-content/uploads/2019/11/Diagnostic-Checklist-1-20.pdf>

- **Ellis 12 Criteria (Ellis12)** refers to 12 observations in a child of alienation
- **Five Factor Model (FFM)**<sup>2</sup> is used as a basis model to confirm if parental alienation is present or if it is enforced or other estrangement.
- **Legal Harassment Scale Assessment Questionnaire (LHAQ)**<sup>3</sup> is used to assess the Direct Aggression, Procedural Harassment, Personal Contempt and Manipulation of Reality in family law proceedings.
- **Lundy Model of Participation (LMoP)** is a model which considers the distinct aspects of Article 12 in a legally robust format. Its user-friendly design easily enables decision makers to focus on the four elements of the provision when eliciting children's Views, Space, Voice, Audience and Influence. This model is useful where there are allegations of parental alienation, **BUT ONLY-** (1) if it is used in conjunction with a recognised parental alienation toolset and (2) by a certified parental alienation professional. (Steven Millar MD 2021)
- **Millon Clinical Multiaxial Inventory-III (MCMI-III)** is a broadband measure of the major dimensions of psychopathology found in Axis II disorders and some Axis I disorders of the DSM (American Psychiatric Association).
- **Minnesota Multi-phasic Personality Inventory (MMPI)** assesses personality traits and psychopathology. It is primarily intended to test people who are suspected of having mental health or other clinical issues.
- **Modified American Prosecutors Research Institute Guidelines - Abuse Allegations (MAPRIG-AA)**<sup>4</sup> assists in identifying a Child-Focused, Non-Fabricating Parent and an Ex-Spouse-Focused, Suspect Parent in cases of alleged child abuse.
- **Narcissistic Abuse Syndrome Evaluation Guide (NASEG)** refers to the constellation of symptoms experienced by the intimate partner of a person with narcissistic traits. A narcissist is someone who uses psychological manipulation and abuse to meet their insatiable needs for admiration, status, power, and control. The consequences of these relationships can be devastating.
- **NEO Personality Inventory-3™ (NEO-PI-3™)** Provides a detailed assessment of general personality using the five-factor model. (NEO-PI-3:4FV) provides information on four personality domains: Extraversion, Openness to Experience, Agreeableness, and Conscientiousness
- **Parental Acceptance–Rejection Questionnaire (PARQ)** is a questionnaire that children complete regarding their perceptions of their mothers' and fathers' accepting–rejecting behaviours. (This test is 99% accurate in distinguishing alienated from non-alienated children).
- **Parental Alienating Behaviours Scale (RPAS)** determines the presence of parental alienating behaviors.
- **Parental Alienation Scale (PAS)** distinguishes alienating parents from target parents and alienated children from non-alienated children.

<sup>2</sup> <https://pasg.info/app/uploads/2022/06/Bernet-et-al.-2022-Five-Factor-Model.pdf>

<sup>3</sup> <http://oupajoe.ie/pa/Completed/Legal%20Harassment%20Scale.pdf>

<sup>4</sup> [http://oupajoe.ie/pa/Completed/Modified\\_APR\\_20-09-19I.pdf](http://oupajoe.ie/pa/Completed/Modified_APR_20-09-19I.pdf)

- **Personality Assessment Inventory (PAI)** is a broadband measure of the major dimensions of psychopathology found in Axis I disorders and some Axis II disorders of the DSM (American Psychiatric Association).
- **Rowlands' Parental Alienation Scale (RPAS)** captures the manifestations of PA children. (Six significant factors representing the eight traditional behavioural symptoms of PA.)
- **Screen for Child Anxiety Related Disorders (SCARED)** is a questionnaire assessing the child's anxiety.<sup>5</sup>
- **Shutdown Dissociation Scale (Shut-D)** assess the vulnerability to dissociate as a consequence of exposure to traumatic stressors in target parents and children. The scale demonstrates high-quality psychometric properties and may be useful for researchers and clinicians in assessing shutdown dissociation as well as in predicting the risk of dissociative responding.
- **State-Trait Anger Expression Inventory-2 (STAXI-2)** measures the intensity of anger as an emotional state (State Anger) and the disposition to experience angry feelings as a personality trait (Trait Anger).
- **Trauma Symptom Inventory 2 (TSI-2)** assesses a wide range of potentially complex symptomatology, ranging from post-traumatic stress disorder (PTSD), dissociation, and somatization to insecure attachment styles, impaired self-capacities, and dysfunctional behaviors

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<sup>5</sup> Screen for Child Anxiety Related Disorders (SCARED) Child version at [https://www.aacap.org/App\\_Themes/AACAP/docs/member\\_resources/toolbox\\_for\\_clinical\\_practice\\_and\\_outcomes/symptoms/ScaredChild.pdf](https://www.aacap.org/App_Themes/AACAP/docs/member_resources/toolbox_for_clinical_practice_and_outcomes/symptoms/ScaredChild.pdf). Parent version at [https://www.aacap.org/App\\_Themes/AACAP/docs/member\\_resources/toolbox\\_for\\_clinical\\_practice\\_and\\_outcomes/symptoms/ScaredParent.pdf](https://www.aacap.org/App_Themes/AACAP/docs/member_resources/toolbox_for_clinical_practice_and_outcomes/symptoms/ScaredParent.pdf)