The Dimensionality, Consistency, and Structural Validity of an Instrument Used to Measure Obesogenic Attitudes in Parents from Southern Spain (The PRELSA Scale)

Supplementary Material:

Table S1: Demographic Characteristics in Field Test

VARIABLE	CATEGORIES	N	%
SEX	Women	738	93.3
	Men	53	6.7
MARITAL STATUS	Married	536	67.8
	Divorced	18	2.2
	Domestic Partner	92	11.6
	Single	7	0.8
RELATION WITH THE CHILD	Parents	784	99.1
	Family and Caregiver	4	0.5
	No Family and Caregiver	3	0.4
EDUCATION LEVEL	Primary	34	4.3
	Secondary	59	7.4
	Bachelor	48	6.1
	Professional Training	165	20.8
	University Degree	334	42.2
	Master	128	16.2
	PhD	23	2.9
JOB SITUATION	Full Time Job	403	50.9
	Partial Time Job	191	24.1
	Unemployed	186	23.5
	Other situation	11	1.4
INCOME	<1000€	58	7.3
	1000€-2000€	301	38.1
	2000€-4000€	346	43.7
	More than 4000 €	80	10.1
	Mean	SD	IC
AGE	37.95	5.17	(27.8, 48.1)
FAMILY MEMBERS	3.68	0.81	(2.1, 5.3)
CHILDREN AGE	3.79	1.41	(1.0, 6.5)
IMC PARENTS	25.53	5.45	(14.8, 36.2)
Z-IMC/AGE CHILDREN	0.18	1.40	(-2.6, 2.9)

Table S2: Results of the chosen EFA Model (48 Items - 14 Dimensions)

	F1	F2	F3	F4	F5	F6	F7	F8	F9	F10	F11	F12	F13	F14	COMM
CWP2	*0.872*	-0.077	0.069	0.02	0.112	-0.093	0.028	-0.137	0.069	-0.062	0.138	0.007	-0.074	0.007	0.753
CWP4	*0.636*	-0.037	0.029	-0.09	-0.005	0.155	-0.007	0.085	0.021	0.018	-0.035	0.124	-0.032	0.023	0.391
RES2	-0.083	-0.125	0.238	*0.386*	-0.039	0.006	-0.085	0.042	-0.104	0.001	0.21	0.254	-0.196	0.026	0.54
RES3	-0.049	*0.634*	0.059	-0.034	-0.16	-0.1	0.044	0.049	0.142	-0.058	-0.035	0.047	0.009	-0.043	0.57

RES4	-0.025	*0.93*	-0.022	-0.049	0.032	-0.006	-0.022	-0.067	-0.066	-0.087	0.15	-0.041	-0.091	-0.017	0.832
PRE1	0.046	0.061	*0.629*	-0.105	-0.026	0.012	0.252	0	-0.042	0.028	-0.112	-0.087	-0.084	-0.04	0.586
PRE2	0.014	0.127	*0.573*	-0.039	-0.113	-0.048	0.096	-0.095	0.002	0.074	-0.034	0.191	0.038	-0.113	0.53
PRE3	-0.008	-0.025	*0.731*	-0.121	0.059	-0.065	-0.061	-0.024	-0.031	0.1	-0.111	-0.047	0.001	0.016	0.658
PRE4	0.038	-0.008	*0.745*	0.088	-0.041	-0.04	-0.029	-0.16	0.099	-0.088	0.094	-0.007	0.073	-0.014	0.6
VQD1	0	-0.202	0.138	*0.566*	-0.009	-0.021	-0.247	0.059	-0.116	0.051	-0.135	0.008	-0.042	0.156	0.524
VQD2	0.029	0.145	0.023	*-0.38*	-0.062	0.129	0.012	0.011	0.091	0.156	-0.291	-0.059	0.08	-0.091	0.458
VQD3	-0.031	-0.038	-0.039	*0.962*	-0.093	0.011	0.044	-0.092	0.076	0.042	-0.135	-0.084	0.025	-0.11	0.641
VQD4	-0.026	0.108	0.098	*0.547*	-0.068	0.078	0.013	0.102	-0.117	-0.196	0.26	0.026	-0.106	-0.001	0.583
SME1	0.045	0.019	-0.019	-0.027	*0.959*	0.042	0.091	0.078	0.017	0.047	-0.171	0.071	0.131	-0.081	0.886
SME2	0.049	-0.041	0.122	-0.009	-0.087	0.016	-0.099	0.164	*0.909*	-0.071	0.094	0.019	-0.17	0.075	0.794
SME3	0.04	0.114	0.034	0.159	*-0.771*	-0.01	0.106	-0.073	0.058	0.05	-0.065	-0.032	-0.075	0.141	0.723
SME4	-0.02	0.096	0.067	0.146	*0.312*	-0.073	-0.086	-0.034	*0.739*	-0.089	0.212	-0.007	-0.075	0.037	0.607
SME5	0.081	0.055	0.042	0.021	*0.722*	0.161	-0.113	0.045	0.013	0.042	-0.101	0.041	-0.016	0.066	0.64
SMT1	0.023	-0.063	-0.111	0.084	0.108	*0.699*	0.076	-0.117	0.015	0.028	0.16	-0.094	-0.149	0.122	0.685
SMT2	-0.05	0.049	0.021	-0.118	0.044	*0.69*	0.076	-0.071	-0.063	-0.043	-0.086	0.153	0.059	-0.026	0.503
SMT3	0.061	0.142	0.131	0.054	-0.018	*-0.334*	0.054	0.08	0.126	-0.043	-0.178	0.1	0.281	0.155	0.384
SMT4	-0.011	0.017	*0.358*	0.026	0.26	0.189	0.044	0.13	0.002	-0.002	-0.296	-0.264	0.04	0.091	0.336
FME1	0.024	0.075	0.041	0.065	-0.012	0.09	*0.799*	0.047	-0.095	-0.009	0.109	0.018	-0.011	-0.008	0.717
FME2	0.11	-0.066	-0.045	0.064	-0.02	0.002	*0.509*	0.252	-0.071	-0.088	-0.156	0.089	-0.033	0.25	0.479
FME3	0.048	-0.068	-0.131	*0.726*	0.001	-0.045	0.18	-0.121	0.104	0.112	0.036	0.054	0.11	-0.085	0.665
SPA1	0.033	-0.084	-0.065	-0.119	0.002	-0.067	0.077	*1.067*	0.094	-0.105	0.147	-0.079	-0.113	0.056	0.932
SPA2	-0.094	-0.045	-0.077	-0.044	0.184	-0.084	0.073	*0.999*	0.055	0.02	-0.102	0.023	-0.066	-0.001	0.776
SPA3	0.07	-0.143	0.181	0.052	-0.126	0.155	-0.127	*0.432*	-0.021	0.085	0.296	-0.035	0.154	-0.341	0.831
SPA4	0.062	-0.061	0.014	0.107	-0.037	0.061	-0.126	0.05	-0.058	*0.807*	-0.111	0.015	0.023	0.069	0.67
SPA5	0.058	0.033	0	0.09	-0.058	0.049	0.004	0.204	-0.061	0.087	*0.384*	0.077	0.198	-0.228	0.722
SPA5	0.103	0.052	-0.145	-0.095	-0.103	-0.034	-0.041	0.038	-0.08	0.064	*0.716*	-0.094	-0.04	-0.012	0.516
LSA2	0.059	0.084	-0.019	0.017	-0.073	0.131	0.006	0.064	-0.04	0.106	*0.45*	0.043	0.113	-0.071	0.496
LSA3	0.021	0.08	0	0.017	0.029	-0.027	-0.113	0.23	-0.018	0.032	*0.542*	0.019	0.039	-0.032	0.581
LSA4	-0.041	0.085	-0.005	0.055	-0.032	0.028	0.151	-0.108	0.061	-0.024	*0.57*	-0.028	0.154	-0.103	0.381
CPA1	-0.026	-0.229	0.007	-0.122	-0.071	0.13	0.085	-0.129	0.19	-0.132	*0.717*	0.031	0.169	-0.025	0.568
CPA2	-0.09	-0.078	0.037	-0.002	0.136	-0.112	0.063	-0.15	-0.039	*0.813*	0.253	0.058	-0.057	0.104	0.774
CPA3	0.006	-0.021	0.042	-0.081	0.086	-0.127	0.141	0.086	0.083	0.13	*0.728*	0.021	-0.074	-0.067	0.62
CPA4	-0.038	0.162	0.022	0.053	-0.042	0.058	-0.027	-0.016	-0.074	-0.011	*0.807*	-0.046	-0.022	0.142	0.709
SBI2	0.002	*0.5*	0.018	0.028	0.058	0.146	0.052	-0.064	0.128	0.136	-0.269	-0.024	0.058	-0.088	0.497
SV1	-0.04	0.114	-0.031	0.136	0.068	-0.092	-0.092	0.16	-0.05	-0.133	-0.098	*0.526*	0.269	-0.058	0.545
SV3	0.043	0.051	-0.013	-0.081	0.069	0.039	0.031	-0.091	-0.069	0.058	-0.038	*1.025*	-0.088	0.083	0.87
SV4	0.023	*0.359*	-0.021	0.025	-0.13	0.151	-0.092	-0.03	*0.353*	0.125	-0.192	-0.032	0.167	-0.031	0.448
SV5	-0.004	0.031	-0.054	0.077	-0.05	-0.033	-0.054	0.064	*0.95*	0.024	-0.076	-0.072	0.066	0.095	0.841
IMS1	-0.072	-0.03	0.046	0.13	0.085	0.025	-0.075	-0.08	0.111	0.014	0.078	0.103	*0.564*	0.119	0.462
IMS4	-0.026	-0.056	0.064	-0.039	0.058	-0.054	0.02	-0.086	-0.064	0.041	0.02	-0.062	*0.929*	0.003	0.763
IMS5	0.004	-0.009	-0.003	0.041	0.122	-0.053	-0.083	-0.055	-0.077	-0.125	0.226	-0.041	*0.736*	0.164	0.771
IRS1	-0.062	-0.051	0.052	0.028	0.013	-0.087	-0.042	0.078	0.108	0.081	0.135	0.015	-0.03	*0.382*	0.227
IRS3	0.029	-0.078	-0.016	-0.096	-0.092	0.07	0.033	0.061	0.085	0.098	-0.009	0.061	0.108	*0.713*	0.588

CORRELATIONS BETWEEN FACTORS

F1	1													
F2	0.134	1												
F3	0.085	0.408	1											
F4	0.117	-0.227	-0.127	1										
F5	-0.172	0.009	-0.351	0.051	1									
F6	-0.24	-0.045	-0.322	0.232	0.457	1								
F7	-0.012	-0.082	-0.039	0.121	-0.166	-0.116	1							
F8	0.093	-0.1	-0.003	0.544	-0.1	0.146	0.079	1						
F9	-0.087	0.393	0.257	-0.499	0.006	-0.04	0.04	-0.315	1					
F10	0.146	0.197	0.179	0.174	-0.078	-0.032	0.135	0.483	0.055	1				
F11	0.033	-0.176	-0.168	0.54	0.009	0.249	0.146	0.704	-0.316	0.468	1			
F12	0.031	-0.291	-0.081	0.487	-0.157	0.12	0.168	0.492	-0.335	0.131	0.52	1		
F13	0.097	-0.154	-0.002	0.376	-0.242	0.144	0.253	0.552	-0.243	0.167	0.565	0.454	1	
F14	0.04	0.055	0.141	0.244	-0.17	-0.076	0.063	0.16	-0.219	-0.06	0.159	0.176	0.276	1

Preschool Eating, Lifestyle, and Sleeping Attitudes Scale (PRELSA Scale)
English Version (60 items and 13 dimensions)

Part 1: Feeding Practices and Attitudes

Child's Weight Concern and Perception (CWC)

- **CWC1**: Do you think your child currently presents...? *Answers: 1 = very low weight, 2 = low weight, 3 = normal weight, 4 = overweight, 5 = obesity*

Answers: 1 = not worried at all, 2 = a little worried, 3 = worried, 4 = quite worried, 5 = very worried
- **CWC2:** Are you worried that your child eats too much?
- **CWC3:** Are you worried that your child is overweight during childhood?
- **CWC4:** Are you concerned that potential excess weight in your child during this preschool stage could be a health problem in the short/medium term?

Restrictions

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC
- **RES1:** I consider it important to control my child's intake of sweets (cookies, cakes, candies).
- **RES2:** I consider it important to control my child's intake of high-calorie foods (like snacks, pizzas, and/or hamburgers).
- **RES3:** I consider it appropriate to use some type of food as a reward when behaving well.
- **RES4:** I consider it appropriate to use food to calm my child down.

Pressure to eat

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC
- **PRE1:** I believe my child should always finish all the food on the plate.
- **PRE2:** I try to make sure my child eats what I consider necessary.
- **PRE3:** I try to make my child eat regardless of whether they say they are not hungry.
- **PRE4:** I try to control my child's food intake so that they don't eat less than they should.

Variety and quality of the diet

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **VQD1:** I consider it appropriate to offer water as the only drink for my child at main meals.
- **VQD2:** I consider it appropriate to offer my child pre-cooked and/or industrially processed foods in their regular diet.
- **VQD3:** I consider it necessary to always offer salads and/or vegetables in my child's meals.
- **VQD4:** I consider it necessary for my child to eat fruits every day.
- **VQD5:** I consider it necessary for my child to eat enough, even if the diet is sometimes not varied.

Structured Meal Environment

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **SME1:** I consider it appropriate for my child to get up or move around during meals.
- **SME2:** I consider it appropriate for my child to eat entertained with screens (TV, computer, mobiles, and/or tablets).
- **SME3:** I consider it appropriate for my child to remain seated throughout mealtime.
- **SME4:** I consider it appropriate for my child to eat entertained with some game.
- **SME5:** I consider it appropriate for my child to eat if they are not seated at the table.

Structured Mealtime

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **SMT1:** I consider it appropriate for my child to decide when they want to eat.
- **SMT2:** I consider it appropriate for my child to sometimes eat between meals.
- **SMT3**: I am the one who should organize my child's meal schedules.
- **SMT4**: I consider it appropriate for my child to eat quickly.

Family Meal Environment

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **FME1:** I consider it necessary for my child to eat main meals with the rest of the family.
- **FME2**: I consider it necessary for my child to eat the same food as the rest of the family.
- **FME3**: I consider it necessary for family meals to always have dishes with salads and/or vegetables on the table.

Total of 29 items

Part 2: Physical Activity, Sedentarism, and Screen Time Attitudes

Stimulate Physical Activity

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **SPA1:** I consider my child's physical activity as important for their development as their nutrition.
- **SPA2:** I consider my child's physical activity as important for their development as their studies.
- **SPA3:** I try to teach my child that being active is good for their health.
- **SPA4**: I consider it appropriate to motivate my child to engage in physical activities over other types of activities.
- **SPA5:** I consider it important to introduce my child to various options for physical activity and active play.
- **SPA6**: I believe my child can learn healthy habits of physical activity through my example.

Logistic Support for Activity (environment, materials...)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **LSA1**: I consider it necessary to take my child to places that have areas or parks for children.
- **LSA2**: I consider it necessary to provide my child with toys and/or games that encourage physical activity.
- **LSA3**: I consider it necessary to organize my child's routines so that there is frequently space for physical activity.
- **LSA4**: One of my priorities when thinking about where to live is that my child has spaces to play indoors or outdoors.

Co-Participation in Activity

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **CPA1**: I consider it important to ask my child what they like when it comes to playing.
- **CPA2**: I consider it appropriate to play active games and/or sports with my child over other activities.
- **CPA3**: I believe it's necessary to have time for physical activity with my child.
- **CPA4**: I believe family habits of physical activity can influence my child's healthy lifestyle throughout their life.

Sedentary Behavior Issues

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **SBI1**: I consider it appropriate to habitually keep my child distracted through activities that don't require physical effort.
- **SBI2**: I consider it appropriate to offer rewards to my child to keep them still.

Screen Viewing (mobiles, tablets, computers, television)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **SV1**: I consider it appropriate to limit my child's screen viewing (TV, computer, mobiles, and/or tablets).
- **SV2**: I consider it appropriate for screen viewing to be part of my child's regular routine.
- **SV3**: I consider it appropriate to limit my screen time when I'm with my child/children.
- **SV4**: I consider it appropriate to occasionally use screens to calm and/or reward my child.
- **SV5**: I consider it appropriate to use screens during meals.

Total of 21 items

Part 3: Sleeping Attitudes

Impact and Modification of Sleep

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **IMS1:** I believe sleep routines affect other areas of my child's mental and physical development.
- **IMS2:** I believe sleep problems can be improved by changing children's habits.
- **IMS3:** I believe sleep problems in my child can cause obesity problems in the future.
- **IMS4:** I believe my child's lack of sleep can encourage them to eat more during the day.
- **IMS5:** I believe family routines can influence proper sleep patterns for children.

Interactions Regarding Sleep

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **IRS1:** I consider it appropriate for my child to have the same sleep habits every day of the week.
- **IRS2:** I consider it appropriate for my child to make decisions about their sleep routines and schedules.
- **IRS3:** I consider it appropriate for my child to sleep most nights in the same place.
- **IRS4:** I consider it appropriate for my child to frequently come to my bed if they wake up at night.
- **IRS5:** I consider it appropriate for my child to use screens (TV, computer, mobiles, and/or tablets) to fall asleep.

Total of 10 items

Preschool Eating, Lifestyle, and Sleeping Attitudes Scale (PRELSA Scale)
SECOND VERSION (48 ITEMS-14 DIMENSIONS)

Child's Weight Concern (CWC)

Answers: 1 = not worried at all, 2 = a little worried, 3 = worried, 4 = quite worried, 5 = very worried
- **CWC2:** Are you worried that your child eats too much?
- **CWC4:** Are you concerned that potential excess weight in your child during this preschool stage could be a health problem in the short/medium term?

Use of Rewards (REW)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC
- **RES3:** I consider it appropriate to use some type of food as a reward when behaving well.
- **RES4:** I consider it appropriate to use food to calm my child down.
- **SBI2**: I consider it appropriate to offer rewards to my child to keep them still.

- **SV4**: I consider it appropriate to occasionally use screens to calm and/or reward my child.

Pressure to eat (PRE)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **PRE1:** I believe my child should always finish all the food on the plate.
- **PRE2:** I try to make sure my child eats what I consider necessary.
- **PRE3:** I try to make my child eat regardless of whether they say they are not hungry.
- **PRE4:** I try to control my child's food intake so that they don't eat less than they should.
- **VQD5:** I consider it necessary for my child to eat enough, even if the diet is sometimes not varied.

Variety and Quality of the Diet (VQD)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **RES2:** I consider it important to control my child's intake of high-calorie foods (like snacks, pizzas, and/or hamburgers).
- **VQD1:** I consider it appropriate to offer water as the only drink for my child at main meals.
- **VQD2:** I consider it appropriate to offer my child pre-cooked and/or industrially processed foods in their regular diet.
- **VQD3:** I consider it necessary to always offer salads and/or vegetables in my child's meals.
- **VQD4:** I consider it necessary for my child to eat fruits every day.
- **FME3:** I consider it necessary for family meals to always have dishes with salads and/or vegetables on the table.

Movement during Mealtime (MOV)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **SME1:** I consider it appropriate for my child to get up or move around during meals.
- **SME3:** I consider it appropriate for my child to remain seated throughout mealtime.
- **SME5:** I consider it appropriate for my child to eat if they are not seated at the table.

Structured Mealtime (SMT)

- **SMT1:** I consider it appropriate for my child to be able to decide when he/she wants to eat.
- **SMT2:** I consider it appropriate for my child to sometimes eat between routine meals.
- **SMT3**: I am the one who should organize my child's meal schedules.

Family Meal Environment (FME)

- **FME1:** I consider it necessary for my child to eat main meals with the rest of the family.
- **FME2**: I consider it necessary for my child to eat the same food as the rest of the family.

Distractions during Mealtime (DIS)

- **SME2:** I consider it appropriate for my child to eat entertained with screens (TV, computer, mobiles, and/or tablets).
- **SME4:** I consider it appropriate for my child to eat entertained with some game.
- **SV5**: I consider it appropriate to use screens during meals.

Importance of Physical Activity (IPA)

- **SPA1:** I consider my child's physical activity as important for their development as their nutrition.
- **SPA2:** I consider my child's physical activity as important for their development as their studies.
- **SPA3:** I try to teach my child that being active is good for their health.

Support and Co-Participation in Physical Activity (SCP)

- **SPA5:** I consider it important to introduce my child to various options for physical activity and active play.
- **SPA6:** I believe my child can learn healthy habits of physical activity through my example.
- **LSA2:** I consider it necessary to provide my child with toys and/or games that encourage physical activity.

- **LSA3**: I consider it necessary to organize my child's routines so that there is frequently space for physical activity.
- **LSA4**: One of my priorities when thinking about where to live is that my child has spaces to play indoors or outdoors.
- **CPA1**: I consider it important to ask my child what they like when it comes to playing.
- **CPA3**: I believe it's necessary to have time for physical activity with my child.
- **CPA4**: I believe family habits of physical activity can influence my child's healthy lifestyle throughout their life.

Motivation to Physical Activity (MOT)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **SPA4**: I consider it appropriate to motivate my child to engage in physical activities over other types of activities.
- **CPA2**: I consider it appropriate to play active games and/or sports with my child over other activities.

Limits Screen Viewing (LSV)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **SV1**: I consider it appropriate to limit my child's screen viewing (TV, computer, mobiles, and/or tablets).
- **SV3**: I consider it appropriate to limit my screen time when I'm with my child/children.

Impact and Modification of Sleep (IMS)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **IMS1:** I believe sleep routines affect other areas of my child's mental and physical development.
- **IMS4:** I believe my child's lack of sleep can encourage them to eat more during the day.
- **IMS5:** I believe family routines can influence proper sleep patterns for children.

Importance of Routines regarding Sleep (IRS)

Answers: 1 = disagree, 2 = slightly disagree, 3 = indifferent/don't care, 4 = slightly agree, 5 = agree, 9 = NS/NC

- **IS1:** I consider it appropriate for my child to have the same sleep habits every day of the week.
- **IS3:** I consider it appropriate for my child to sleep most nights in the same place.