

## Observation: Choice-related Stress

**Name observer:**

Participant number:

Gender of the child:

TIME:

How long did the child took to pick a present (from the time the box was opened till the time the box was closed again):

Time: \_\_\_\_\_ seconds\*

\* Use the stopwatch!

SCORING – Subscales:

- Stress & Tension:

0= No sign of tension, child is completely relaxed.

1= Child seems somewhat tense (e.g., wiggles in chair)

2= Child seems moderately tense (e.g., fingers in mouth, unease, slightly frowning)

3= Child is clearly tense (e.g., frowning, tense posture)

4= Child is very tense/stressed (e.g., very unease, grim face, child voices being tense/having a hard time, red in the face)

- Doubt:

0= No doubt at all (takes what he/she wants without doubt)

1= Child has little doubt (searches through toys, but picks without difficulty)

2= Child has moderate doubt (inspects and considers some toys, picks with some difficulty)

3= Child is clearly in doubt (inspects and considers several toys, picks toys and puts them back again)

4= Child is highly doubting (inspects and considers many toys or extreme doubt between several (or two) toys, recurring decisions, child voices difficulty, seems afraid of closing the box)

- Confirmation seeking:

0= Child does not ask for help or looks like he/she needs help.

1= Child slightly asks for help without talking (e.g., sometimes looks at test leader and/or thinks out loud)

2= Child asks for help without talking (e.g., looks at test leader and/or thinks out loud)

3= Child carefully asks for help directly (above indirect signs and indirect questions, such as asking carefully what test leader likes)

4= Child strongly asks for help directly (above indirect signs and direct questions, like asking what the test leader would pick or asking to help making a choice).

SCORING - COMMENTS:

--