

## The Perceived Parental Media Mediation Scale (PPMMS)

### How to Cite

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### Description

The Perceived Parental Media Mediation Scale (PPMMS) is a 28-item scale that measures adolescents' perceptions of the frequency of restrictive and active parental mediation.

The PPMMS also measures their perceptions of different *styles* of restrictive (autonomy-supportive, inconsistent and controlling restriction) and active mediation (autonomy-supportive and controlling active mediation).

The PPMMS consists of 2 main scales to measure the frequency of active and restrictive mediation, and 5 follow-up scales to measure the style of mediation. All scales consist of 4 items. The response options for the main items are: (1) never, (2) almost never, (3) sometimes, (4) often, and (5) very often. The response options for the follow-up items are: (1) not true at all, (2) not true, (3) neutral, (4) true, (5) completely true.

The PPMMS has satisfactory psychometric properties. Cronbach alphas for all 4-item subscales are higher than .74. The four-month test-retest reliabilities are > .40. The scale has been validated with general parenting styles (autonomy-supportive, chaotic, and parental rejection), prosocial and antisocial behavior (Valkenburg et al., 2013).

The reported main and follow-up items have been explored and confirmed in exploratory and confirmatory factor analyses.

### Questions?

Any questions regarding this measure can be directed to the corresponding author of this manuscript, Professor Patti Valkenburg ([p.m.valkenburg@uva.nl](mailto:p.m.valkenburg@uva.nl)).

## **PPMMS Administration Instructions (English)**

### **How do your parents handle your media use?**

We would like to know how your parents handle your media use, for example, when you watch TV or movies, or play games. Some parents pay a great deal of attention to the media their teens use, other parents pay less attention. In the question below, we use the word 'parents'. When you read parents, you might think of your father, your mother, or another adult who is mostly involved with your media use.

*Administration Note: The response options for the main items are: (1) never, (2) almost never, (3) sometimes, (4) often, and (5) very often. The response options for the follow-up items are: (1) not true at all, (2) not true, (3) neutral, (4) true, (5) completely true.*

#### **1. How often do your parents forbid you from watching certain television shows or movies because they have too much violence in them (FRM<sup>1</sup>)?**

And if your parents forbid/would (if response to previous item = never) forbid you from watching such shows or movies, how would they discuss this with you?  
They would ...

- 1.1 ... get mad if I still want to watch these shows or movies (CR<sup>1</sup>).
- 1.2 ... explain to me why it's better not to watch such shows or movies (ASR<sup>1</sup>).
- 1.3 ... tell me that I am not allowed to watch these shows or movies, but I know that the next time I want to watch these shows or movies, I will be allowed to (IR<sup>1</sup>).

#### **2. How often do your parents tell you that you are not allowed to play computer games because they are meant for older children (FRM)?**

And if your parents tell/would tell you this, how would they do this?  
They would...

- 2.1... get angry if I still want to play those games (CR).
- 2.2... explain to me why it's better to not play those games (ASR).
- 2.3... say that I am not allowed to play those games, but I know that after I while, I can play those games again (IR).

#### **3. How often do your parents tell you that you are not allowed to watch TV shows or movies because they are meant for older children (FRM)?**

And if your parents tell/would tell you this, how would they do this?  
They would...

- 3.1 ... threaten to punish me if I want to watch those shows or movies after all (CR).
- 3.2 ... explain to me why it's best not to watch such shows or movies (ASR).
- 3.3 ... tell me that I am not allowed to watch such TV shows or movies, but I know that the next time I want to watch these shows or programs, I will be allowed to (IR).

#### **4. How often do your parents limit the amount of time you are allowed to spend playing computer games (FRM)?**

And if your parents do/would do this, how would they discuss this with you?  
They would...

- 4.1... threaten to punish me if I keep on gaming (CR).
- 4.2... tell me why they don't want me to play games too much (ASR).
- 4.3... tell me I am not allowed to, but I know that most of the time I can just keep on doing it (IR).

**5. How often do your parents tell you that fighting and shooting in the media (for example, in movies and games) is different than it is in real life (FAM<sup>1</sup>)?**

And if your parents tell/would tell (if response to main item 5 = never) you this, how would they discuss this with you?

They would...

5.1... only tell me how they would feel about it and are not interested in the opinion of others (CAM).

5.2... be curious how I feel about this (ASAM).

**6. How often do your parents tell you that what you see in movies and commercials is different than real life (FAM)?**

And if your parents tell/would tell you this, how would they discuss this with you?

They would...

6.1... value their own opinion more than mine (CAM).

6.2... encourage me to voice my own opinion (ASAM).

**7. How often do your parents tell you that the people you see in the media (for example, on TV or in movies) are too harsh or rude to each other (FAM)?**

And if your parents tell/would tell you this, how would they discuss this with you?

They would...

7.1... think they are right and I cannot do anything to change that (CAM).

7.2... be curious how I feel about this (ASAM).

**8. How often do your parents tell you that there is too much violence (fighting, shooting) in the media (for example, in movies or games)(FAM)?**

And if your parents tell/would tell you this, how would they discuss this with you?

They would...

8.1...have an opinion on this and this cannot be changed (CAM).

8.2...want to know what I think (ASAM).

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<sup>1</sup>FRM = frequency of restrictive mediation; FAM = frequency of active mediation;  
CR = Controlling restriction; ASR = Autonomy-supportive restriction; IR = Inconsistent  
restriction; CAM = Controlling active mediation; ASAM= Autonomy-supportive active  
mediation.

**Note**

As noted in our article, a short scale like the PPMMS can never cover all media-related parenting behaviors. The PPMMS has focused primarily on restrictive and active mediation of age-inappropriate media content. We did not, for example, include items measuring parental encouragement of educational media content. Moreover, in order to meet our criteria of utility, our final scale did not include items about Internet use although several Internet-based items did load sufficiently well in exploratory factor analyses. Below you can find two items, for example, that loaded sufficiently well in our restriction analyses but, in order to meet the criterion of utility, did not become a part of the final scale.

**1. How often do your parents tell you that you are not allowed to visit certain websites, for example, sex sites or pay sites (FSR)?**

*And if your parents tell/would tell you this, how would they do this? They would...*

*... make a threat that I cannot go on the internet anymore if I still want to visit the website (CR).*

*... explain to me why it's better not to visit those websites (ASR).*

*...Although my parents say that I am not allowed to visit these websites, I know that I can visit them again the next time (IR).*

**2. How often do your parents tell you that you are not allowed to go online for too long? (FSR)**

*And if your parents tell/would tell you this, how would they do this? They would...*

*... get mad if I keep on using the internet (CR).*

*... tell me why it is better to stop (ASR).*

*...tell me I am not allowed to, but most of the time I can just keep on doing it (IR).*

We see the PPMMS as a first step. Future researchers should expand and differentiate our scale, exploring other main and follow-up items as well.