Spring 5-2016

Relationship Between Parental Alcoholism and Family Unpredictability

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Relationship Between Parental Alcoholism and Family Unpredictability

by

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A Thesis
Submitted to the Honors College of
The University of Southern Mississippi
in Partial Fulfillment
of the Requirement for the Degree of
Bachelor of Science in Nursing
in the Department of Nursing

May 2016

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Abstract

This research is a retrospective study on adult children of alcoholics using a previous researcher's, Dr. Ross, unpredictability scale. Family Unpredictability is defined as "a lack of consistency in family behaviors and regulatory systems," (Ross and Hill, 2000). There is currently a lack of research related to parental alcoholism and its effect on family structure. The researcher hopes to gain insight on the relationship between parental alcoholism and family unpredictability. Previous research suggests children growing up with a caregiver who is an alcoholic experience a higher level of unpredictability in the home. Examples of this unpredictability are: a decreased amount of family meals, decreased or lack of discipline, and decreased amount of nurturance.

The goal is to find similarities in the family structures that can be related back to parental alcoholism. The reseracher will use an online survey to gain insight on childhood experiences of adult children of alcoholics. In order to determine significance results from the surveys were evaluated using a a multivariate analysis of variance, independent t test, and correlation studies.

Key words: Parental alcoholism, Family unpredictability

Dedication

Kenneth and Karen Stephens

Thank you for the un-ending support and constant encouragment during the research and

writing of this thesis.

You are incredible parents.

Acknowledgments

I would like to thank my thesis advisor Dr. Abby McNeil for guiding me through this research process. Her time and effort was greatly appreciated. This study would not have been possible without the encouragement and valuable feedback that she provided. I also would like to thank the College of nursing faculty for being such a great support during this process. I would like to give Dr. Story special thanks for her guidance in this process. Dr. Story not only helped me get my survey out all over campus but also provided advice on how to analyze the data. I would like to thank Mrs. Jennie Christopher for her collaboration on the data. She dedicated her time and talents to help me turn the raw data into results. Lastly I would like to thank my parents for encouraging me throughout my research and reminding me not to give up.

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List of Abbreviations

1. FUS- family unpredictability scale

2. ACOA- adult children of alcoholics

3. MANOVA- multivariate analysis of variance

4. CAST- Children of Alcoholics Screening Test

Introduction/Problem Statement

This study focuses on the connection between family unpredictability and parental alcoholism. Former research shows that family unpredictability can lead to many negative outcomes for children such as poor school performance, social implications, relationship problems. However there is a lack of research on parental well being and its relationship to family unpredictablity. Previous research has also identified a negative outcome for family members living in the same house as an alcoholic. When the alcoholic is a parent, they have the ability to leave detrimental affects on their children as they undergo development (Crespi and Sabatelli, 1997). These children may experience forced maturity, poor grades in school, social isolation, and rebellious behaviors. Studies show that if a houshold has structure there are less negative outcomes for the child.

Review of Literature

Introduction:

For many families alcoholism is more than just an addiction; it is a disease that affects not only the individual, but also the family as a whole. Those family members living in the same household are highly influenced and shaped by having an alcoholic relative. In many instances children who live with alcoholic parents are forced to mature faster. These kids may have more responsibilities around the house such as caring for siblings, cooking, cleaning, laundry, etc. (Burnett, 2006). In some instances this may not lead to any negative outcomes (Burnett, 2006). For others however, the forced maturity and lack of a childhood can leave these children searching to fill a void later in life. They may enter into a relationship with someone who is controlling and sometimes abusive (Rolf, 1988). In other instances these children may become socially isolated. They may

have trouble communicating with others of their own age because they feel as if others do not relate to them (Rolf, 1988). The stress these children are experiencing at home can often affect their success in school. These kids are at a greater risk to do poorly in school and to partake in rebellious behavior (Rolf, 1988). In many cases these children will experiment with alcohol earlier on and may use it more frequently as they mature.

How can parental alcoholism lead to so many negative outcomes, even if it is just one parent that has the disease? Many researchers have asked this same question and have found a relationship between parental alcoholism and family unpredictability (Burnett, 2006). In most homes with an alcoholic parent there is also a lack of structure. The lack of organization in the family is what leads to such negative outcomes for children (Burnett, 2006). This is the reason that not all families of alcoholic parents have negative effects on children.

Parentification and Family Unpredictability:

In many cases children of alcoholics are forced to mature much more quickly than their peers. These children may undergo a process called parentification. Parentification occurs when a child takes care of their parents, "physically, emotionally, or financially" (Burnett, 2006). In some instances this "forced maturity" can be healthy if a family renegotiates its family structure as it moves through different stages and roles for individuals (Hooper and Wallace, 2010). In some homes parental alcoholism can teach the child autonomy and responsibility (Burnett, 2006). However, an increased level of responsibilities at an early age can have harmful effects on the child and can lead to a self-defeating, depressed, anxious, or narcissistic personality in the child (Burnett, 2006).

Children raised in a home with parental alcoholism can also experience emotional distance and decreased parent child boundaries. This can damage the child's ability to develop a "separate yet connected self" and their ability to act autonomously (Crespi and Sabatelli, 1997). Often times in homes with childhood parentification there is also a sense of family unpredictability which can leave the child feeling lonely or emotionally out of control (Burnett, 2006). The construct of family unpredictability goes alone with the theory of attachment, (Thompson and Hill 2000). This meaning that poorer parent child attachment coincides with higher levels of family unpredictability. Family unpredictability occurs when there are inconsistent behavior patterns in the family, family members are unwilling to fulfill responsibilities, or systems inside the family breakdown (Ross and Hill, 2000). Family unpredictability has been seen as a central characteristic of family functioning. Living with an alcoholic parent can lead to an inconsistent discipline, economic issues, divorce, and unemployment, which are all stressors on the family system (Ross and Hill, 2000). Researchers have developed a scale to measure the amount of family unpredictability in four domains: money, discipline, nurturance, and meals (Ross and Hill, 2000). This scale, Family Unpredictability Scale (FUS), is used to determine possible positive or negative outcomes for the child. It is still unclear whether the negative outcomes for children of alcoholics occur due to the stress of having an alcoholic parent or because of the unpredictability and organization of the child's home. Not all children of alcoholics have negative outcomes. If the alcoholic parent can still provide support, organization, and reliability in the home often times these children have few negative results.

Negative Outcomes:

There have been many studies done on the effects of parental alcoholism on children. Most of these studies focus on the emotional burden and the personality defects these children experience. When considering parental alcoholism it is important to note that parental alcoholism can affect the entire family unit. It can cause severe child parent separation leading to psychological effects on the child (Lander, Hosware, and Byrne, 2013). Across all age groups of children of alcoholic parents, researchers have found that these children tend to be more socially withdrawn and have more depression symptoms than their peers living with non alcoholic parents (Rolf, 1988). Poor environmental factors in an alcoholic home cause an even greater risk for children to develop behavioral disorders (Reich, 1988). Researchers have developed a scale known as the "Children of Alcoholics Screening Test" (CAST) to assess the dysfunctional behaviors and occurrences in an alcoholic home (Lease, 1995). This test is used to asses for multiple things such as exposure to alcohol related violence inside the family, marital conflict due to drinking, and childhood attempts to help control parental drinking issues (Lease, 1995). Research has shown that high CAST scores are linked to lower levels of family interconnection and increased levels of conflict in the family (Yeatman, 1994). This family dysfunction is a predictor of behavioral problems in children.

Promoting Positive Outcomes:

As mentioned early not all children of alcoholics will have negative outcomes. In many instances adult children of alcoholics (ACOA) live very high functioning lives and do not struggle with alcoholism themselves. What makes these individuals less susceptible to negative effects? To minimize the negative outcomes for children,

alcoholic parents should maintain structure and rituals in the family (Bennett, 1998). The

availability of protective factors, "buffers against adverse experiences," can promote

resilience in an individual (Sihyun and Schepp, 2014). These children may benefit from

programs that help develop protecting factors. However, there is a lack of these programs

currently (Sihyun and Schepp, 2014). Other helpful interventions for these children are

extracurricular activities and emotional support.

Hypotheses:

RQ: Is there a significant relationship between parental alcoholism and family unpredictability?

H1: There will be a positive correlation between parental alcoholism and family unpredictability

Methodology

Instruments:

The researcher used the Ross retrospective family unpredictability scale as a survey. The researcher received permission to use this study via email. This scale consists of 21 questions divided into 4 categories: money (financial stability), nurturance (consistency when considering child needs), discipline (being inconsistent with creating and maintaining rules), and meals (who eats together and how often). This survey had three questions relating to money, seven discipline questions, five questions regarding meals, and seven questions related to nurturance. When analyzing raw data the seven nurturance questions, one money question, and two meal questions had to be recoded. This is due to the fact that they were positive questions instead of negative questions. For example a positive question would be, "Weekly dinners are at the same time," and a negative question is, "It is hard to predict what time dinner will be." In order to analyze the data all positive questions had to be recoded so they could be analyzed with the negative questions.

When this scale was developed and tested for reliability researchers found the highest inter-correlation with the subscales of nurturance and discipline (inter-correlation scores ranged from 0.32-0.41). In a previous study measuring the validity of this tool the FUS proved to be a reliable and valid way to measure the level of unpredictability when considering nurturance, discipline, meals, and money (Ross and Hill, 2000).

Participants and Recruitment:

Sixty particpants eighteen years or older were recruited using the University of Southern Mississippi daily mailout and College of Nursing Research board. Emails were

sent out to faculty, staff, and students on both the Hattiesburg and Gulf Coast campus. Included in the emails was an informative letter from the researcher explaining the research, qualifications of the participant, and any risk or benefits the particpant may experience from the study. In the letter participants were informed that their survey is anonymous, on a voluntary basis, and that they can withdraw at any time. At the bottom of the letter was the reserachers contact information, and qualifications (IRB approval and Citi course completion) as well as a link to complete the "Ross Family Unpredictability Scale." In order to be eligible for the research individuals must be Adult children of Alcoholics who are over the age of 18 and can read and write in English. The reseracher also used social media, Facebook, as a second effort to recruit more participants. The researcher posted the informative letter as well as the link on Facebook.

Risks and Benefits:

All key personnel that designed and conducted this research went through the Collaborative Institutional Training Initiative program to gain knowledge on human research. With this research there is the risk that reflection can cause psychological stress. The questions in the survey could also make the particpant feel a senese of discomfort. If the researcher suspects depression, or stress the particpant will be referred to the on campus counseling services.

Participants can gain knowledge of alcoholism and the effects on the family. There is also a potential therapeutic benefit from reflection. Lastly there is the potential benefit of gaining adaptive coping strategies.

Data Collection:

The survey was hosted through an online program called qualtrics. The reseracher created the Family Unpredictability Scale online and attached this link to the bottom of the informative letter. Particpants would answer each of the twenty one questions. Questions on the survey were answered on a scale of 1-5. Five was the highest level of unpredictability a one being no unpredictability in any situation. Particpants could follow the link and once the survey was submitted the data was saved on the researchers online account. Each particpants answers were saved anonymously and the researcher could not trace the survey back to an individual participant.

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Data analysis

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The researcher used SPSS version 23 for statistical analysis of the surveys. Each participant's responses to the questions were entered individually into the program and identified by a survey number. Ten of the twenty-one questions had to be rescored due to the fact that they were positive questions. If the participant originally answered five on a positive question once it was rescored they received a one. An original answer of four was rescored to a two, and an original score of 3 remained a 3 because this answer was neutral. Also if the participant originally scored a positive question a two it would become a four after re scoring, and lastly an original score of a one was rescored to a five. After the questions were recoded the researcher ranked each participant based on their answers, and this was called their rank score. Their rank score was computed using the mean answer score or the participants average score for the entire questionnaire. Participants were placed into the low category if their mean was under 3, the medium category if their mean was 3.0, and the high category if their mean was greater than 3.

The participant's rank score was an indicator of the level of unpredictability they experienced growing up. A low rank score is ideal because this coincides with a low level of unpredictability in the home. Once this was completed there were twenty participants in the high category, 40 participants in the low category, and zero participants in the medium category. After this the researcher also separated the questions into the four separate categories of money, nurture, meals, and discipline. The participant's answers to the questions in each of the four categories were also averaged.

The researcher ran multiple tests while using SPSS including: two independent sample t tests, a bi-variant correlation study, a multivariate analysis of variance (MANOVA), and a frequency table. The one sample T test was run against the null hypothesis of two. The researcher decided the null score should be a 2 because an "ideal" family should score an average of a two. This would mean overall the parents were not unpredictable and the family structure was in order. A null score of a two took into account that most American families would not have mean score of one because most American families are not perfect. The t tests were two tailed and used a confidence interval of 95%. The bi-variant correlation study was useful in measuring the differences and relations between the four different types of questions. The bi- variant correlation study compared participants rank score to their answers to questions in each separate category. Lastly the MANOVA was run to test the significance of each question. The MANOVA contained four dependent variables (the question categories).

Table 1: One sample t test (individual subjects)

| | Test Value = 2 | | | | | |
| | | | | | 97.5% Confidence Interval of the Difference | |
	t	df	Sig. (2-tailed)	Mean Difference	Lower	Upper
Q1	3.246	59	.002	.3333	.097	.570
Q2	9.290	59	.000	1.4000	1.053	1.747
Q3	3.632	59	.001	.4167	.153	.681
Q4	10.863	59	.000	1.6667	1.314	2.020
Q5	7.465	59	.000	1.2500	.865	1.635
Q6	6.207	59	.000	1.0167	.640	1.393
Q7	6.564	59	.000	1.1000	.715	1.485
Q8	6.149	59	.000	.8500	.532	1.168
Q9	4.968	59	.000	.6833	.367	1.000
Q10	5.968	59	.000	.8000	.492	1.108
Q11	6.848	59	.000	.9833	.653	1.314
Q12	1.426	59	.159	.2000	-.123	.523
Q13	1.170	59	.247	.1833	-.177	.544
Q14	1.119	59	.268	.1833	-.193	.560
Q15	.433	59	.666	.0667	-.287	.420
Q16	2.737	59	.008	.4333	.069	.797
Q17	2.424	59	.018	.4000	.020	.780
Q18	3.636	59	.001	.6000	.220	.980
Q19	3.265	59	.002	.5000	.148	.852
Q20	1.351	59	.182	.2000	-.141	.541
Q21	5.728	59	.000	.8833	.529	1.238

Table 2: One sample t test (four categories)

| | Test Value = 2 | | | | | |
| | | | | | 95% Confidence Interval of the Difference | |
	t	df	Sig. (2-tailed)	Mean Difference	Lower	Upper
Discipline	9.706	59	.000	1.01389	.8049	1.2229
Meals	8.194	59	.000	.88333	.6676	1.0991
Nurture	2.224	59	.030	.29524	.0297	.5608
Money	4.594	59	.000	.52778	.2979	.7577

Table 3: General Linear Model: MANOVA-Between Subjects Factors

		Value Label	N
Rank Score	1.00	Low	40
	3.00	High	20

Table 4: General Linear Model: MANOVA-Tests of Between-Subjects Effects

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	Discipline	21.393[a]	1	21.393	71.992	.000
	Meals	13.736[b]	1	13.736	29.069	.000
	Nurture	34.286[c]	1	34.286	70.828	.000
	Money	11.001[d]	1	11.001	17.857	.000
Intercept	Discipline	554.700	1	554.700	1866.732	.000
	Meals	496.947	1	496.947	1051.663	.000
	Nurture	350.208	1	350.208	723.467	.000
	Money	382.823	1	382.823	621.422	.000
Score	Discipline	21.393	1	21.393	71.992	.000
	Meals	13.736	1	13.736	29.069	.000
	Nurture	34.286	1	34.286	70.828	.000
	Money	11.001	1	11.001	17.857	.000
Error	Discipline	17.235	58	.297		
	Meals	27.407	58	.473		
	Nurture	28.076	58	.484		
	Money	35.731	58	.616		
Total	Discipline	583.639	60			
	Meals	539.960	60			
	Nurture	378.449	60			
	Money	430.111	60			
Corrected Total	Discipline	38.627	59			
	Meals	41.143	59			
	Nurture	62.362	59			
	Money	46.731	59			

a. R Squared = .554 (Adjusted R Squared = .546)

b. R Squared = .334 (Adjusted R Squared = .322)

c. R Squared = .550 (Adjusted R Squared = .542)

d. R Squared = .235 (Adjusted R Squared = .222)

Table 5: Bivariate Correlations

		Rank Score	Discipline	Meals	Nurture	Money
Rank Score	Pearson Correlation	1	.744**	.578**	.741**	.485**
	Sig. (1-tailed)		.000	.000	.000	.000
	N	60	60	60	60	60
Discipline	Pearson Correlation	.744**	1	.568**	.671**	.319**
	Sig. (1-tailed)	.000		.000	.000	.006
	N	60	60	60	60	60
Meals	Pearson Correlation	.578**	.568**	1	.431**	.495**
	Sig. (1-tailed)	.000	.000		.000	.000
	N	60	60	60	60	60
Nurture	Pearson Correlation	.741**	.671**	.431**	1	.308**
	Sig. (1-tailed)	.000	.000	.000		.008
	N	60	60	60	60	60
Money	Pearson Correlation	.485**	.319**	.495**	.308**	1
	Sig. (1-tailed)	.000	.006	.000	.008	
	N	60	60	60	60	60

**. Correlation is significant at the 0.01 level (1-tailed).

Graph 1: Correlation between Rank Score and Mean Discipline Score
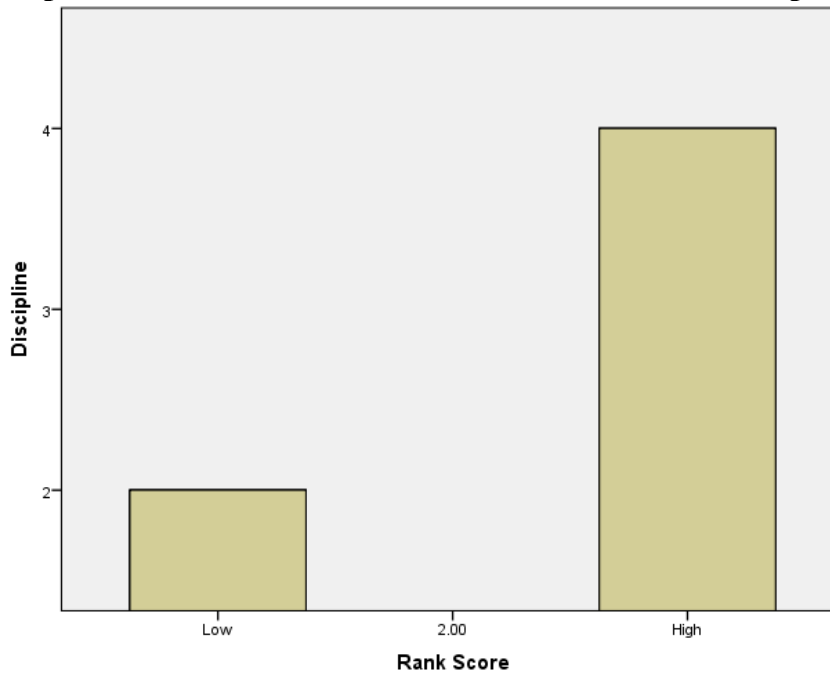
Graph 2: Correlation between Rank Score and Mean Nurturance Score
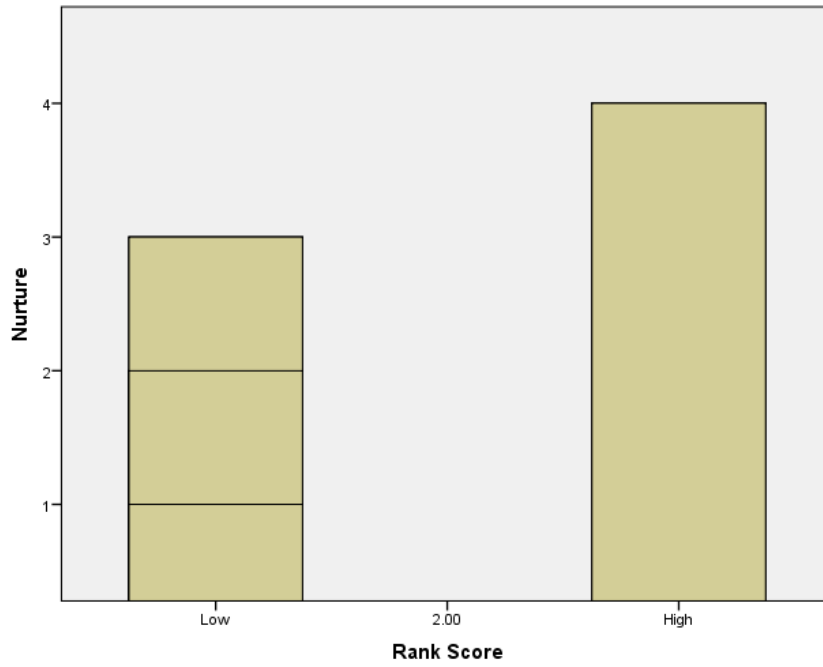
Graph 3: Correlation between Rank Score and Mean Money Score
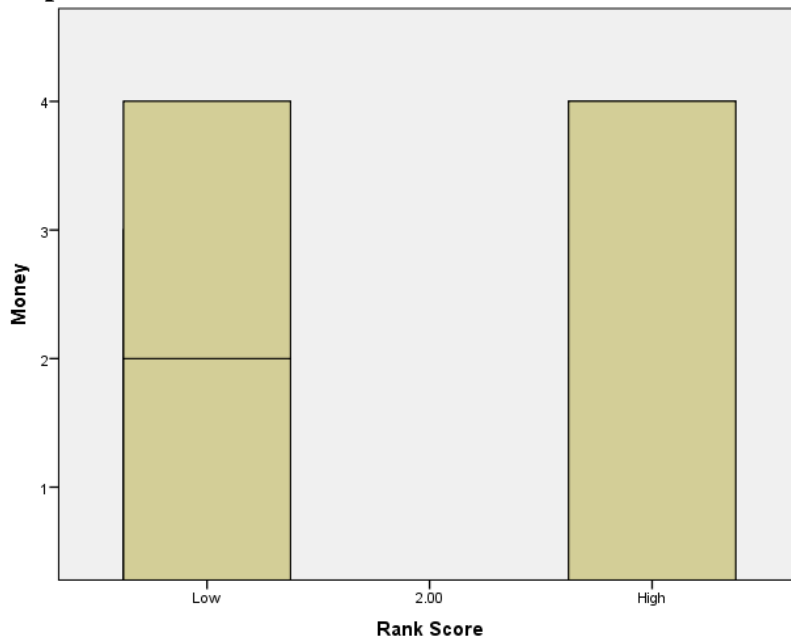
Graph 4: Correlation between Rank Score and Mean Meals Score
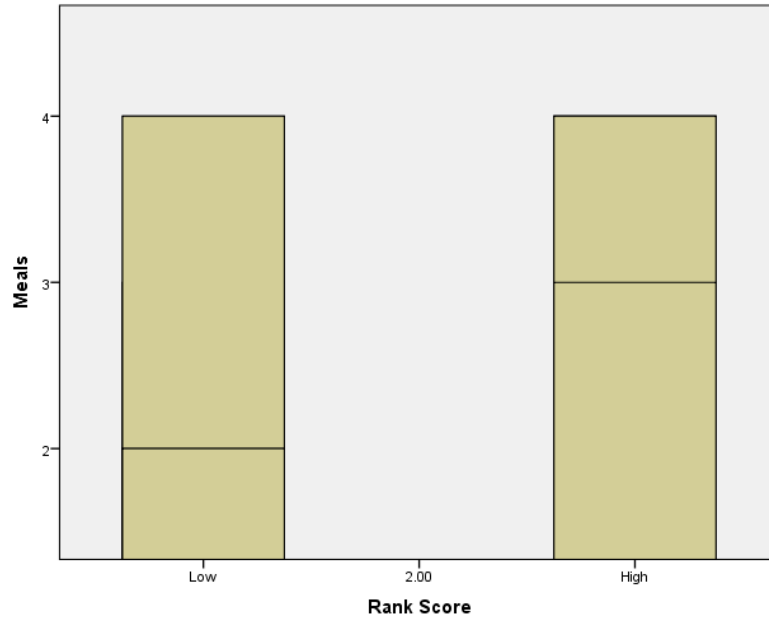
Table 6: Frequency per Category

Discipline			Nurture	
Score	**Frequency**		**Score**	**Frequency**
1	2		1	17
2	19		2	18
3	20		3	16
4	17		4	9
5	3		5	3

Meals			Money	
Score	**Frequency**		**Score**	**Frequency**
1	0		1	5
2	28		2	27
3	15		3	19
4	15		4	8
5	2		5	1

Results

The first independent sample t test was looking at each of the individual questions. The results of this test showed the majority of the questions had significance. This can be represented as a score of 0.05 or less, however there were five questions that had no significance. These were questions twelve, thirteen, fourteen, fifteen, and twenty. Questions twelve through fifteen all fell under the nurturance category and question twenty had to do with money. This test just showed the validity of this test that was also demonstrated in a previous study by Dr. Ross. The second independent sample t test looked at the question categories. All categories were found to have significance with the category of nurturance having the least significance.

The bi variant correlation showed a positive correlation, with a Pearson correlation score of 0.744, between each participants rank score and their mean discipline score. The higher the participants rank score the higher their mean discipline score was. There was also a positive correlation, 0.741, between the participants rank score and their mean nurturance score. The correlation also showed there was no correlation between the participants mean score for meals and their rank score. There was also no correlation between the participants mean score for money and their rank score.

As expected all questions showed significance. This is due to the fact that the MANOVA was mostly testing the scale against itself. The MANOVA just showed the scale was doing what its supposed to be doing.

Lastly, the researcher created frequency tables for mean scores of each category. The research looked at each participant's mean score for all four categories and made a

frequency table to display these numbers. All frequency tables showed greater occurrence of scores one through three and smaller occurrence of scores four and five.

Discussion

When looking at the results one can see that the participants mean score in discipline category is highly predictive of how the participant will rank overall. The discipline category had the greatest number of scores four and five making it the highest scoring category. The nurture category also had a high predictability when considering participants mean nurture score and their rank score. This means the categories of discipline and nurturance can be predictors of unpredictability in the home.

It is also important to note that not one participant got a mean score of one for the meals category. This can be due to the fact that many families are on the go a lot and children are more involved in extra curricular activities. This could result in less home cooked family dinners which would cause a level of unpredictability when strictly looking at the meals category. The low level of predictability between meals and rank score can be due to question number seven. Questions number seven and eight were the same however seven was the reverse question of eight and this could have skewed the results.

While the one sample t test showed significance for most questions and all categories it did not determine which way there was significance. This is due to the fact that there was no sample group to run the analysis against. The major question is why weren't questions twelve through fifteen and question twenty significant? This could be due to the fact that these questions mainly dealt with nurturance. Parents who struggle with alcoholism do not necessarily neglect their children or fail to nurture them. Another

reason for the lack of significance could be that many participants may have been uncomfortable with these questions. Lastly question twenty was not significant either. This question was talking about money in relation to food and shelter. This could signify that some families may have been short on money but most ACOA that took the survey did not grow up struggling to find food or having a place to live.

Limitations:

The researcher cannot confirm that all respondents lived full time in the home with the alcoholic parent. The researcher also cannot confirm that all respondents read the requirements of the study before completing the survey. Another limitation of the study is everyone's definition of alcoholism is different so the degree of alcoholism in each home can vary. Also the number of participants was a limitation and allows for more statistical error. The sensitivity of the study could also limit this study. Many people who grew up with alcoholic parents do not want to reflect on their childhood. Lastly it is important to consider that the four dimensions of the FUS do not include all the ways a family can experience disorder.

A major limitation the researcher experienced when performing a statistical analysis was the lack of demographics contained in the study. While the researcher could confirm the majority of participants lived in the south, most likely Louisiana or Mississippi the researcher could not confirm any other demographics. The researcher did not know age, ethnicity, culture, and sex of the respondents. Secondly the researcher lacked a control group to compare the respondent's answers to. There were no surveys filled out by individuals who were not raised by parents who struggled with alcoholism.

Future Directions:

The researcher hopes to expand on this research in the future possibly as a masters or doctoral dissertation. The researcher intends to use the same survey again and complete this study while also looking at basic demographic information. When performing study again the researcher would include a control sample in order to have more meaningful results. Other aspects that the research would like to study by using the same tool would be whether family unpredictability is the cause of parental problems or is it the consequence of parental problems. The researcher would also like to study the family income, or parental education in relation to family unpredictability.

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Conclusion

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In conclusion this study demonstrated that there could be some significant relationship between children of alcoholics and family unpredictability. However the researcher could not collect adequate data to prove that children of alcoholics underwent more family unpredictability then children growing up with parents who were not alcoholics. In a previous study by Dr. Ross, a strong relationship between the categories of nurturance and discipline was found. In this study both of these categories had a high correlation with an individual's rank score, or level of unpredictability. Meaning, if an individual's mean score for the discipline or nurturance category was above three then their rank score was usually above three. These two categories also had a positive relationship between each other. Individuals that scored high in nurturance also scored high in discipline, and individuals who scored low in nurturance also scored low in discipline. The researcher hopes to perform this study again adding the use of a control

group to determine how significant the correlation between parental alcoholism and

family unpredictability is.

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Appendices
Appendix A: Informative Participant Letter

Dear Sir or Madam,

My name is Kamie Stephens and I am a senior Nursing Major at The University of Southern Mississippi. I am working towards graduating with honors and have begun my research for my honors thesis. My research is focused on the relationship between Parental Alcoholism and Family Unpredictability.

Thank you in advance for your interest in this study. By participating you are helping gain information about the relationship between Parental Alcoholism and the level of unpredictability seen in the home. In order to be eligible for this study you must have grown up with a parent or guardian who was an alcoholic: 3 or more drinks a night 4 or more days a week. This survey should take no longer than 20 minutes.

Your Participation in this survey is anonymous and voluntary. Your identity will remain unknown to the researcher and for the purposes of this study your survey will be identified based on ID number only and will not be associated with you as an individual.

All key personnel that have designed and will conduct this research have gone through education on human research. With this research there is the risk that reflection can cause psychological stress. If the indivdual experiences depression, or stress the particpant is encouraged to visit the on campus counseling services.

The research may use the results of this study during a research conference. Please answer the questions to the best of your ability. For any questions regarding the research contact me.

This research has been reviewed by the USM Institutional Review Board and ensures the research projects follows federal regulation in regards to human subjects. For any questions regarding the rights as a participant contact the Chair of the Institutional Review Board at 601-266-5997.

Thank you,

Kamie Stephens
Phone: 985-373-6222
Email: Kamie.Stephens@eagles.usm.edu

Please follow this link to access the survey:

https://usmuw.co1.qualtrics.com/SE/?SID=SV_4ZMcaHBLLz3qaNv

Appendix B: Institutional Review Board Approval

THE UNIVERSITY OF SOUTHERN MISSISSIPPI.

INSTITUTIONAL REVIEW BOARD
118 College Drive #5147 | Hattiesburg, MS 39406-0001
Phone: 601.266.5997 | Fax: 601.266.4377 | www.usm.edu/research/institutional.review.board

NOTICE OF COMMITTEE ACTION

The project has been reviewed by The University of Southern Mississippi Institutional Review Board in accordance with Federal Drug Administration regulations (21 CFR 26, 111), Department of Health and Human Services (45 CFR Part 46), and university guidelines to ensure adherence to the following criteria:

- The risks to subjects are minimized.
- The risks to subjects are reasonable in relation to the anticipated benefits.
- The selection of subjects is equitable.
- Informed consent is adequate and appropriately documented.
- Where appropriate, the research plan makes adequate provisions for monitoring the data collected to ensure the safety of the subjects.
- Where appropriate, there are adequate provisions to protect the privacy of subjects and to maintain the confidentiality of all data.
- Appropriate additional safeguards have been included to protect vulnerable subjects.
- Any unanticipated, serious, or continuing problems encountered regarding risks to subjects must be reported immediately, but not later than 10 days following the event. This should be reported to the IRB Office via the "Adverse Effect Report Form".
- If approved, the maximum period of approval is limited to twelve months.
  Projects that exceed this period must submit an application for renewal or continuation.

PROTOCOL NUMBER: 15102306
PROJECT TITLE: Relationship Between Parental Alcoholism and Family Unpredictability
PROJECT TYPE: New Project
RESEARCHER(S): Kamie Stephens
COLLEGE/DIVISION: College of Nursing
DEPARTMENT: Nursing
FUNDING AGENCY/SPONSOR: N/A
IRB COMMITTEE ACTION: Expedited Review Approval
PERIOD OF APPROVAL: 11/17/2015 to 11/16/2016
Lawrence A. Hosman, Ph.D.
Institutional Review Board

Appendix C: Permission to use Family Unpredictability Scale

Permission to use Unpredictability Scale

Kamie Stephens <kamie.stephens@eagles.usm.edu>   Wed, Aug 5, 2015 at 3:39 PM
To: rossl@cofc.edu

Dr. Ross,

My name is Kamie Stephens. I am an honors nursing major and psychology minor at the University of Southern Mississippi. I am beginning my senior thesis this year and I was wondering If i could have permission to use your Unpredictability Scale in my research. My topic is Relationship between *Parental Alcoholism and Family Unpredictability.* I have always been interested in the way an alcoholic guardian can affect the structure of a home. I have done plenty of research and I believe your Unpredictability Scale could aid in my research. My goal is to gain permission from Alcoholics Anonymous to attend meetings and collect participants from these settings. I would like to have about 25 Adult children of alcohols complete this unpredictability scale. I will attach my prospectus/proposal to this email If you would like to look over it. I look forward to hearing from you.

Thank you,
Kamie Stephens
USM Nursing Student
USM Honors College
Kamie.Stephens@eagles.usm.edu
985-373-6222

Ross, Lisa T <RossL@cofc.edu>   **Mon, Aug 17, 2015 at 8:39 AM**
To: Kamie Stephens <kamie.stephens@eagles.usm.edu>

Yes you have permission to use whichever scale you need for your study.

It isn't clear if you will be using the Family Unpredictability Scale (measuring alcoholic parents' concurrent views of family functioning) or the Retro-FUS (assessing childhood recollections of adult children of alcoholics). If it is the latter case, you need to target Al-Anon groups or ACOA support groups rather than the alcoholics themselves. And because the Retro-FUS scale items are not in the manuscript, I have enclosed them here as an attachment.

AA has been a closed "society" for decades and very hesitant to let anyone collect data at their meetings or from their members. You might have an easier time recruiting college students from a participant pool in the psychology department. You could either ask students to sign up for your study only if they had concerns about their parents' drinking while they were growing up, or you could survey 200 or so and compare those who score high on the CAST with those who did not have an alcoholic parent (ie,, they scored zero on the CAST).

Hope this helps.

Good luck with your research!

Dr. Ross

Lisa Thomson Ross, Ph.D.

Professor

Department of Psychology

Women's and Gender Studies Program

Appendix D: Family Unpredictability Scale (Dr. Ross)

Please rate you responses to these statements on a scale of 1-5. 1 being you disagree and 5 meaning you strongly agree. Participants are to answer these questions based on childhood experiences.

Statement	1 Disagree	2	3 Neutral	4	5 Agree Strongly
Child Gets away with misbehaving					
Parent yells at child					
Kids get away with breaking rules					
How parent acts in situation depends on their mood					
Discipline of child depends on parent's mood.					
How parents act is unpredictable					
Weekly dinner is at the same time					
Hard to predict what time meals will be					
Weekdays the same family members eat together.					
It is easier if everyone gets his or her own dinner					
People leave home without breakfast.					
Child comes to parent for first aid.					
Child can count on parent.					
Child can go to parent for comfort.					
Parent Lets child know they are important to them.					
Child can tell parent if something bothers them.					
Consistent amount of affection.					
Parent spends time with each child each day.					
Parents were never sure how to pay bills.					
There was Enough money for food and house.					
Some months plenty, some months poor.					

Appendix E: CITI Certificate

COLLABORATIVE INSTITUTIONAL TRAINING INITIATIVE (CITI PROGRAM)
COURSEWORK REQUIREMENTS REPORT*

* NOTE: Scores on this Requirements Report reflect quiz completions at the time all requirements for the course were met. See list below for details. See separate Transcript Report for more recent quiz scores, including those on optional (supplemental) course elements.

- **Name:** Kamie Stephens (ID: 4569394)
- **Email:** kamie.stephens@eagles.usm.edu
- **Institution Affiliation:** University of Southern Mississippi (ID: 1803)
- **Institution Unit:** undergraduate nursing
- **Phone:** 9853736222

- **Curriculum Group:** Common Course for USM Undergraduate and HON 300 Students
- **Course Learner Group:** Same as Curriculum Group
- **Stage:** Stage 1 - Basic Course

- **Report ID:** 14872908
- **Completion Date:** 01/08/2015
- **Expiration Date:** 01/07/2020
- **Minimum Passing:** 85
- **Reported Score*:** 100

REQUIRED AND ELECTIVE MODULES ONLY	DATE COMPLETED	SCORE
Responsible Conduct of Research (RCR) Course Introduction	01/04/15	No Quiz
Research Misconduct (RCR-Basic)	01/04/15	5/5 (100%)
Data Management (RCR-Basic)	01/07/15	5/5 (100%)
Authorship (RCR-Basic)	01/07/15	5/5 (100%)
Mentoring (RCR-Basic)	01/07/15	5/5 (100%)
Using Animal Subjects in Research (RCR-Basic)	01/08/15	5/5 (100%)
Conflicts of Interest (RCR-Basic)	01/08/15	5/5 (100%)
Collaborative Research (RCR-Basic)	01/08/15	5/5 (100%)
Research Involving Human Subjects (RCR-Basic)	01/08/15	5/5 (100%)
Responsible Conduct of Research (RCR) Course Conclusion	01/08/15	No Quiz
The University of Southern Mississippi - RCR	01/08/15	No Quiz

For this Report to be valid, the learner identified above must have had a valid affiliation with the CITI Program subscribing institution identified above or have been a paid Independent Learner.

CITI Program
Email: citisupport@miami.edu
Phone: 305-243-7970
Web: https://www.citiprogram.org