Kahn, D. T., Carthy, T., Colson, B., Tenne, T., & Omer, H. (2019). Measuring parental anchoring: The development and validation of the Parental Anchoring Scale. *Testing, Psychometrics, Methodology in Applied Psychology. 26*(2), 1-16.

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This article presents the Parental Anchoring Scale and the process of its validation. Parental Anchoring is probably the most general concept we have developed. It is hypothesized to be the mechanism through which NVR works, helping the parents to take a decided and positive stand against the flood of temptations, dangers, influences and trends that threatens to drown the children of our generation. The anchoring function is also hypothesized to be a central factor in guaranteeing positive development. The PAS (Parental Anchoring Scale) is a simple and relatively short measure (20 questions), designed to assess the four factors that constitute parental anchoring: presence, self-control, structure (rules and routine) and support. We have already used the PAS in a number of studies, for instance, with parents of children with ADHD, computer and smartphone abuse, and delinquent activities. In all of the studies NVR enhanced parental anchoring. The PAS is a sensitive questionnaire that detects change in all four relevant domains. We think that the PAS should be a central tool for research in NVR.