## Evolved Developmental Niche-History For age 18 and older (Darcia Narvaez, dnarvaez@nd.edu)

<u>Note to researchers</u>: This questionnaire involves questions that refer to the Evolved Developmental Niche (EDN), the parenting practices that evolved to match up with the maturational schedule of the young child (Hewlett & Lamb, 2005; Konner, 2010; Narvaez, Panksepp et al., 2013).

There is evidence that the EDN influences child wellbeing and morality (Narvaez, Gleason et al., 2013; Narvaez, Wang et al., 2013). But the type of care a baby receives and the caregiver-child relational pattern is often carried forward through the rest of childhood. So although the adult participant is asked to think of all of childhood, we think that these also reflect the early experience in which the brain/body neurobiology is co-constructed by the caregiver.

Our data with adults and college students (n=607) show that scores on this measure (EDN-H) is related to mental and physical health as well as to moral orientation (higher EDN relates to compassionate morality and its precursors; lower EDN relates to self-protective morality and its precursors) (Narvaez, Wang, Lawrence, & Cheng, forthcoming, 2016).

## Please use this publication to cite for the source of the measure:

Narvaez, D., Wang, L, & Cheng, A. (forthcoming, December 2016). Evolved Developmental Niche History: Relation to adult psychopathology and morality. *Applied Developmental Science*. http://dx.doi.org/10.1080/10888691.2015.1128835

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## EDN-H

DIRECTIONS. When answering the following questions please think of your childhood, your experience growing up (the years before age 18).

Note: When we refer to "parent/quardian," think of anyone who took care of you like a mother or father.

1. How often did you do things together as a family outside the home (e.g., going to religious services, shows, community events, visiting parks, traveling)?

Very little or not at all

A little A moderate amount

Quite a lot

Very much

2. How often did you do things together as a family at home (e.g., eating together, doing chores together, playing)?

Very little or not at all

A little

A moderate amount

Quite a lot

Very much

3. How often were you affectionately touched, kissed, or hugged by at least one of your parents or quardians?

Very little or not at all

A little

A moderate amount

Quite a lot

Very much

4. Did you ever receive corporal punishment from a parent or guardian (e.g., hit, spanked, slapped, pinched)?

Very little or not at all

A little

A moderate amount

Quite a lot

Very much

5. How much did you participate in activities directed by adults (e.g., organized sports, clubs, scouting, music/dance lessons, etc.)?

Very little or not at all

A little A moderate amount

Quite a lot

Very much

6. How much did you play freely (play organized by the children; not in organized activities) with other children OUTSIDE?

Very little or not at all

A little

A moderate amount

Quite a lot

Very much

7. How much did you play freely (play organized by the children; not in organized activities) with other children INSIDE?

Very little or not at all

A little A moderate amount

Quite a lot

Very much

8. Were you breastfed?

Yes Nο I don't know

**8a.** If Yes, for how long? (we can include "don't know" as a response category)

9. IF MALE: Were you circumcised as a child? Yes No

9. IF FEMALE: Were you pierced (e.g., ears) as a child? Yes No

10. Overall, was your childhood a happy one?

Very little or not at all A little A moderate amount Quite a lot Very much

11. How much support and affection did you receive in your childhood?

Very little or not at all A little A moderate amount Quite a lot Very much

12. How responsive were your parents or caregivers to your needs?

Very little or not at all A little A moderate amount Quite a lot Very much

## 13. Past Home Climate

<u>Directions</u>: IN YOUR FAMILY HOME WHEN YOU WERE A CHILD (from age 0-18), please rate the emotion sets according to <u>how frequently you felt them</u>

	Don't recall	Very little or not at all	A little	A moderate amount	Quite a lot	Very much
GRIEF (Downhearted, Sad, or Lonely)	0	0	0	0	0	6
HUMILIATION (Humiliated, Demeaned, or Shamed)	0	0	0	0	0	6
GUILT (Ashamed, Guilty, or Blameworthy)	6	0	0	6	6	Ö
FEAR (Dread, Tense, Nervous, or Scared)	6	0	0	6	6	Ö
ANGER (Angry, Hostile, Irritable, or Scornful)	6	6	0	0	0	Ö
NUMBNESS (Apathetic, Numb, Passive, or Shut Down)	0	0	0	6	6	6
JOY (Excited, Happy, Jovial, or Lively)	6	0	6	0	0	6
EXPANSIVE (Open, Playful, or Creative)	0	0	0	0	0	Ö
SELF-ASSURED (Proud, Confident, or Fearless)	6	0	6	0	0	Ö
SERENE (Calm, Relaxed, or at Ease)	0	0	0	0	0	6

#### **SCORING**

Very much

#### ADD THESE TWO FOR FAMILY TOGETHERNESS

#### EDNFR.

1. How often did you do things together as a family outside the home (e.g., going to religious services, shows, community events, visiting parks, traveling)?

Very little or not at all A little A moderate amount Quite a lot

2. How often did you do things together as a family at home (e.g., eating together, doing chores together, playing)?

Very little or not at all A little A moderate amount Quite a lot Very much

#### REVERSE #4 and ADD #3 and #4 FOR TOUCH

#### **EDNPosTch**

3. How often were you affectionately touched, kissed, or hugged by at least one of your parents or quardians?

Very little or not at all A little A moderate amount Quite a lot Very much

#### **EDNNegTch**

4. Did you ever receive corporal punishment from a parent or guardian (e.g., hit, spanked, slapped, pinched)?

Very little or not at all A little A moderate amount Quite a lot Very much

#### **EDNPlay** [ADD #5 and #6 TOGETHER FOR FREE PLAY TOTAL]

5. How much did you participate in activities directed by adults (e.g., organized sports, clubs, scouting, music/dance lessons, etc.)?

Very little or not at all A little A moderate amount Quite a lot Very much

6. How much did you play freely (play organized by the children; not in organized activities) with other children OUTSIDE?

Very little or not at all A little A moderate amount Quite a lot Very much

7. How much did you play freely (play organized by the children; not in organized activities)with other children INSIDE?

Very little or not at all A little A moderate amount Quite a lot Very much

EDNBF. 8. Were you breastfed?

Yes No I don't know

**EDNBFL. 8a.** If Yes, for how long? (we can include "don't know" as a response category)

EDNCirc. 9. IF MALE: Were you circumcised as a child? Yes No

EDNPierce. 9. IF FEMALE: Were you pierced (e.g., ears) as a child? Yes No

#### ADD NEXT THREE FOR SUPPORTIVE CHILDHOOD SCORE

## EDNHappy. 10. Overall, was your childhood a happy one?

Very little or not at all A little A moderate amount Quite a lot Very much

#### EDNSupp. 11. How much support and affection did you receive in your childhood?

Very little or not at all A little A moderate amount Quite a lot Very much

## EDNResp. 12. How responsive were your parents or caregivers to your needs?

Very little or not at all A little A moderate amount Quite a lot Very much

#### **PHC 13. Past Home Climate**

ADD NEGATIVES (grief, humiliation, guilt, fear, anger, numbness) INTO NEGATIVE CLIMATE SCORE ADD POSITIVES (joy, expansive, serene, self-assured) INTO POSITIVE CLIMATE SCORE CAN ADD TOGETHER AFTER REVERSING NEGATIVE CLIMATE SCORE for TOTAL CLIMATE SCORE

# <u>Directions</u>: IN YOUR FAMILY HOME WHEN YOU WERE A CHILD (from age 0-18), please rate the emotion sets according to how frequently you felt them

	Don't recall	Very little or not at all	A little	A moderate amount	Quite a lot	Very much
GRIEF (Downhearted, Sad, or Lonely)	0	6	6	6	0	0
HUMILIATION (Humiliated, Demeaned, or Shamed)	0	6	0	<b>©</b>	0	0
GUILT (Ashamed, Guilty, or Blameworthy)	0	0	0	0	Ö	0
FEAR (Dread, Tense, Nervous, or Scared)	0	6	0	<b>©</b>	0	0
ANGER (Angry, Hostile, Irritable, or Scornful)	0	6	Ö	6	6	6
NUMBNESS (Apathetic, Numb, Passive, or Shut Down)	0	6	Ö	6	6	6
JOY (Excited, Happy, Jovial, or Lively)	0	6	Ö	6	6	6
EXPANSIVE (Open, Playful, or Creative)	0	6	Ö	6	6	6
SELF-ASSURED (Proud, Confident, or Fearless)	0	•	6	•	0	0
SERENE (Calm, Relaxed, or at Ease)	0	Ö	0	0	Ö	0