

Evolved Developmental Niche-History
For age 18 and older
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Note to researchers: 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).

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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/guardian,” 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 guardians?

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 No 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

SCORING

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 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

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 guardians?

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

