



DO-YOU-KNOW-SCALE

What Do You Know? How many of the same 20 questions can you answer? You might be surprised.

1. Do you know how your parents met? Y N
2. Do you know where your mother grew up? Y N
3. Do you know where your father grew up? Y N
4. Do you know where some of your grandparents grew up? Y N
5. Do you know where some of your grandparents met? Y N
6. Do you know where your parents were married? Y N
7. Do you know what went on when you were being born? Y N
8. Do you know the source of your name? Y N
9. Do you know some things about what happened when your brothers or sisters were being born? Y N
10. Do you know which person in your family you look most like? Y N
11. Do you know which person in the family you act most like? Y N
12. Do you know some of the illnesses and injuries that your parents experienced when they were younger? Y N
13. Do you know some of the lessons that your parents learned from good or bad experiences? Y N
14. Do you know some things that happened to your mom or dad when they were in school? Y N
15. Do you know the national background of your family (such as English, German, Russian, etc)? Y N
16. Do you know some of the jobs that your parents had when they were young? Y N
17. Do you know some awards that your parents received when they were young? Y N
18. Do you know the names of the schools that your mom attended? Y N
19. Do you know the names of the schools that your dad went attended? Y N
20. Do you know a relative whose face "froze" in a grumpy position because he or she did not smile enough? Y N

Source: Duke, M.P., Lazarus, A., & Fivush, R. (2008). Knowledge of family history as a clinically useful index of psychological well-being and prognosis: A brief report. Psychotherapy Theory, Research, Practice, Training, 45, 268-272