

Evolved Developmental Niche-History (EDNH)

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). The experiences that are captured by the EDN metric include positive and negative social experiences that are present in the caregiver-child relationships as well as larger social environment. These relational patterns are often carried forward through childhood and consequently, adults are asked to reflect on and report on the sum of their childhood experience.

Our data with adults and college students (e.g., Narvaez, Wang & Cheng, 2016; n=607) show that scores on this measure (EDN-H) is related to and predictive in path models linking attachment, mental health, social capacities and moral orientation (higher EDN relates to compassionate morality and its precursors; lower EDN relates to self-protective morality and its precursors).

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

Narvaez, D., Wang, L., & Cheng, A. (2016). [Evolved Developmental Niche History: Relation to adult psychopathology and morality](https://doi.org/10.1080/10888691.2015.1128835). *Applied Developmental Science*, 20(4), 294-309. <http://dx.doi.org/10.1080/10888691.2015.1128835>

For more information and publications, go to: <http://sites.nd.edu/darcianarvaez/the-evolved-nest-evolved-developmental-niche-edn/>

EDNH

DIRECTIONS. When answering the following questions please think of your childhood, your experience growing up (generally 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
1	2	3	4	5

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
1	2	3	4	5

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
1	2	3	4	5

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
1	2	3	4	5

5. Were you ever emotionally punished by a parent or guardian (e.g., demeaned, screamed at, humiliated in public)?

Very little or not at all	A little	A moderate amount	Quite a lot	Very much
1	2	3	4	5

6. 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
1	2	3	4	5

7. 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
1	2	3	4	5

8. 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
1	2	3	4	5

9. Overall, was your childhood a happy one?

Very little or not at all	A little	A moderate amount	Quite a lot	Very much
1	2	3	4	5

10. 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
1	2	3	4	5

11. 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
 1 2 3 4 5

12. Past Home Climate

Directions: 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

	0	1	2	3	4	5
	Don't recall	Very little or not at all	A little	A moderate amount	Quite a lot	Very much
GRIEF (Downhearted, Sad, or Lonely)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HUMILIATION (Humiliated, Demeaned, or Shamed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
GUILT (Ashamed, Guilty, or Blameworthy)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FEAR (Dread, Tense, Nervous, or Scared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ANGER (Angry, Hostile, Irritable, or Scornful)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NUMBNESS (Apathetic, Numb, Passive, or Shut Down)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
JOY (Excited, Happy, Jovial, or Lively)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXPANSIVE (Open, Playful, or Creative)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SELF-ASSURED (Proud, Confident, or Fearless)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SERENE (Calm, Relaxed, or at Ease)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. Were you breastfed?

Yes No I don't know
 2 1 0

13a. If Yes, for how long? (we can include "don't know" as a response category) ____Months____years

14a. IF MALE: Were you circumcised as a child? Yes No

2 1

14b. IF FEMALE: Were you pierced (genitalia) as a child? Yes No

2 1

EDNH SCORING

General response scale: 1 2 3 4 5

ADD EDNFR #1 and #2 FOR FAMILY TOGETHERNESS score, EDNhSEmb

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
1	2	3	4	5

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
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TOUCH: REVERSE #4 and ADD #3 and #4 for POSITIVE TOUCH score (EDNhTch) or keep separate.

Or add 4 and 5 for PUNISHMENT score (not reversed)

Or keep 3, 4, 5 separate

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
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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
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Separate Item:

EDNEmotionPunish2

5. Were you ever emotionally punished by a parent or guardian (e.g., demeaned, screamed at, humiliated in public)?

Very little or not at all	A little	A moderate amount	Quite a lot	Very much
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EDNPlay [ADD #7 and #8 TOGETHER FOR FREE PLAY score: EDNhFreePlay, use #6 separately or add 6,7,8 together for PLAY score]

6. 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
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7. 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
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8. 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
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EDNhResp ADD NEXT THREE FOR SUPPORTIVE CHILDHOOD SCORE:

EDNHappy. 9. Overall, was your childhood a happy one?

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

EDNSupp. 10. 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. 11. 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 12. Past Home Climate

ADD NEGATIVES (grief, humiliation, guilt, fear, anger, numbness) INTO NEGATIVE CLIMATE SCORE, EDNHNegHC
ADD POSITIVES (joy, expansive, serene, self-assured) INTO POSITIVE CLIMATE SCORE, EDNhPosHC

Directions: 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
	0	1	2	3	4	5
GRIEF (Downhearted, Sad, or Lonely)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
HUMILIATION (Humiliated, Demeaned, or Shamed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
GUILT (Ashamed, Guilty, or Blameworthy)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FEAR (Dread, Tense, Nervous, or Scared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ANGER (Angry, Hostile, Irritable, or Scornful)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
NUMBNESS (Apathetic, Numb, Passive, or Shut Down)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
JOY (Excited, Happy, Jovial, or Lively)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EXPANSIVE (Open, Playful, or Creative)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SELF-ASSURED (Proud, Confident, or Fearless)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SERENE (Calm, Relaxed, or at Ease)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

EDNBF 13. Were you breastfed?

Yes No I don't know

EDNBFL. 13a. If Yes, for how long? (we can include "don't know" as a response category)

EDNCirc. 14a. IF MALE: Were you circumcised as a child? Yes No

EDNPierce. 14b. IF FEMALE: Were you pierced (genitalia) as a child? Yes No

Items together in online survey

EDNH_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)?

EDNH_2-How often did you do things together as a family AT HOME (e.g., eating together, doing chores together, playing)?

EDNH_3-As a child, how often were you affectionately touched, kissed, or hugged by at least one of your parents or guardians?

EDNH_4-Did you ever receive corporal punishment from a parent or guardian (e.g., hit, spanked, slapped, pinched)?

EDNH_5-Were you ever emotionally punished by a parent or guardian (e.g., demeaned, screamed at, humiliated in public)?

EDNH_6-How much did you participate in activities directed by adults (e.g., organized sports, clubs, scouting, music/dance lessons, etc.)?

EDNH_7-How much did you play freely (play organized by the children; not in organized activities) with other children OUTSIDE?

EDNH_8-How much did you play freely (play organized by the children; not in organized activities) with other children INSIDE?

EDNH_9-Overall, was your childhood a happy one?

EDNH_10-How much support and affection did you receive in your childhood?

EDNH_11-How responsive were your parents or caregivers to your needs?

EDNH_13-Were you breastfed?

EDNH_13a-If Yes, for how long?

EDNH_14-Were you circumcised as a child?

EDNH_14b-Were you pierced (genitalia) as a child?

EDNH_HC_1-GRIEF (Downhearted, Sad, or Lonely)

EDNH_HC_2-HUMILIATION (Humiliated, Demeaned, or Shamed)

EDNH_HC_3-GUILT (Ashamed, Guilty, or Blameworthy)

EDNH_HC_4-FEAR (Dread, Tense, Nervous, or Scared)

EDNH_HC_5-ANGER (Angry, Hostile, Irritable, or Scornful)

EDNH_HC_6-NUMBNESS (Apathetic, Numb, Passive, or Shut Down)

EDNH_HC_7-JOY (Excited, Happy, Jovial, or Lively)

EDNH_HC_8-EXPANSIVE (Open, Playful, or Creative)

EDNH_HC_9-SELF-ASSURED (Proud, Confident, or Fearless)

EDNH_HC_10-SERENE (Calm, Relaxed, or at Ease)

****EDNH SYNTAX**

RECODING

***breastfeeding.**

RECODE EDNH_13 (1=1) (2=0) (3=0) into EDNhBfed.
variable labels EDNhBfed 'EDNh breastfed'.
execute.

***touch.**

RECODE EDNH_4 (1=5) (2=4) (3=3) (4=2) (5=1) into EDNH_4R.
execute.
COMPUTE EDNhTch = MEAN (EDNH_3, EDNH_4R).
variable labels EDNhTch 'EDNh Touch Mean'.
execute.

RECODE EDNH_5 (1=5) (2=4) (3=3) (4=2) (5=1) into EDNH_5R.

***responsive social environment.**

COMPUTE EDNhResp = MEAN (EDNH_9, EDNH_10, EDNH_11).
variable labels EDNhResp 'EDNh Responsive social environment'.
execute.

***play**

COMPUTE EDNhFreePlay = MEAN (EDNH_7, EDNH_8).
variable labels EDNhFreePlay 'EDNh Free Play mean'.

COMPUTE EDNhPlay = MEAN (EDNH_6, EDNH_7, EDNH_8).
variable labels EDNhPlay 'EDNh Play mean'.

***social embeddedness**

COMPUTE EDNhSEmb = MEAN (EDNH_1, EDNH_2).
variable labels EDNhSEmb 'EDNh Social Embeddedness'.
execute.

***negative Home Climate.**

NOTE: EDNHNegHC first response option should be 0 and then it is a five-point scale.

RECODE 0 = missing.
COMPUTE EDNHNegHC = MEAN (EDNH_HC_1, EDNH_HC_2, EDNH_HC_3, EDNH_HC_4, EDNH_HC_5, EDNH_HC_6).
variable labels EDNHNegHC 'EDNh Negative home climate'.
execute.

***positive Home Climate.**

NOTE: EDNHNegHC and EDNhPosHC first response option should be 0 and then it is a five-point scale.

RECODE 0 = missing.
COMPUTE EDNhPosHC = MEAN (EDNH_HC_7, EDNH_HC_8, EDNH_HC_9, EDNH_HC_10).

variable labels EDNhPosHC 'EDNh Positive Home Climate'.
execute.

*COMPOSITE SCORES.

NOTE: EDNHNegHC and EDNhPosHC first response option should be 0 and then climate is a five-point scale.

EDNhComp (adding composite scores for touch, free play, social embeddedness, positive home climate, social embeddedness, minus negative home climate):

COMPUTE EDNhComp = EDNhTch + EDNhFreePlay + EDNhSEmb + EDNhPosHC + EDNhResp + (5-EDNhNegHC).

EDNhComp2:

Includes emotional abuse (reversed):

EDNhTch + EDNhSEmb + EDNhFreePlay + EDNhResp + EDNH_5R + EDNhPosHC + (5-EDNhNegHC)

EDNhComp3:

Includes "breastfed at all":

EDNhTch + EDNhSEmb + EDNhFreePlay + EDNhResp + EDNH_5R + EDNH_13 + EDNhPosHC + (5-EDNhNegHC)

EDNhComp4:

Includes breastfeeding length (instead of "breastfed at all")

EDNhTch + EDNhSEmb + EDNhFreePlay + EDNhResp + EDNH_5R + EDNH_13a + EDNhPosHC + (5-EDNhNegHC)

EDNhComp5:

Includes "breastfeeding at all" plus organized play:

EDNhTch + EDNhSEmb + EDNhFreePlay + EDNhResp + EDNH_5R + EDNH_13 + EDNH_6 + EDNhPosHC + (5-EDNhNegHC)

EDNhComp6:

Includes organized play (no breastfeeding)

EDNhTch + EDNhSEmb + EDNhFreePlay + EDNhResp + EDNH_5R + EDNH_6 + EDNhPosHC + (5-EDNhNegHC)