



## Assessment Measures

# **PSRA:** Preschool Self-Regulation Assessment Full Profile Review

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## **Name of the measure**

PSRA: Preschool Self-Regulation Assessment

## **Author(s) / Publisher(s)**

- English original (US)

Author: R. Smith-Donald, C. Raver, T. Hayes, & B. Richardson.

Publisher: NYU - The Institute of Human Development and Social Change (for both English and Spanish kits).

- Spanish translation (US)

Author: R. Smith-Donald, C. Raver, T. Hayes, B. Richardson.

## **Age Range**

0-3 years, 3-7 years

## **Age Range Information**

Kindergarten age

## **SEL Skills targeted**

Self-management, Social and emotional development, Behaviour problems

## **Scales and Subscales**

2 scales:

Attentive/Impulse Control Scale

Positive Emotion Scale

28 items in total:

15 items from Leiter-R subscales:

Attention

Impulse Control

Activity Level

Sociability

Energy & Feelings

2 items adapted from Leiter-R, not matching with original items

9 items adapted from DB-DOS coding system, not matching with original items

2 items about anxiety, not matching original items

## **Sources of information**

Child

## Formats for administration

Direct assessment

### Administration

The clinician performs individual assessment with the child. The child needs to participate in a series of trials focusing on each scoring criteria (7 in total). Each trial takes between 10-30 seconds. Some of the trials are repeated.

Based on 7 criteria:

- 1) Balance beam;
- 2) Pencil tap;
- 3) Tower task;
- 4) Tower clean-up;
- 5) Toy sorting;  
-- Toy wrap;  
-- Toy wait;  
-- Toy return;
- 6) Snack delay;
- 7) Tongue task.

### Scoring

Manual

### Psychometric Properties

The results show >0.9 for Attention & Impulse control and >0.8 for Positive emotion.

Internal Consistency:

Impulse Control: 0.54

Compliance/Executive Control: 0.58

Test-Retest: 0.61-0.69

<https://onlinelibrary.wiley.com/doi/abs/10.1002/icd.1763>

### Training

A training presentation is provided, as well as an assessment training agenda for a seminar at hand (from 9:00 am to 4:30 pm).

All test users must have an assessment kit with all necessary props upon starting the assessment.

### Strengths and Weaknesses

The tool's strength is measuring impulse control, but it's not as reliable with emotion regulation. It needs only a short training period, however, it requires specific preparations to conduct a session (props and script).

### Other Relevant Information

General information:

<https://steinhardt.nyu.edu/ihdsc/projects/csrp/preschool-self-regulation-assessment-psra>

Toolkit:

[https://nyu.qualtrics.com/jfe/form/SV\\_6g8nP7QQTKSQtOR](https://nyu.qualtrics.com/jfe/form/SV_6g8nP7QQTKSQtOR)

Raver, C., Jones, S., Li-Grining, C., Zhai, F., Bub, K., Pressler, E. (2011). CSRP's impact on low-income preschoolers' pre-academic skills: Self-regulation and teacher-student relationships as two mediating mechanisms. *Child Development. Special Issue: Raising Healthy Children*, v. 82, issue 1, p.362-378, doi: 10.1111/j.1467-8624.2010.01561.x

Smith-Donald, R., Raver, C., Hayes, T., Richardson, B. (2007). Preliminary construct and concurrent validity of the Preschool Self-regulation Assessment (PSRA) for field-based research. *Early Childhood Research Quarterly* 22, p.173–187. doi.org/10.1016/j.ecresq.2007.01.002

## Citation

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