

Obsessive Relational Intrusion Scale

Patient's name: Alice Davidson Date: September 18, 2024

Gender: Female Age: 32

This is the short form of the ORIS developed by Cupach and Spitzberg.

0 – Never || 1 – Only once || 2 – 2 or 3 times || 3 – 4 or 5 times || 4 – Over 5 times

Statements		0	1	2	3	4
1	Leaving unwanted gifts (e.g., flowers, stuffed animals, photographs, jewelry, etc.)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Leaving unwanted messages of affection (e.g., romantically-oriented notes, cards, letters, voicemail, email, messages with friends, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3	Making exaggerated expressions of affection (e.g., saying "I love you" after limited interaction, doing large and unsolicited favors for you)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
4	Following you around (e.g., following you to or from school, home, gym, daily activities, etc.)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Watching you (e.g., driving by home or work, watching from a distance, gazing at you in public places, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
6	Intruding uninvited into your interactions (e.g., hovering around your conversations, offering unsolicited advice, initiating conversations when you're clearly busy, etc.)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Invading your personal space (e.g., getting too close in conversation, touching you, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
8	Involving you in activities in unwanted ways (e.g., enrolling you in programs, putting you on mailing lists, using your name as a reference, etc.)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Invading your personal property (e.g., handling your possessions, breaking into your home, showing up at your door or car, etc.)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Intruding upon your friends, family, or coworkers (e.g., trying to befriend your friends, seeking to be invited to social events, seeking employment at your work, etc.)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Monitoring you and/or your behavior (e.g., calling at all hours to check your whereabouts, checking up on you through mutual friends, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
12	Approaching or surprising you in public places (e.g., showing up at stores, work, gym, etc.)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Statements		0	1	2	3	4
13	Covertly obtaining private information (e.g., listening to your messages, taking photos without your knowledge, stealing your mail or email, etc.)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Invading your property (e.g., breaking into your home, car, desk, etc.)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Leaving unwanted threatening messages (e.g., hang-up calls, notes, letters, emails, etc. implying harm)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Physically restraining you (e.g., grabbing your arm, blocking your progress, etc.)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Engaging in regulatory harassment (e.g., filing false complaints, spreading false rumors to officials, obtaining a restraining order on you, etc.)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	Stealing or damaging valued possessions (e.g., vandalizing property, harming possessions or pets)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	Threatening to hurt him- or herself (e.g., vague threats, threatening to commit suicide)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Threatening others you care about (e.g., romantic partners, friends, family, pets)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Verbally threatening you personally (e.g., direct threats to harm you)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	Leaving or sending you threatening objects (e.g., marked-up photographs, pornography, weapons)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	Showing up at places in threatening ways (e.g., appearing at your class or work, lurking around)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	Sexually coercing you (e.g., forcefully attempting or succeeding in kissing, touching, or forced sexual behavior)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	Physically threatening you (e.g., throwing objects, implying violence)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	Physically hurting you (e.g., pushing, slapping, hitting)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	Kidnapping or physically constraining you (e.g., trapping you in a car, taking you places against your will)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	Physically endangering your life (e.g., using a weapon, trying to run you off the road)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Total score: 32

Scoring

Total the responses to get a final score. A higher score indicates greater levels of victimization. However, the original developers of the ORI short form did not impose a cutoff score.

Subscales:

This scale has four subscales, with higher scores indicating a greater level of victimization of the subscale's specific type:

- **Hyperintimacy:** 1–7
 - **Invasion of privacy:** 8–13
 - **Threatening behavior:** 14–23
 - **Physical coercion:** 24–28
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Additional notes

The patient shows significant signs of receiving obsessive relational intrusion in hyperintimacy and privacy invasion behaviors. The use of exaggerated affection and consistent monitoring should be addressed with appropriate safety measures and boundary setting.

Cupach, W. R., & Spitzberg, B. H. (2000). Obsessive relational intrusion: Incidence, perceived severity, and coping. *Violence and Victims*, 15(4), 357–372. <https://doi.org/10.1891/0886-6708.15.4.357>

Spitzberg, B. H., & Cupach, W. R. (2004). *The dark side of relationship pursuit*. Routledge.