

Obsessive Relational Intrusion Scale

Patient's name: _____ Date: _____

Gender: _____ Age: _____

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.)					
2	Leaving unwanted messages of affection (e.g., romantically-oriented notes, cards, letters, voicemail, email, messages with friends, etc.)					
3	Making exaggerated expressions of affection (e.g., saying "I love you" after limited interaction, doing large and unsolicited favors for you)					
4	Following you around (e.g., following you to or from school, home, gym, daily activities, etc.)					
5	Watching you (e.g., driving by home or work, watching from a distance, gazing at you in public places, etc.)					
6	Intruding uninvited into your interactions (e.g., hovering around your conversations, offering unsolicited advice, initiating conversations when you're clearly busy, etc.)					
7	Invading your personal space (e.g., getting too close in conversation, touching you, etc.)					
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.)					
9	Invading your personal property (e.g., handling your possessions, breaking into your home, showing up at your door or car, etc.)					
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.)					
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.)					
12	Approaching or surprising you in public places (e.g., showing up at stores, work, gym, etc.)					

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.)					
14	Invading your property (e.g., breaking into your home, car, desk, etc.)					
15	Leaving unwanted threatening messages (e.g., hang-up calls, notes, letters, emails, etc. implying harm)					
16	Physically restraining you (e.g., grabbing your arm, blocking your progress, etc.)					
17	Engaging in regulatory harassment (e.g., filing false complaints, spreading false rumors to officials, obtaining a restraining order on you, etc.)					
18	Stealing or damaging valued possessions (e.g., vandalizing property, harming possessions or pets)					
19	Threatening to hurt him- or herself (e.g., vague threats, threatening to commit suicide)					
20	Threatening others you care about (e.g., romantic partners, friends, family, pets)					
21	Verbally threatening you personally (e.g., direct threats to harm you)					
22	Leaving or sending you threatening objects (e.g., marked-up photographs, pornography, weapons)					
23	Showing up at places in threatening ways (e.g., appearing at your class or work, lurking around)					
24	Sexually coercing you (e.g., forcefully attempting or succeeding in kissing, touching, or forced sexual behavior)					
25	Physically threatening you (e.g., throwing objects, implying violence)					
26	Physically hurting you (e.g., pushing, slapping, hitting)					
27	Kidnapping or physically constraining you (e.g., trapping you in a car, taking you places against your will)					
28	Physically endangering your life (e.g., using a weapon, trying to run you off the road)					

Total score: _____

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

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.