# Relationship Scales Questionnaire

**Name:** _____

**Date:** _____  **Assessed by:** _____

**Instructions:** Please read each of the following statements and rate the extent to which you believe each statement best describes your feelings about close relationships. There are 30 items. Please do not skip any items.

Rate each statement on a 5-point scale:

| Not at all like me | | Somewhat like me | | Very much like me |
|---|---|---|---|---|
| **1** | **2** | **3** | **4** | **5** |

| Statement | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 1. I find it difficult to depend on other people. | ○ | ○ | ○ | ○ | ○ |
| 2. It is very important to me to feel independent. | ○ | ○ | ○ | ○ | ○ |
| 3. I find it easy to get emotionally close to others. | ○ | ○ | ○ | ○ | ○ |
| 4. I want to merge completely with another person. | ○ | ○ | ○ | ○ | ○ |
| 5. I worry that I will be hurt is I allow myself to become too close to others. | ○ | ○ | ○ | ○ | ○ |
| 6. I am comfortable without close emotional relationships. | ○ | ○ | ○ | ○ | ○ |
| 7. I am not sure that I can always depend on others to be there when I need them. | ○ | ○ | ○ | ○ | ○ |
| 8. I want to be completely emotionally intimate with others. | ○ | ○ | ○ | ○ | ○ |
| 9. I worry about being alone. | ○ | ○ | ○ | ○ | ○ |

Rate each statement on a 5-point scale:

| **Not at all like me** | | **Somewhat like me** | | **Very much like me** |
|---|---|---|---|---|
| **1** | **2** | **3** | **4** | **5** |

| | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|
| 10. I am comfortable depending on other people | ○ | ○ | ○ | ○ | ○ |
| 11. I often worry that romantic partners don't really love me. | ○ | ○ | ○ | ○ | ○ |
| 12. I find it difficult to trust others completely. | ○ | ○ | ○ | ○ | ○ |
| 13. I worry about others getting too close to me. | ○ | ○ | ○ | ○ | ○ |
| 14. I want emotionally close relationships. | ○ | ○ | ○ | ○ | ○ |
| 15. I am comfortable having other people depend on me. | ○ | ○ | ○ | ○ | ○ |
| 16. I worry that others don't value me as much as I value them. | ○ | ○ | ○ | ○ | ○ |
| 17. People are never there when you need them. | ○ | ○ | ○ | ○ | ○ |
| 18. My desire to merge completely sometimes scares people away. | ○ | ○ | ○ | ○ | ○ |
| 19. It is very important to me to feel self-sufficient. | ○ | ○ | ○ | ○ | ○ |
| 20. I am nervous when anyone gets too close to me. | ○ | ○ | ○ | ○ | ○ |

Rate each statement on a 5-point scale:

| **Not at all like me** | | **Somewhat like me** | | **Very much like me** |
| 1 | 2 | 3 | 4 | 5 |

| 21. I often worry that romantic partners won't want to stay with me. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 22. I prefer not to have other people depend on me. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 23. I worry about being abandoned. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 24. I am somewhat uncomfortable being close to others. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 25. I find that others are reluctant to get as close as I would like. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 26. I prefer not to depend on others. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 27. I know that others will be there when I need them. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 28. I worry about having others not accept me. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 29. Romantic partners often want me to be closer than I feel comfortable being. | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |
| 30. I find it relatively easy to get close to others | ◯ 1 | ◯ 2 | ◯ 3 | ◯ 4 | ◯ 5 |

**Results**

| **Anxious/secure dimension** | Mean score: | **Close/avoidant dimension** | Mean score: |

## Scoring and interpretation

This measure has two subscales, and a score should be obtained for each. One score represents where the participant sits on a continuum from closeness to independence or avoidance, while the other score reflects where they sit on a continuum from security to anxiety.

To calculate mean scores, sum the points from each item on the subscale, then divide that value by the number of items on the subscale. Here are the items on each subscale:

| | |
|---|---|
| **Close/avoidant dimension** | **Items:** 1, 2, 3*, 4*, 7, 8*, 10*, 12, 14*, 15*, 17, 19, 20, 22, 24, 27*, 29, 30* |
| **Anxious/secure dimension** | **Items:** 4, 12, 13, 17, 20, 26, 5, 9, 11, 16, 18, 21, 23, 25, 28, 6 |

*(Note the 4 of the items are included in both subscales.)*

*You will need to reverse score these items (so 5 points indicates 'not at all like me' and 1 point indicates 'very much like me' to ensure the directionality of the items is consistent. Item 4 should only be reverse-scored for the close/avoidant factor as it loads positively on the anxious/secure factor.

Higher scores on the close/avoidant dimension indicate high avoidance and low closeness. Higher scores on the anxious/secure dimension indicate high anxiety and low security.

It is also possible to obtain individual scores for each of the four attachment styles by averaging scores from the set of questions that pertain to each attachment category. However, please note the validity of this four factor structure (in which each style comprises a distinct sub scale) has not been established.In this version, the subscales are as follows: secure (questions 3, 9, 10, 15, 28), preoccupied (6, 8, 16, 25), dismissing avoidance (2, 6, 19, 22, 28), and fear-ful avoidance (1, 5, 12, 24). Note that questions 9, 28 and 6 have reverse grading.

## References

Griffin, D. W., & Bartholomew, K. (1994). Relationship Scales Questionnaire. *PsycTESTS Dataset.* https://doi.org/10.1037/t10182-000

Pehrabad, S., Mashhadi, A., Tabibi, Z., & Modares Gharavi, M. (2016). Psychometric properties of Relationship Scales Questionnaire in Iranian female students. *Practice in Clinical Psychology, 4*(1). https://jpcp.uswr.ac.ir/article-1-239-.pdf

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