

# 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

1. I find it difficult to depend on other people.

1 2 3 4 5

2. It is very important to me to feel independent.

1 2 3 4 5

3. I find it easy to get emotionally close to others.

1 2 3 4 5

4. I want to merge completely with another person.

1 2 3 4 5

5. I worry that I will be hurt if I allow myself to become too close to others.

1 2 3 4 5

6. I am comfortable without close emotional relationships.

1 2 3 4 5

7. I am not sure that I can always depend on others to be there when I need them.

1 2 3 4 5

8. I want to be completely emotionally intimate with others.

1 2 3 4 5

9. I worry about being alone.

1 2 3 4 5

Rate each statement on a 5-point scale:

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

Rate each statement on a 5-point scale:

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

Siegert, R. J., Ward, T., & Hudson, S. (1995). The structure of romance: A factor-analytic examination of the Relationship Scales Questionnaire. *New Zealand Journal of Psychology*, 24(1). <https://www.psychology.org.nz/journal-archive/NZJP-Vol241-1995-2-Siegert.pdf>