Practicum 2: Assessing Communication

Reflecting on what was covered in the Accommodation mini-lecture; let us assess communication with an Accommodation framework.

Activity 1: Below you will find the filled-in questionnaire of a person who completed the Accommodation Instrument (Rusbult et al., 1993). Recall that the Accommodation Instrument is a measure designed to assess four different communication patterns – voice, loyalty, exit and neglect. Your task is to calculate the client's score for each of the four patterns as well as the total accommodation score.

My Responses To Relationship Problems

Please read each of the following statements concerning the manner in which you respond to problems in your relationship. Use the following scale to record a response for each item.

Response Scale:

0	1	2	3	4	5	6	7	8
Never do this		**Seldom do this**		**Sometimes do this**		**Frequently do this**		**Constantly do this**

Response		
6	1	When my partner says something really mean, I threaten to leave him/her.
4	2	When my partner is rude to me, I try to resolve the situation and improve conditions.
5	3	When my partner behaves in an unpleasant manner, I forgive my partner and forget about it.
4	4	When my partner does something thoughtless, I avoid dealing with the situation.
5	5	When my partner is rude to me, I feel so angry I want to walk right out the door.
3	6	When my partner behaves in an unpleasant manner, I calmly discuss things with him/her.
4	7	When my partner does something thoughtless, I patiently wait for things to improve.
2	8	When my partner says something really mean, I sulk and don't confront the issue.
7	9	When my partner behaves in an unpleasant manner, I do something equally unpleasant in return.
3	10	When my partner does something thoughtless, I try to patch things up and solve the problem.
5	11	When my partner says something really mean, I hang in there and wait for his/her mood to change – these times pass.
2	12	When my partner is rude to me, I ignore the whole thing.
6	13	When my partner does something thoughtless, I do things to drive my partner away.
4	14	When my partner behaves in an unpleasant manner, I spend less time with him/her.
4	15	When my partner says something really mean, I talk to my partner about what's going on, trying to work out a solution.
5	16	When my partner is rude to me, I give him/her the benefit of the doubt and forget about it.

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Scoring Instructions:

To calculate subscale scores, compute the average for each subscale.

Exit (items 1, 5, 9, 13): _____

Voice (items 2, 6, 10, 15): _____

Loyalty (items 3, 7, 11, 16): _____

Neglect (items 4, 8, 12, 14): _____

To calculate total accommodation, first reverse score the items for the exit and neglect scales (0=8, 1=7, 2=6, 3=5, 4=4, 5=3, 6=2, 7=1, 8=0), then compute the average across all 16 items.

Total accommodation: _____

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