Relationship Science Online

Measuring Communication and Conflict

Measures included are:

- **A measure of communication patterns and scoring procedures: The Accommodation Instrument (Rusbult et al., 1993)**

- **A measure of demand-withdrawal and scoring procedures: The Communication Patterns Questionnaire – Short Form (CPQ-SF, Heavey et al., 1993)**

- **A measure of aspects of negative reciprocity and scoring procedures: The Test of Negative Social Exchange-Revised (TENSE-Revised, Finch et al., 1999)**
    - Two versions of the measure: (1) The original which assesses negative social exchange from the perspective of the recipient; (2) a modified version which assesses the extent that an individual enacts negative social exchanges against a romantic partner.

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

_____ 1 When my partner says something really mean, I threaten to leave him/her.

_____ 2 When my partner is rude to me, I try to resolve the situation and improve conditions.

_____ 3 When my partner behaves in an unpleasant manner, I forgive my partner and forget about it.

_____ 4 When my partner does something thoughtless, I avoid dealing with the situation.

_____ 5 When my partner is rude to me, I feel so angry I want to walk right out the door.

_____ 6 When my partner behaves in an unpleasant manner, I calmly discuss things with him/her.

_____ 7 When my partner does something thoughtless, I patiently wait for things to improve.

_____ 8 When my partner says something really mean, I sulk and don't confront the issue.

_____ 9 When my partner behaves in an unpleasant manner, I do something equally unpleasant in return.

_____ 10 When my partner does something thoughtless, I try to patch things up and solve the problem.

_____ 11 When my partner says something really mean, I hang in there and wait for his/her mood to change – these times pass.

_____ 12 When my partner is rude to me, I ignore the whole thing.

_____ 13 When my partner does something thoughtless, I do things to drive my partner away.

_____ 14 When my partner behaves in an unpleasant manner, I spend less time with him/her.

_____ 15 When my partner says something really mean, I talk to my partner about what's going on, trying to work out a solution.

_____ 16 When my partner is rude to me, I give him/her the benefit of the doubt and forget about it.

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.

The following items represent common patterns of interacting in romantic relationships. Please respond to each item by providing the rating which reflects what typically occurs when you and your partner are attempting to deal with a problem in your relationship (ranging from 1 = very unlikely to 9 = very likely).

Response

1 Man tries to start a discussion while woman tries to avoid a discussion

_____

2 Woman tries to start a discussion while man tries to avoid a discussion

_____

3 Man pressures, nags, or demands while woman withdraws, becomes silent, or refuses to discuss matter further

_____

4 Woman pressures, nags, or demands while man withdraws, becomes silent, or refuses to discuss matter further

_____

5 Man criticises while woman defends herself

_____

6 Woman criticises while man defends himself

_____

Scoring instructions:

To calculate man demand/woman-withdraw, average items 1, 3, and 5

To calculate woman demand/man-withdraw, average items 2, 4, and 6

To calculate the couple demand/withdraw, average items 1 to 6

During the last month, indicate the frequency with which your relationship partner did the following. . .

Please circle your response.

	not at all								frequently
1. Lost his or her temper with me.	1	2	3	4	5	6	7	8	9
2. Was rude to me.	1	2	3	4	5	6	7	8	9
3. Was insensitive to me.	1	2	3	4	5	6	7	8	9
4. Wouldn't let me finish talking.	1	2	3	4	5	6	7	8	9
5. Nagged me.	1	2	3	4	5	6	7	8	9
6. Was cold towards me.	1	2	3	4	5	6	7	8	9
7. Took my feelings lightly.	1	2	3	4	5	6	7	8	9
8. Didn't pay attention to me.	1	2	3	4	5	6	7	8	9
9. Was too demanding of my attention.	1	2	3	4	5	6	7	8	9
10. Put me down.	1	2	3	4	5	6	7	8	9
11. Argued with me.	1	2	3	4	5	6	7	8	9
12. Ignored my wishes or needs.	1	2	3	4	5	6	7	8	9
13. Seemed bored with me.	1	2	3	4	5	6	7	8	9
14. Was inconsiderate of me.	1	2	3	4	5	6	7	8	9
15. Reminded me of my past mistakes.	1	2	3	4	5	6	7	8	9
16. Tried to get me to do things I didn't want to.	1	2	3	4	5	6	7	8	9
17. Got angry with me.	1	2	3	4	5	6	7	8	9
18. Tried to manipulate or influence me for his/her own benefit.	1	2	3	4	5	6	7	8	9
19. Yelled at me.	1	2	3	4	5	6	7	8	9
20. Acted as if I were foolish.	1	2	3	4	5	6	7	8	9
21. Didn't want to be with me.	1	2	3	4	5	6	7	8	9
22. Distracted me when I was doing something important.	1	2	3	4	5	6	7	8	9
23. Was impatient with me.	1	2	3	4	5	6	7	8	9
24. Tried to rush me along.	1	2	3	4	5	6	7	8	9

During the last month, indicate the frequency with which you acted in any of the following ways towards your relationship partner.

Please circle your response.

	not at all								frequently
1. Lost my temper with my partner.	1	2	3	4	5	6	7	8	9
2. Was rude to my partner.	1	2	3	4	5	6	7	8	9
3. Was insensitive to my partner.	1	2	3	4	5	6	7	8	9
4. Wouldn't let my partner finish talking.	1	2	3	4	5	6	7	8	9
5. Nagged my partner.	1	2	3	4	5	6	7	8	9
6. Was cold towards my partner.	1	2	3	4	5	6	7	8	9
7. Took my partner's feelings lightly.	1	2	3	4	5	6	7	8	9
8. Didn't pay attention to my partner.	1	2	3	4	5	6	7	8	9
9. Demanded too much attention of my partner.	1	2	3	4	5	6	7	8	9
10. Put my partner down.	1	2	3	4	5	6	7	8	9
11. Argued with my partner.	1	2	3	4	5	6	7	8	9
12. Ignored my partner's wishes or needs.	1	2	3	4	5	6	7	8	9
13. Seemed bored with my partner.	1	2	3	4	5	6	7	8	9
14. Was inconsiderate of my partner.	1	2	3	4	5	6	7	8	9
15. Reminded my partner of their past mistakes.	1	2	3	4	5	6	7	8	9
16. Tried to get my partner to do things they didn't want to.	1	2	3	4	5	6	7	8	9
17. Got angry with my partner.	1	2	3	4	5	6	7	8	9
18. Tried to manipulate or influence my partner for my own benefit.	1	2	3	4	5	6	7	8	9
19. Yelled at my partner.	1	2	3	4	5	6	7	8	9
20. Made my partner seem foolish.	1	2	3	4	5	6	7	8	9
21. Didn't want to be with my partner.	1	2	3	4	5	6	7	8	9
22. Distracted my partner when they were doing something important.	1	2	3	4	5	6	7	8	9
23. Was impatient with my partner.	1	2	3	4	5	6	7	8	9
24. Tried to rush my partner along.	1	2	3	4	5	6	7	8	9

Scoring instructions:

NOTE: Both versions of the TENSE-Revised are scored in the exact same manner.

The TENSE-Revised consists of three subscales. The subscales and items associated with each subscale are outlined below.

Anger: Calculate the average of items 1, 11, 17, 19.

Indifference/hindrance: Calculate the average of items 9, 16, 18, 22-24.

Insensitivity: Calculate the average of items 2-8, 10, 12-15, 20-21.