

**SURVEY INSTRUCTIONS:** Listed below are several statements that concern the topic of intimate relationships. For the purpose of this questionnaire, an intimate relationship should be thought of as a close relationship with a single partner in which there is some sexual attraction. Please read each of the following statements carefully and decide to what extent it is characteristic of you. Some of the items refer to a specific intimate relationship. Whenever possible, answer the questions with your current partner in mind. If you are not currently dating anyone, answer the questions with your most recent partner in mind. If you have never had an intimate relationship, answer in terms of what you think your responses would most likely be. Then, for each statement fill in the response on the answer sheet that indicates how much it applies to you by using the following scale:

- A = Not at all characteristic of me.
- B = Slightly characteristic of me.
- C = Somewhat characteristic of me.
- D = Moderately characteristic of me.
- E = Very characteristic of me.

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**NOTE:**

Remember to respond to all items, even if you are not completely sure.  
Your answers will be kept in the strictest confidence.  
Also, please be honest in responding to these statements.

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1. I am confident about myself as an intimate partner.
2. I think about intimate relationships all the time.
3. My intimate relationships are something that I am largely responsible for.
4. I reflect about my intimate relationships a lot.
5. I'm very motivated to be involved in an intimate relationship.
6. Intimate relationships make me feel nervous and anxious.
7. I'm very assertive in my intimate relationships.
8. I feel depressed about my intimate relationship.
9. My intimate relationships are determined mostly by chance happenings.
10. I'm concerned about what other people think of my intimate relationships.
11. I am somewhat afraid of becoming intimately involved with a partner.
12. I am very satisfied with the way my intimate needs are currently being met.
13. I think of myself as a pretty good intimate partner.
14. I think about intimate relationships more than anything else.
15. My intimate relationships are determined in large part by my own behavior.
16. I usually spend time thinking about my intimate relationships.
17. I'm strongly motivated to devote time and effort to an intimate relationship.
18. I am somewhat awkward and tense in intimate relationships.
19. I'm very direct about voicing preferences in my intimate relationships.
20. I feel unhappy about my intimate relationship.
21. Most things that affect my intimate relationships happen to me by accident.
22. I'm concerned about the way my intimate relationships are presented to others.
23. I sometimes have a fear of intimate relationships.
24. I am very satisfied with my intimate relationship.
25. I am better at intimate relationships than most other people.
26. I tend to be preoccupied with intimate relationships.
27. I exert a great deal of control over my intimate relationships.
28. I'm always trying to understand by intimate relationships.
29. I have a strong desire to be involved in an intimate relationship.
30. I feel nervous when I interact with a partner in an intimate relationship.
31. I am somewhat passive about expressing my desires in intimate relationships.
32. I feel discouraged about my intimate relationship.
33. Luck plays a big part in influencing the nature of my intimate relationships.
34. I usually worry about the impression my intimate relationships have on others.

35. On occasion, I am fearful of intimate involvement with a partner.
36. My intimate relationship meets my original expectations.
37. I would rate myself pretty favorably as an intimate partner.
38. I'm constantly thinking about being in an intimate relationship.
39. The main thing which affects my intimate relationships is what I myself do.
40. I'm very alert to changes in my intimate relationships.
41. It's really important to me that I involve myself in an intimate relationship.
42. I am more anxious about intimate relationships than most people are.
43. I do not hesitate to ask for what I want in an intimate relationship.
44. I feel disappointed about my intimate relationship.
45. My intimate relationships are largely a matter of fortune (good or bad).
46. I'm usually alert to other's reactions to my intimate relationships.
47. I don't have very much fear about being involved in an intimate relationship.
48. My intimate relationship is very good compared to most.
49. I would be very confident in an intimate relationship.
50. I think about intimate relationships the majority of the time.
51. My intimate relationships are something that I myself am in charge of.
52. I'm very aware of the nature in my intimate relationships.
53. I strive to keep myself involved in an intimate relationship.
54. I feel inhibited and shy in an intimate relationship.
55. When it comes to intimate relationships, I usually ask for what I want.
56. I feel sad when I think about my intimate relationship.
57. The nature of my intimate relationships is really a matter of fate or destiny.
58. I usually notice the way that others react to my intimate relationships.
59. I'm not very afraid of becoming involved in an intimate relationship.
60. I am very satisfied with the intimate aspects of my life.
61. I responded to the above items based on:
  - (A) My current relationship.
  - (B) A past close relationship.
  - (C) An imagined close relationship.

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## **Scoring Instructions for the Multidimensional Relationship Questionnaire (MRQ)**

The Multidimensional Relationship Questionnaire (MRQ)  
consists of twelve intimacy-oriented subscales,  
each containing five items.

The labels, descriptions, and items for each of these subscales are listed below:

**1. Relationship Esteem:** The Relationship Esteem (RE) items concern a generalized tendency to positively evaluate one's capacity to relate intimately with another partner. This subscale was designed to measure the extent to which people derive a sense of esteem from the intimate aspects of their life, and the extent to which they feel confident about their intimate relationships. It concerns one's sense of adequacy as an intimate partner and is embodied in such questions as, Do we feel positive about ourselves as an intimate partner? Do we feel confident and assured as an intimate partner? Relationship esteem concerns how we feel about ourselves in regard to our intimate relationships. People who endorse these items are those who feel good about their

relationship potential; they derive positive esteem from their intimate relationships and they have an air of confidence that their ability to relate intimately to another person is acceptable.

1. I am confident about myself as an intimate partner.
13. I think of myself as a pretty good intimate partner.
25. I am better at intimate relationships than most other people.
37. I would rate myself pretty favorable as an intimate partner.
49. I would be very confident in an intimate relationship.

**2. Relationship Preoccupation:** Relationship Preoccupation (RP) is defined as the tendency to become absorbed in, obsessed with, and engrossed with the intimate aspects of one's life, to the extent that one virtually excludes from one's mind thoughts of other matters. People who report higher scores on the relationship preoccupation scale tend to be obsessed with intimacy.

2. I think about intimate relationships all the time.
14. I think about intimate relationships more than anything else.
26. I tend to be preoccupied with intimate relationships.
38. I'm constantly thinking about being in an intimate relationship.
50. I think about intimate relationships the majority of the time.

**3. Internal Relationship Control:** The items on the Internal Relationship Control (IRC) subscale refer to people's belief that the intimate aspects of their life are determined by their own personal control. More specifically, these items were designed to measure people's expectation that they themselves can exert an influence on their intimate relationships. People who endorse these items are those who believe that they can determine whether the nature and quality of their intimate relationships.

3. My intimate relationships are something that I am largely responsible for.
15. My intimate relationships are determined in large part by my own behavior.
27. I exert a great deal of control over my intimate relationships.
39. The main thing which affects my intimate relationships is what I myself do.
51. My intimate relationships are something that I myself am in charge of.

**4. Relationship Consciousness:** The items on the Relationship Consciousness (RC) subscale refer to an awareness of the internal aspects of one's intimate relationships. These items were designed to measure people's tendency to think about and to reflect about the nature of their intimate relationships. People who endorse these items are those who introspect about their intimate relationships, who examine their intimacy-related desires and motives, and who in general are reflective about the nature of their intimate relationships.

4. I reflect about my intimate relationships a lot.
16. I usually spend time thinking about my intimate relationships.
28. I'm always trying to understand my intimate relationships.
40. I'm very alert to changes in my intimate relationships.
52. I'm very aware of the nature in my intimate relationships.

**5. Relationship Motivation:** The items on the Relationship Motivation (RM) subscale refer to the motivation to pursue intimate activity in one's life. More specifically, these items were designed to measure people's motivation to be involved in an intimate relationship. People who endorse these items are those who are motivated to attend to the intimate aspects of their close relationships, to engage in intimate activities involving themselves and their partner, and to strive to maintain the development of their intimate relationships.

5. I'm very motivated to be involved in an intimate relationship.
17. I'm strongly motivated to devote time and effort to an intimate relationship.
29. I have a strong desire to be involved in an intimate relationship.
41. It's really important to me that I involve myself in an intimate relationship.
53. I strive to keep myself involved in an intimate relationship.

**6. Relationship Anxiety:** The items on the Relationship Anxiety (RA) subscale refer to anxious feelings associated with the intimate aspects of one's life. More specifically, these items were designed to tap people's feelings of tension, discomfort and anxiety about their intimate relationships. People who endorse these items are those who experience chronic anxiety as a result of thinking about the intimate aspects of their close relationships.

6. Intimate relationships make me feel nervous and anxious.
18. I am somewhat awkward and tense in intimate relationships.

- 30. I feel nervous when I interact with a partner in an intimate relationship.
- 42. I am more anxious about intimate relationships than most people are.
- 54. I feel inhibited and shy in an intimate relationship.

**7. Relationship Assertiveness:** The items on the Relationship Assertiveness (RA) subscale refer to the personality tendency of being assertive about the intimate aspects of one's life. In particular, the items on this subscale were designed to measure the characteristic of being intimately assertive (i.e., decisive about one's intimate relationships and self-reliant about the pursuit and fulfillment of one's intimate relationships. People who have high scores on the relationships assertiveness subscale have a behavioral predisposition to be agentic and instrumental in the fulfillment of their intimate desires and motivations. They tend to take an instrumental, self-directed orientation to their intimacy relationships and they tend to rely more on themselves than on others in making decisions about their relationship satisfaction.

- 7. I'm very assertive in my intimate relationships.
- 19. I'm very direct about voicing preferences in my intimate relationships.
- 31. I am somewhat passive about expressing my desires in intimate relationships. **(R)**
- 43. I do not hesitate to ask for what I want in an intimate relationship.
- 55. When it comes to intimate relationships, I usually ask for what I want.

**8. Relationship Depression:** Relationship Depression (RD) is defined as a tendency to evaluate one's intimate relationship in a negative fashion and to feel depressed about the status on one's intimate relationship.

- 8. I feel depressed about my intimate relationship.
- 20. I feel unhappy about my intimate relationship.
- 32. I feel discouraged about my intimate relationship.
- 44. I feel disappointed about my intimate relationship.
- 56. I feel sad when I think about my intimate relationship.

**9. External Relationship Control:** The items on the External Relationship Control (ERC) subscale refer to people's belief that their intimate relationships are determined by experiences and influences outside of their personal control. More specifically, these items were designed to measure people's expectation that their intimate relationships are largely determined by forces which they themselves can neither anticipate nor influence. People who endorse these items are those who believe that their intimate relationships are not controlled by themselves, rather that the intimate aspects of their lives is under the influence of factors external to themselves.

- 9. My intimate relationships are determined mostly by chance happenings.
- 21. Most things that affect my intimate relationships happen to me by accident.
- 33. Luck plays a big part in influencing the nature of my intimate relationships.
- 45. My intimate relationships are largely a matter of fortune (good or bad).
- 57. The nature of my intimate relationships is really a matter of fate or destiny.

**10. Relationship Monitoring:** The items on the Relationship Monitoring (RM) subscale refer to an awareness of other people's reactions to one's intimate relationships. More specifically, these items were designed to measure people's public concern about the image which their intimate relationships projects to others. People who endorse these items are those who are concerned about the appearance of their intimate relationships and with the impression their intimate relationships makes on others.

- 10. I'm concerned about what other people think of my intimate relationships.
- 22. I'm concerned about the way my intimate relationships are presented to others.
- 34. I usually worry about the impression my intimate relationships have on others.
- 46. I'm usually alert to others' reactions to my intimate relationships.
- 58. I usually notice the way that others react to my intimate relationships.

**11. Fear of Relationship:** The items on the Fear of Relationship (FR) subscale concerns people's fear of engaging in an intimate relationship with another individual. More specifically, these items were designed to measure the extent to which people are afraid of intimate activity. People who endorse these items report that they experience feelings of fear as a result of intimacy.

- 11. I am somewhat afraid of becoming intimately involved with a partner.
- 23. I sometimes have a fear of intimate relationships.
- 35. On occasion, I am fearful of intimate involvement with a partner.

47. I don't have very much fear about being involved in an intimate relationship. (R)

59. I'm not very afraid of becoming involved in an intimate relationship. (R)

**12. Relationship Satisfaction:** The items on the Relationship Satisfaction (RS) subscale concerns people's assessment of the status of their intimacy needs. More specifically, these items were designed to measure the extent to which people indicate that their intimate needs are currently being met. People who endorse these items believe that they are highly satisfied with their intimate relationships.

12. I am very satisfied with the way my intimate needs are currently being met.

24. I am very satisfied with my intimate relationship.

36. My intimate relationship meets my original expectations.

48. My intimate relationship is very good compared to most.

60. I am very satisfied with the intimate aspects of my life.

## CODING INSTRUCTIONS FOR MRQ ITEMS

CODING INSTRUCTIONS FOR ITEMS on the Multidimensional Relationship Questionnaire (MRQ)

INSTRUCTIONS: Any items designated with (R) are recoded so that A = E, B = D, C = C, D = B, and E = A. Then the items are scored so that A = 0; B = 1; C = 2; D = 3; and E = 4. Next, they are summed for each subscale so that higher scores correspond to greater amounts of the relevant tendency measured by the MRQ.

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**The Multidimensional Relationship Questionnaire (MRQ).  
Snell, W. E., Jr., Schicke, M., & Arbeiter, T. (1996).  
The Multidimensional Relationship Questionnaire:  
Psychological dispositions associated with intimate relations.  
Submitted for publication.**

## ABSTRACT

The purpose of the present investigation was to develop and validate an instrument designed to measure psychological tendencies associated with intimate relationships, the Multidimensional Relationship Questionnaire (MRQ). Results indicated that the MRQ subscales had high internal and test-retest reliability. Additionally it was found that a standardized measure of relationship satisfaction was associated with the MRQ subscales; both females and males reported being more satisfied with their intimate relationships to the extent that they reported greater relational-esteem and relational-motivation, and lower relational-anxiety, relational-depression, external-relational-control, and fear of intimate relationships. The MRQ was also associated with whether people took exchange and communal perspectives toward their relationships, with the pattern of findings varying by gender. Other results indicated that women and men responded in unique ways to the MRQ subscales, with women reporting greater relational-esteem, internal-relational-control, relational-consciousness, relational-motivation, relational-monitoring, and relational-satisfaction; and men reporting greater external relational control.

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Permission is granted to individuals to use  
the Multidimensional Relationship Questionnaire (MRQ) for [research purposes](#).  
Permission granted by William E. Snell, Jr. on February