

Communication Patterns Questionnaire (CPQ)

The Communication Patterns Questionnaire (CPQ) is a self-report questionnaire that assesses how couples communicate during their conflicts. It distinguishes different communication patterns, such as constructive dialogue, avoidant communication or the tendency to escalate, and helps identify dysfunctional relational dynamics that can undermine marital satisfaction.

Number of questions	35 questions
Estimated duration	10 minutes
Language	English
Original name	Communication Patterns Questionnaire
Target audience	Adult couples
Authors	Andrew Christensen, Megan Sullaway (1984)
Category	Couple issues

Preview of the 35 questions

When some problem in my relationship arises,

Mutual Avoidance. Both my partner and I avoid discussing the problem.

1 - Very unlikely | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Very likely

When some problem in my relationship arises,

Mutual Discussion. Both my partner and I try to discuss the problem.

1 - Very unlikely | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Very likely

When some problem in my relationship arises,

I try to start a discussion while my partner tries to avoid a discussion.

1 - Very unlikely | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Very likely

When some problem in my relationship arises,

My partner tries to start a discussion while I try to avoid a discussion.

1 - Very unlikely | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Very likely

During a discussion of a relationship problem,

Mutual Blame. Both my partner and I blame, accuse, and criticize one another.

1 - Very unlikely | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 - Very likely

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a Likert scale (generally 1 to 9 or 1 to 7 depending on the version), and scores are summed by subscale (Constructive Communication, Avoidance, Demand-Withdraw, etc.). A high score on a subscale indicates the intensity of the corresponding pattern. Interpretation involves comparing the subscores to identify the dominant communication styles.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free | See all questionnaires

★★★★★

"I've been using Mentaal for 2 months now, and this tool has revolutionized the way I see care, and my schedule!"

Romane L. - Online CBT Psychologist