ECR-R

Experiences in Close Relationships-Revised (ECR-R)

The ECR-R is a tool for assessing attachment styles in close relationships by measuring two main dimensions: anxiety and avoidance.

Number of questions	36 questions
Estimated duration	20 minutes
Language	English
Original name	Experience in Close Relationships
Target audience	Adults
Authors	Kelly A. Brennan, Catherine L. Clark, Phillip R. Shaver (2000)
Category	Interpersonal issues, General

Preview of the 36 questions

I'm afraid that I will lose my partner's love.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I often worry that my partner will not want to stay with me.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I often worry that my partner doesn't really love me.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I worry that romantic partners won't care about me as much as I care about them.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I often wish that my partner's feelings for me were as strong as my feelings for him or her.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

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

Scores are calculated for two main subscales: anxiety and avoidance. Each item is rated on a Likert scale from 1 to 7, and the mean scores for each dimension are interpreted to determine the attachment style.

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 Laura V. - Online Psychologist