

Family Environment Scale (FES)

The Family Environment Scale (FES) assesses family members' perceptions of the family climate and functioning across different dimensions, including cohesion, expressiveness and conflict. It is mainly intended to guide clinical interventions and to support research in family psychology.

Number of questions	90 questions
Estimated duration	20 minutes
Language	English
Original name	Family Environment Scale
Target audience	Families, adolescents, adults
Authors	Rudolf H. Moos, Bernice S. Moos (1974)
Category	Childhood

Preview of the 90 questions

Family members really help and support one another.

True False

Family members often keep their feelings to themselves.

True False

We fight a lot in our family.

True False

We often talk about political and social problems.

True False

We spend most weekends and evenings at home.

True False

Scoring & interpretation

The test comprises 90 items divided into 10 subscales that measure three main dimensions of the family environment: relationship, structure and control. Each item is answered 'true' or 'false' with regard to the family as perceived by the respondent. The scores on each subscale are summed and then compared with norms to interpret specific aspects of the family climate.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.