

Golombok Rust Inventory of Marital State (GRIMS)

The GRIMS is a self-report questionnaire designed to measure marital satisfaction and relationship quality within the couple. It assesses different aspects of the relationship, including communication, emotional satisfaction, and the overall functioning of the couple. It is commonly used in clinical settings to identify potential areas of relationship difficulty.

Number of questions	28 questions
Estimated duration	10 minutes
Language	English
Original name	Golombok Rust Inventory of Marital State
Target audience	Adults, couples
Authors	John Rust, Susan Golombok (1986)
Category	Couple issues

Preview of the 28 questions

My partner is usually sensitive to and aware of my needs.

Strongly disagree | Disagree | Agree | Strongly agree

I really appreciate my partner's sense of humour.

Strongly disagree | Disagree | Agree | Strongly agree

My partner doesn't seem to listen to me any more.

Strongly disagree | Disagree | Agree | Strongly agree

My partner has never been disloyal to me.

Strongly disagree | Disagree | Agree | Strongly agree

I would be willing to give up my friends if it meant saving our relationship.

Strongly disagree | Disagree | Agree | Strongly agree

Scoring & interpretation

Each question is scored on a scale from 0 to 3 (from "Strongly disagree" to "Strongly agree"). The scores are summed to obtain a total score reflecting the quality of the marital relationship. A high score indicates greater marital satisfaction. Score cutoffs help guide interpretation: low score = marital difficulties, high score = good relationship quality.

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.