IBM

Intimate Bond Measure (IBM)

The Intimate Bond Measure (IBM) is a self-report questionnaire designed to assess the perceived quality of the bond in an intimate relationship, focusing mainly on two dimensions: the care and the control exercised by the partner. It is often used to analyze interpersonal dynamics and to detect problematic relational patterns, particularly in the marital context.

Number of questions	24 questions
Estimated duration	10 minutes
Language	English
Original name	Intimate Bond Measure
Target audience	Adults, couples
Authors	John Read, Paula E. Dowling, Gordon Parker (1989)
Category	Couple issues

Scoring & interpretation

Each item is rated from 0 to 3 according to frequency, and the items are grouped into two subscales (Care and Control). High 'Care' scores reflect warmth and consideration, while a high 'Control' score indicates excessive control or possessiveness. Interpretation is based on comparing these two subscales.