RAS

Relationship Assessment Scale (RAS)

The Relationship Assessment Scale (RAS) is a self-report questionnaire designed to assess relationship satisfaction in a couple. It is frequently used in clinical and psychometric research to measure the perceived quality of a romantic or marital relationship.

Number of questions	7 questions
Estimated duration	3 minutes
Language	English
Original name	Relationship Assessment Scale
Target audience	Adults in a relationship
Authors	Susan S. Hendrick (1988)
Category	Couple issues

Preview of the 7 questions

How well does your partner meet your needs?

1 - Low | 2 | 3 | 4 | 5 - High

In general, how satisfied are you with your relationship?

1 - Low | 2 | 3 | 4 | 5 - High

How good is your relationship compared to most?

1 - Low | 2 | 3 | 4 | 5 - High

How often do you wish you hadn't gotten into this relationship?

1 - Low | 2 | 3 | 4 | 5 - High

To what extent has your relationship met your original expectations?

1 - Low | 2 | 3 | 4 | 5 - High

Scoring & interpretation

Each item is rated on a 5-point Likert-type scale. The individual item scores are summed and then divided by the total number of items to obtain a mean score. A higher overall score indicates greater relationship satisfaction. Scores can be compared with norms to interpret the level of satisfaction.