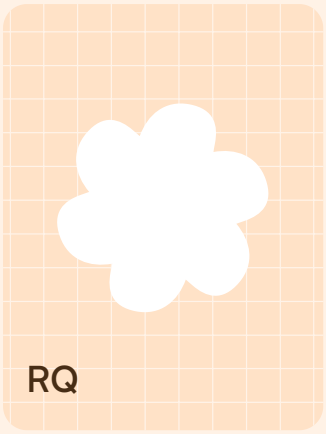


Relationship Questionnaire (RQ)

The Relationship Questionnaire (RQ) is a simple tool for assessing attachment styles in adults. It is based on the four-category model proposed by Bartholomew and Horowitz (secure, preoccupied, dismissing, fearful) and provides, in a very brief format, a self-typology of attachment by means of a single representative item for each style.

Number of questions	4 questions
Estimated duration	2 minutes
Language	English
Original name	Relationship Questionnaire
Target audience	Adults
Authors	Kim Bartholomew, Leonard Horowitz (1991)
Category	Interpersonal issues

Preview of the 4 questions

A. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.

1 - Disagree strongly | 2 | 3 | 4 - Neutral/Mixed | 5 | 6 | 7 - Agree strongly

B. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.

1 - Disagree strongly | 2 | 3 | 4 - Neutral/Mixed | 5 | 6 | 7 - Agree strongly

C. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.

1 - Disagree strongly | 2 | 3 | 4 - Neutral/Mixed | 5 | 6 | 7 - Agree strongly

D. I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

1 - Disagree strongly	2	3	4 - Neutral/Mixed	5	6	7 - Agree strongly

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

The participant reads a brief description corresponding to each of the four attachment styles and indicates which description fits them best (main choice), then rates each description on a scale from 1 (not at all like me) to 7 (very much like me). Interpretation consists of analyzing the scores to determine the dominant attachment style as well as the distribution of secondary styles.

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