

Relationship Scales Questionnaire (RSQ)

The RSQ is a self-report questionnaire designed to assess adult attachment styles according to Bartholomew and Horowitz's four-category model. This tool identifies the secure, preoccupied, dismissing or fearful style in relationships with others.

Number of questions	30 questions
Estimated duration	10 minutes
Language	English
Original name	Relationship Scales Questionnaire
Target audience	Adults
Authors	D.W. Griffin, K. Bartholomew (1994)
Category	Interpersonal issues

Preview of the 30 questions

I find it difficult to depend on other people.

1 - Not at all like me | 2 | 3 - Somewhat like me | 4 | 5 - Very much like me

It is very important to me to feel independent.

1 - Not at all like me | 2 | 3 - Somewhat like me | 4 | 5 - Very much like me

I find it easy to get emotionally close to others.

1 - Not at all like me | 2 | 3 - Somewhat like me | 4 | 5 - Very much like me

I want to merge completely with another person.

1 - Not at all like me | 2 | 3 - Somewhat like me | 4 | 5 - Very much like me

I worry that I will be hurt if I allow myself to become too close to others.

1 - Not at all like me | 2 | 3 - Somewhat like me | 4 | 5 - Very much like me

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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

Items are rated on a Likert scale (generally from 1 to 5). Responses are grouped according to four main attachment styles. For each style (secure, preoccupied, dismissing, fearful), the total score is the sum of the corresponding responses for each subscale. The dominant style is the one with the highest score.

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Benjamin G. - Occupational Psychologist