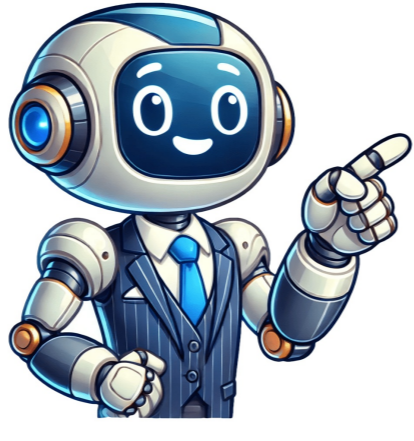


Continue



Select the number for each item which best answers that item for you. Scoring the RAS A=1, B=2, C=3, D=4, E=5. Items 4 and 7 are reverse scored. To calculate the total score, add up all of the items. The scores range from 7 to 35 and Greenspace has provided the following ranges for guidance based on the answer key. Copyright Information

Hendrick, S. S. (1988). A generic measure of relationship satisfaction. *Journal of Marriage and Family*, 50, 93-98. Dicke, A., & Hendrick, C. (1998). The relationship assessment scale. *Journal of Social and Personal Relationships*, 15, 137-142. Vaughn, M. J., & Baier, M. E. M. (1999). Reliability and validity of the relationship assessment scale. *American Journal of Family Therapy*, 27, 137-147. This website uses cookies to improve your experience. We'll assume you're ok with this, but you can opt-out if you wish. [Accept](#) [Read More](#) Measure relationship satisfaction with a concise seven-item scale; see your average score, satisfaction level and quick guidance in seconds to understand your partnership.

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{{ instruction.buttonLabel }} ( {{ resultText.title }} ( {{ resultText.badgePrefix }} ( {{ averageScore.toFixed(2) }} - ( {{ levelName }} # ( {{ resultText.questionCol }} ( {{ resultText.answerCol }} ( {{ a.id }} ( {{ a.text }} ( {{ a.answer }} Relationship satisfaction captures how content partners feel with the emotional, practical, and future-oriented qualities of their partnership. Researchers commonly treat it as a barometer of communication quality, shared values, intimacy, and perceived fairness. Regularly checking this latent feeling helps couples identify patterns early instead of reacting only when conflicts escalate or disengagement has already formed. The Relationship Assessment Scale condenses that broad construct into seven concise Likert-style items. You rate each from one to five, reflecting how much each statement matches your recent experience. The tool reverses the sixth item, sums the values, divides by seven, and instantly tags the average to one of four satisfaction bands displayed with a colour-coded gauge. Suppose you and your partner schedule a quick weekend check-in; each of you completes the scale privately, shares the number, and explores any surprising differences. This deliberate ritual keeps conversations specific rather than vague. Scores do not forecast relationship fate; they highlight discussion points. Results do not constitute a clinical diagnosis. Developed by relationship scientists, the seven-item Relationship Assessment Scale (RAS) distils subjective partnership quality into a single mean value from 1 to 5. Each prompt targets a facet of satisfaction—needs fulfillment, commitment, comparative quality—while item 6 is reverse-scored to control positivity bias. Higher averages imply stronger satisfaction; lower figures suggest unmet expectations or conflict. Core Equation Average Score =  $\frac{S}{7}$ , where  $S = 6 - R_6$  Average Range Satisfaction Band < 2.5 Very Dissatisfied 2.5 - < 3.0 Dissatisfied 3.0 - < 4.0 Satisfied 4.0 - 5.0 Very Satisfied Band labels help users translate numeric averages into meaningful qualifiers, guiding reflection and next-step conversations. Ri - raw response to item i (1 - 5). Si - scored value after any reverse coding. Average Score - arithmetic mean of all Si. Assumes honest, moment-in-time self-report. Suitable for adult romantic partnerships only. Not validated for non-romantic relationships. Average conceals variability between items. All unanswered items - no score calculated. Uniform mid-scale responses may mask extremes. Extreme disagreement on item 6 skews average disproportionately. Attempts to enter values outside 1-5 are rejected. First published by Hendrick (1988), the RAS shows high internal consistency and convergent validity across diverse samples. Subsequent peer-reviewed studies confirm its brevity correlates strongly with longer satisfaction instruments while maintaining test-retest reliability. This concept processes personal reflections only and entails no statutory privacy obligations; implementation keeps all inputs client-side. Complete the scale in one sitting for the most accurate snapshot. Tap Begin Assessment to reveal question 1. Choose a 1-5 rating that best matches your feelings over the last few weeks. Move through items or jump via the side list to revisit earlier answers. When all seven items are answered, review the average score, satisfaction band, and gauge. Scroll to the Your Answers table for an item-by-item recap you can discuss or save. FAQ: Why only seven items? The scale balances brevity with reliability; statistical analyses show these items capture core satisfaction dimensions without tiring respondents. Can I retake the scale? Yes. Clear or alter responses anytime; repeated measures help track trends across weeks or big life events. Is my data stored? No. All inputs stay in your browser and can optionally be encoded into the URL for personal bookmarking. What if scores differ between partners? Use the difference as a prompt for dialogue rather than proof of incompatibility; context around each item matters more than raw numbers. How accurate is this tool? The RAS correlates strongly with comprehensive relationship inventories, yet any single score should be interpreted alongside ongoing communication and context. Likert Scale Five-point rating format ranging from low to high agreement. Reverse Coding Flipping a response so high numbers represent low intensity. Average Score Sum of scored items divided by the number of items. Satisfaction Band Qualitative label mapped from the numeric average. Relationship Satisfaction Overall contentment with one's romantic partnership. Select the number for each item which best answers that item for you. Scoring the RAS A=1, B=2, C=3, D=4, E=5. Items 4 and 7 are reverse scored. To calculate the total score, add up all of the items. The scores range from 7 to 35 and Greenspace has provided the following ranges for guidance based on the answer key. Copyright Information Hendrick, S. S. (1988). A generic measure of relationship satisfaction. Journal of Marriage and Family, 50, 93-98. Dicke, A., & Hendrick, C. (1998). The relationship assessment scale. Journal of Social and Personal Relationships, 15, 137-142. Vaughn, M. J., & Baier, M. E. M. (1999). Reliability and validity of the relationship assessment scale. American Journal of Family Therapy, 27, 137-147. A 7-item scale designed to measure general relationship satisfaction. Respondents answer each item using a 5-point scale ranging from 1 (low satisfaction) to 5 (high satisfaction). Abstracts of Selected Related Articles: Aron, A., Norman, C. C., Aron, E. N., McKenna, C., & Heyman, R. E. (2000). Couples' shared participation in novel and arousing activities and experienced relationship quality. Journal of Personality and Social Psychology, 78, 273-284. Using a newspaper questionnaire, a door-to-door survey, and 3 laboratory experiments, the authors examined a proposed effect of shared participation in novel and arousing activities on experienced relationship quality. The questionnaire and survey studies found predicted correlations of reported shared "exciting" activities and relationship satisfaction plus their predicted mediation by relationship boredom. In all 3 experiments, the authors found predicted greater increases in experienced relationship quality from before to after participating together in a 7-min novel and arousing (vs. a more mundane) task. Comparison with a no-activity control showed the effect was due to the novel-arousing task. The same effect was found on ratings of videotaped discussions before and after the experimental task. Finally, all results remained after controlling for relationship social desirability. Results bear on general issues of boredom and excitement in relationships and the role of such processes in understanding the typical early decline of relationship quality after the honeymoon period Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. Journal of Personality and Social Psychology, 87, 228-245. Four studies examined the intrapersonal and interpersonal consequences of seeking out others when good things happen (i.e., capitalization). Two studies showed that communicating personal positive events with others was associated with increased daily positive affect and well-being, above and beyond the impact of the positive event itself and other daily events. Moreover, when others were perceived to respond actively and constructively (and not passively or destructively) to capitalization attempts, the benefits were further enhanced. Two studies found that close relationships in which one's partner typically responds to capitalization attempts enthusiastically were associated with higher relationship well-being (e.g., intimacy, daily marital satisfaction). The results are discussed in terms of the theoretical and empirical importance of understanding how people "cope" with positive events, cultivate positive emotions, and enhance social bonds. Funk, J. L., & Rogge, R. D. (2007). Testing the ruler with item response theory: Increasing precision of measurement for relationship satisfaction with the Couples Satisfaction Index. Journal of Family Psychology, 21, 572-583. The present study took a critical look at a central construct in couple's research: relationship satisfaction. Eight well-validated self-report measures of relationship satisfaction, including the Marital Adjustment Test (MAT; H. J. Locke & K. M. Wallace, 1959), the Dyadic Adjustment Scale (DAS; G. B. Spanier, 1976), and an additional 75 potential satisfaction items, were given to 5,315 online participants. Using item response theory, the authors demonstrated that the MAT and DAS provided relatively poor levels of precision in assessing satisfaction, particularly given the length of those scales. Principal-components analysis and item response theory applied to the larger item pool were used to develop the Couples Satisfaction Index (CSI) scales. Compared with the MAS and the DAS, the CSI scales were shown to have higher precision of measurement (less noise) and correspondingly greater power for detecting differences in levels of satisfaction. The CSI scales demonstrated strong convergent validity with other measures of satisfaction and excellent construct validity with anchor scales from the nomological net surrounding satisfaction, suggesting that they assess the same theoretical construct as do prior scales. Implications for research are discussed. Scale: Low High 1. How well does your partner meet your needs? 1 2 3 4 5 2. In general, how satisfied are you with your relationship? 1 2 3 4 5 3. How good is your relationship compared to most? 1 2 3 4 5 4. How often do you wish you hadn't gotten into this relationship? 1 2 3 4 5 5. To what extent has your relationship met your original expectations? 1 2 3 4 5 6. How much do you love your partner? 1 2 3 4 5 7. How many problems are there in your relationship? 1 2 3 4 5 Scoring: Items 4 and 7 are reverse scored. Scoring is kept continuous. The higher the score, the more satisfied the respondent is with his/her relationship. Reference: Hendrick, S. S. (1988). A generic measure of relationship satisfaction. Journal of Marriage and the Family, 50, 93-98. Post navigation Relationship Scales Questionnaire (RSQ; Griffin & Bartholomew, 1994). The RSQ contains 30 short statements drawn from Hazan and Shaver's (1987) attachment measure, Bartholomew and Horowitz's (1991) Relationship Questionnaire, and Collins and Read's (1990) Adult Attachment Scale. On a 5-point scale, participants rate the extent to which each statement best describes their characteristic style in close relationships. Five statements contribute to the secure and dismissing attachment patterns and four statements contribute to the fearful and preoccupied attachment patterns (if you click on the above Relationship Scales Questionnaire link, the items that correspond to each attachment pattern are listed at the end of the measure). Scores for each attachment pattern are derived by taking the mean of the four or five items representing each attachment prototype. In addition to obtaining the four-category model subscales of the RSQ (see below for the relevant items), the three Hazan & Shaver (1987) attachment styles can be obtained by simply going back to their original Adult Attachment Style measure and matching up the statements. Additionally, the three dimensions used by Collins and Read (1990) can also be obtained. Alternatively, and perhaps preferably, you can use the questionnaire to derive scales of the underlying two dimensions. This can be done two ways: 1) by conducting a factor analysis of the items or 2) by using the scores from the four prototype items to create linear combinations representing the self and other-model attachment dimensions. We recommend that you consult the Kurdek (2002) paper in JSRP which recommends the best approach for scoring the measure dimensionally. Like the RQ, the RSQ can be worded in terms of general orientations to close relationships, orientations to romantic relationships, or orientations to a specific adult, peer relationship. The RSQ is designed as a continuous measure of adult attachment. The RSQ was NOT designed, nor intended to be used, as a categorical measure of attachment. If, however, it is absolutely necessary for you to classify participants into attachment patterns, you must use standard scores. First, you would create the four subscales by computing the mean rating of the items for each subscale. Then you would transform those mean ratings into standard scores. This is a far from ideal use of the RSQ and should be undertaken only as a last resort! Please read each of the following statements and rate the extent to which you believe each statement best describes your feelings about close relationships. I find it difficult to depend on other people. It is very important to me to feel independent. I find it easy to get emotionally close to others. I want to merge completely with another person. I worry that I will be hurt if I allows myself to become too close to others. I am comfortable without close emotional relationships. I am not sure that I can always depend on others to be there when I need them. I want to be completely emotionally intimate with others. I worry about being alone. I am comfortable depending on other people. I often worry that romantic partners don't really love me. I find it difficult to trust others completely. I worry about others getting too close to me. I want emotionally close relationships. I am comfortable having other people depend on me. I worry that others don't value me as much as I value them. People are never there when you need them. My desire to merge completely sometimes scares people away. It is very important to me to feel self-sufficient. I am nervous when anyone gets too close to me. I often worry that romantic partners won't want to stay with me. I prefer not to have other people depend on me. I worry about being abandoned. I am somewhat uncomfortable being close to others. I find that others are reluctant to get as close as I would like. I prefer not to depend on others. I know that others will be there when I need them. I worry about having others not accept me. Romantic partners often want me to be closer than I feel comfortable being. I find it relatively easy to get close to others. Post navigation Select the number for each item which best answers that item for you. Scoring the RAS A=1, B=2, C=3, D=4, E=5. Items 4 and 7 are reverse scored. To calculate the total score, add up all of the items. The scores range from 7 to 35 and Greenspace has provided the following ranges for guidance based on the answer key. Copyright Information Hendrick, S. S. (1988). A generic measure of relationship satisfaction. Journal of Marriage and Family, 50, 93-98. Dicke, A., & Hendrick, C. (1998). The relationship assessment scale. Journal of Social and Personal Relationships, 15, 137-142. Vaughn, M. J., & Baier, M. E. M. (1999). Reliability and validity of the relationship assessment scale. American Journal of Family Therapy, 27, 137-147.
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