

THE POSITIVE-NEGATIVE RELATIONSHIP QUALITY (PN-RQ) SCALE

Positive subscale

Considering only the positive qualities of your relationship and ignoring the negative ones, please rate your relationship on the following...

Not at all TRUE A little TRUE Some-what TRUE Mostly TRUE Very TRUE Completely TRUE

MY RELATIONSHIP IS...

Enjoyable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pleasant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strong	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Full	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Energizing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exciting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Negative subscale (typically presented on a separate survey page)

Considering only the negative qualities of your relationship and ignoring the positive ones, please rate your relationship on the following...

Not at all TRUE A little TRUE Some-what TRUE Mostly TRUE Very TRUE Completely TRUE

MY RELATIONSHIP IS...

Miserable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Empty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifeless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unpleasant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dull	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discouraging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	4-item positive qualities subscale
	Additional 4 items for the 8-item positive qualities subscale
	4-item negative qualities subscale
	Additional 4 items for the 8-item negative qualities subscale

Scoring: For all items, responses are given values on a 0 to 5 point scale with 0 = Not at all TRUE and 5 = Completely TRUE. The items of the positive subscale are summed to create a total where higher scores indicate greater positive relationship qualities. The items of the negative subscale are summed separately to create a total where higher scores reflect greater negative relationship qualities.

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Citation: If you are using this scale, then you should cite the research article validating it as follows.

Rogge, R.D., Fincham, F.D., Crasta, D., Maniaci, M.R. (2017). Positive and negative evaluation of relationships: Development and validation of the Positive-Negative Relationship Quality (PN-RQ) Scale. *Psychological Assessment, 29* (8), 1028 –1043.