

The Attentive Awareness in Relationships Scale (AAIRS)

Relationship Awareness Subscale

IN THE LAST TWO WEEKS...	Never TRUE	Rarely TRUE	Occasionally TRUE	Often TRUE	Very Often TRUE	Always TRUE
** I paid attention to my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
** I was in tune with my romantic relationship from moment to moment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I was in touch with the overall mood in my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I was very aware of what was going on in my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I strived to remain mindful and aware of my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was in touch with the ebb and flow of feelings in my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was in tune with the day to day dynamics of my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was attentive to the nature of my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Relationship Inattention/Distraction Subscale

IN THE LAST TWO WEEKS...	Never TRUE	Rarely TRUE	Occasionally TRUE	Often TRUE	Very Often TRUE	Always TRUE
** I found it difficult to stay focused on my partner or our relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
** I was distracted and did not pay much attention to my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I was running on autopilot in my relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* I let my romantic relationship drift out of my focus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wasn't paying much attention to my relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was easily distracted from my romantic relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was somewhat inattentive to my relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was generally out of touch with my romantic relationship from moment to moment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

** indicates the 2-item versions of each subscale

* the items identified with a single asterisk (*) when combined with the (**) items represent the 4-item versions of the subscales

VERSIONS OF THE SCALE: We developed 16-item, 8-item, and 4-item versions of the AAIRS for use across a wide range of research and clinical settings. Each of the versions is made up of two separate subscales: relationship awareness and relationship inattention/distraction that can be scored and modeled separately. The responses on the inattention/distraction items can also be reversed and then combined with responses on the attention items to create a total score.

RECOMMENDATIONS ON VERSION TO USE: We would encourage the use of the longest version of the AAIRS that can be reasonably accommodated within a study or clinical setting as our analyses suggest you will get (1) greater precision for identifying between person differences, (2) greater sensitivity/responsiveness to detecting within-person change over time, which will likely yield (3) greater power – particularly in smaller samples. Thus, whenever possible, we would recommend using the 16-item AAIRS (i.e., two 8-item subscales). However, if space or time limits cannot accommodate that, then we would recommend using the 8-item AAIRS (two 4-item subscales). Only when space is extremely constrained (e.g., daily diary studies, national phone surveys) would we recommend using the 4-item AAIRS or even just one of the 2-item subscales.

RECOMMENDATIONS ON SUBSCALES VS TOTAL: Our analyses suggested that the AAIRS subscales hold the potential to offer distinct information in models of relationship functioning and can, in fact, change independently of one another over time. As a result we would recommend FIRST treating the subscale scores as separate in analyses, as it is quite possible they will meaningfully different patterns of results.

Having said that, our analyses also suggested that the two subscales shared quite a bit of common variance. This suggests that in many models, the two subscales will demonstrate highly similar results. In such situations, it would then be appropriate to replace those subscale scores with a total score to more parsimoniously represent those findings.

PERMISSION FOR USE: We developed the AAIRS to be freely available for research and clinical use. No further permission is required beyond this form and the authors will not generate study-specific permission letters.

SCORING:

Subscales – To score the AAIRS subscales, you assign responses point values from 1 to 6 (left to right as presented above) and then average the responses across the items of each scale so that higher scores reflect higher levels of the dimension being assessed by each set of items.

Total – To create a total score on the AAIRS, you would first need to reverse responses on the inattention/distraction items, changing what was 1 to 6 (Never to All of the Time) to 6 to 1 (still: Never to All of the Time). You can then average the responses to all of the items on the AAIRS together to create a total score.

NOTE – When we present the scale to participants, we do not show them the titles of the subscales. Those were included above in the interest of clarity.

INTERPRETATION:

Normative Information – The research article developing the AAIRS (Daks, Rogge, & Fincham, 2020; see citation below) presents basic normative data on its subscales (e.g., means and standard deviations by gender). That information will help to place individual scores into a larger context.

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

Daks, J. S., Rogge, R. D., & Fincham, F. D. (2021). Distinguishing the Correlates of Being Mindfully vs. Mindlessly Coupled: Development and Validation of the Attentive Awareness in Relationships Scale (AAIRS). *Mindfulness, online first*, 1-16.