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### Measurement Scale Fact Sheet

#### Index of Family Relations (IFR)

The Index of Family Relations, or IFR, scale was designed to measure the degree, severity, or magnitude of the problem that family members have in their relationships with one another as felt or perceived by the respondent. The scale permits a client to characterize the severity of family relationship problems in a global matter and can be regarded as a measure of intrafamilial stress. It can be used productively with one client, or it can be used in conjoint therapy with two or more family members. The IFR can be used as a measure of the familial environment of the client (a rough index of the quality of family life for, and as perceived by, the client), and it can be used in helping the client to deal with problems in relating to the family as a whole.

#### Score Interpretation

The scale produces scores that range from 0 to 100. For all practical purposes the scores can be regarded as true ratio scale values. A score of 0 indicates the client has none of the attributes, and a score of 100 represents the highest possible stress level the scale is capable of measuring.

#### Cutting Scores

This scale has two clinical cutting scores. The first is a score of 30. Clients who score below 30, assuming accurate and candid responses, can be presumed to be free of a clinically significant problem in this area. Clients who score above 30 can be presumed to have a clinically significant problem in this area.

The second cutting score is 70. Clients who achieve scores this large or larger are nearly always experiencing severe distress. When distress reaches this level, there is a clear possibility that some form of violence could be considered or used as a means of dealing with problems in this area. The therapist or counselor should not assume that violence is in the offing. However, it is a distinct possibility, and it should be investigated by the service provider.

#### Reliability

This scale consistently achieves an Alpha coefficient of .90 or larger.

#### Validity

This scale has been investigated with respect to content, construct, factorial, and known groups validity. It nearly always achieves validity coefficients of .60 or greater.

#### Readability Statistics

Flesch Reading Ease: 76; Gunning's Fog Index: 10; Flesch-Kincaid Grade Level: 5.

#### References

The following references provide the currently available research evidence concerning the psychometric characteristics for this measure.

Hudson, Acklin, and Bartosh, 1980; Hamilton & Orme, 1990; Bentley and Harrison, 1990; Grief & DeMarris, 1990.



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# IFR

## INDEX OF FAMILY RELATIONS

Name \_\_\_\_\_

Date \_\_\_\_\_

This questionnaire is designed to measure the way you feel about your family as a whole. It is not a test, so there are no right or wrong answers. Answer each item as carefully as you can, placing a number beside each item.

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

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1. \_\_\_\_\_ The members of my family really care about each other.
  2. \_\_\_\_\_ I think my family is terrific.
  3. \_\_\_\_\_
  4. \_\_\_\_\_ I really enjoy my family.
  5. \_\_\_\_\_ I can really depend on my family.
  6. \_\_\_\_\_
  7. \_\_\_\_\_ I wish I was not part of this family.
  8. \_\_\_\_\_
  9. \_\_\_\_\_ Members of my family argue too much.
  10. \_\_\_\_\_ There is no sense of closeness in my family.
  11. \_\_\_\_\_
  12. \_\_\_\_\_ My family does not understand me.
  13. \_\_\_\_\_ There is too much hatred in my family.
  14. \_\_\_\_\_ Members of my family are really good to one another.
  15. \_\_\_\_\_
  16. \_\_\_\_\_ There seems to be a lot of friction in my family.
  17. \_\_\_\_\_ There is a lot of love in my family.
  18. \_\_\_\_\_
  19. \_\_\_\_\_ Life in my family is generally unpleasant.
  20. \_\_\_\_\_ My family is a great joy to me.
  21. \_\_\_\_\_
  22. \_\_\_\_\_ Other families seem to get along better than ours.
  23. \_\_\_\_\_ My family is a real source of comfort to me.
  24. \_\_\_\_\_
  25. \_\_\_\_\_ My family is an unhappy one.