**Scoring instructions for 2016 revised CPQ scoring**

Benefits of revised scoring:

1. Based on both EFA and CFAs using 4 separate samples (total N = 1,210)
2. Substantially improved reliability of subscales
3. Stronger associations with relationship satisfaction and better able to predict change in therapy at smaller sample sizes
4. More items on each subscale
5. Uses the original 35 items; does not add or modify any items

**Citations (first is for revised scoring; second is for the measure)[[1]](#footnote-1):**

Crenshaw, A.O., Christensen, A., Baucom, D.H., Epstein, N.B., & Baucom, B.R.W. (2017). Revised scoring and improved reliability for the Communication Patterns Questionnaire. *Psychological Assessment*, *29*, 913-925.

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**Subscales**:

Constructive Communication (CC; 9 items): Item #2, 6, 8, 23, 25, 27, plus reverse-scored items 1, 24, and 26

*To compute reverse scored items, subtract the item score from 10; e.g., Item1r = 10 - (Item1)*

Self-demand/Partner-withdraw (SDPW; 7 items): Item #3, 9, 11, 13, 17, 19, and 32

Partner-demand/Self-withdraw (PDSW; 7 items): Item #4, 10, 12, 14, 18, 20, and 33

\*Note: The mutual avoidance subscale has been removed for the revised version, based on factor analysis results. Its items are now subsumed under the CC scale

**Computing subscales**

**CC** = (2 + 6 + 8 + 23 + 25 + 27) + (1r + 24r + 26r)

**SDPW**: 3 + 9 + 11 + 13 + 17 + 19 + 32

**PDSW**: 4 + 10 + 12 + 14 + 18 + 20 + 33

*To compute reverse scored items, subtract the item score from 10; e.g., Item1r = 10 - (Item1)*

**COMMUNICATION PATTERNS QUESTIONNAIRE**

Andrew Christensen & Megan Sullaway

Directions: We are interested in how you and your partner typically deal with problems in your relationship. Please rate each item on a scale of 1 (= very unlikely) to 9 (= very likely).

**A. WHEN SOME PROBLEM IN MY RELATIONSHIP ARISES,**

Very Very

# Unlikely Likely

1. Mutual Avoidance. Both my partner and I 1 2 3 4 5 6 7 8 9

avoid discussing the problem.

2. Mutual Discussion. Both my partner and I 1 2 3 4 5 6 7 8 9

try to discuss the problem.

Discussion/Avoidance.

3. I try to start a discussion while 1 2 3 4 5 6 7 8 9

my partner tries to avoid a discussion.

4. My partner tries to start a discussion 1 2 3 4 5 6 7 8 9

while I try to avoid a discussion.

**B. DURING A DISCUSSION OF A RELATIONSHIP PROBLEM,**

5. Mutual Blame. Both my partner and I 1 2 3 4 5 6 7 8 9

blame, accuse, and criticize one another.

6. Mutual Expression. Both my partner and I 1 2 3 4 5 6 7 8 9

express our feelings to each other.

7. Mutual Threat. Both my partner and I 1 2 3 4 5 6 7 8 9

threaten one another with negative consequences.

8. Mutual Negotiation. Both my partner and I 1 2 3 4 5 6 7 8 9

suggest possible solutions and compromises.

Demand/Withdraw.

9. I nag and demand while my partner 1 2 3 4 5 6 7 8 9

withdraws, becomes silent, or refuses

to discuss the matter further.

10. My partner nags and demands while I 1 2 3 4 5 6 7 8 9

withdraw, become silent, or refuse

to discuss the matter further.

**B. DURING A DISCUSSION OF A RELATIONSHIP PROBLEM,**

Very Very

Unlikely Likely

Criticize/Defend.

11. I criticize while my partner 1 2 3 4 5 6 7 8 9

defends himself or herself.

12. My partner criticizes while I 1 2 3 4 5 6 7 8 9

defend myself.

Pressure/Resist.

13. I pressure my partner to take some action 1 2 3 4 5 6 7 8 9

or stop some action, while my partner resists.

14. My partner pressures me to take some action 1 2 3 4 5 6 7 8 9

or stop some action, while I resist.

Emotional/Logical.

15. I express feelings while my partner 1 2 3 4 5 6 7 8 9

offers reasons and solutions.

16. My partner expresses feelings while I 1 2 3 4 5 6 7 8 9

offer reasons and solutions.

Threat/Back down.

17. I threaten negative consequences 1 2 3 4 5 6 7 8 9

and my partner gives in or backs down.

18. My partner threatens negative consequences 1 2 3 4 5 6 7 8 9

and I give in or back down.

Verbal Aggression.

19. I call my partner names, swear at 1 2 3 4 5 6 7 8 9

my partner, or attack my partner’s character.

20. My partner calls me names, swears at 1 2 3 4 5 6 7 8 9

me, or attacks my character.

Physical Aggression.

21. I push, shove, slap, hit, or kick 1 2 3 4 5 6 7 8 9

my partner.

22. My partner pushes, shoves, slaps, hits, 1 2 3 4 5 6 7 8 9

or kicks me.

**C. AFTER A DISCUSSION OF A RELATIONSHIP PROBLEM,**

Very Very

Unlikely Likely

23. Mutual Understanding. Both my partner 1 2 3 4 5 6 7 8 9

and I feel understood by each other.

24. Mutual Withdrawal. Both my partner and 1 2 3 4 5 6 7 8 9

I withdraw from each other.

25. Mutual Resolution. Both my partner and I feel 1 2 3 4 5 6 7 8 9

that the problem has been solved.

26. Mutual Withholding. Neither I nor my partner 1 2 3 4 5 6 7 8 9

is giving to the other.

27. Mutual Reconciliation. Both my partner and I 1 2 3 4 5 6 7 8 9

try to be especially nice to each other.

Guilt/Hurt.

28. I feel guilty for what I said or did 1 2 3 4 5 6 7 8 9

while my partner feels hurt.

29. My partner feels guilty for what he or 1 2 3 4 5 6 7 8 9

she said or did while I feel hurt.

Reconcile/Withdraw.

30. I try to be especially nice, and act

as if things are back to normal, 1 2 3 4 5 6 7 8 9

while my partner acts distant.

31. My partner tries to be especially nice, and

act as if things are back to normal, 1 2 3 4 5 6 7 8 9

while I act distant.

Pressure/Resist.

32. I pressure my partner to apologize or 1 2 3 4 5 6 7 8 9

promise to do better, while my partner resists.

33. My partner pressures me to apologize or

promise to do better, while I resist. 1 2 3 4 5 6 7 8 9

Support Seeking.

34. I seek support from others (parent, friend, 1 2 3 4 5 6 7 8 9

children, etc.)

35. My partner seeks support from others (parent, 1 2 3 4 5 6 7 8 9

friend, children, etc.)

**Alternate CPQ scoring methods**

1. Scoring for full CPQ used prior to 2016 revision (using the 35-item version above)
   1. Mutual avoidance and withholding: Items 1 + 24 + 26
   2. Constructive Communication: Items 2 + 6 + 8 – (5 + 7 + 19 + 20)
   3. Self-demand/partner-withdraw: Items 3 + 9 + 11
   4. Partner-demand/self-withdraw: Items 4 + 10 + 12
   5. Total demand/withdraw: Items 3 + 4 + 9 + 10 + 11 + 12 (combination of the two scales above)
   6. Roles in demand/withdraw: Items 3 + 9 + 11 - (4 + 10 + 12) (difference between the two scales above)
2. CPQ short form: Based on previous (pre revision) scoring. See next page for the short form, which has different numbering than the full form above. Scales are:
   1. Constructive Communication: Items 2 + 5 + 7 – 6
   2. Self-demand/partner-withdraw: Items 3 + 8 + 10
   3. Partner-demand/self-withdraw: Items 4 + 9 + 11
   4. *Note.* Typically, the CPQ-short form is used only for the demand/withdraw scales, but one could also create a separate constructive communication subscale by combining the joint positive items (2, 5, 7) and subtracting the joint negative item (6).
3. Short form based on revised scoring: There is no short form for the revised CPQ scoring, but one could create one by only including items that are on one of the three revised subscales. Looking at the full 35-item version above, this “short form” would…
   1. Include*:* Items 1-4, 6, 8-14, 17-20, 23-27, 32, 33
   2. Exclude: Items 5, 7, 15, 16, 21, 22, 28-31, 34, 35

**COMMUNICATION PATTERNS QUESTIONNAIRE – SHORT FORM**

Andrew Christensen and Megan Sullaway

Directions: We are interested in how you and your partner typically deal with problems in your relationship. Please rate each item on a scale of 1 (= very unlikely) to 9 (= very likely).

1. **WHEN THIS ISSUE OR PROBLEM ARISES,** Very Very

Unlikely Likely

1. Mutual Avoidance. Both my partner and I 1 2 3 4 5 6 7 8 9

avoid discussing the problem.

1. Mutual Discussion. Both my partner and I try to 1 2 3 4 5 6 7 8 9

discuss the problem.

Discussion/Avoidance.

1. I try to start a discussion while 1 2 3 4 5 6 7 8 9

my partner tries to avoid a discussion.

1. My partner tries to start a discussion 1 2 3 4 5 6 7 8 9

while I try to avoid a discussion.

1. **DURING A DISCUSSION OF THIS ISSUE OR PROBLEM,**

1. Mutual Expression. Both my partner and I 1 2 3 4 5 6 7 8 9

express our feelings to each other.

1. Mutual Blame. Both my partner and I 1 2 3 4 5 6 7 8 9

blame, accuse, and criticize one another.

1. Mutual Negotiation. Both my partner and I 1 2 3 4 5 6 7 8 9

suggest possible solutions and compromises.

Demand/Withdraw.

1. I nag and demand while my partner 1 2 3 4 5 6 7 8 9

withdraws, becomes silent, or refuses

to discuss the matter further.

1. My partner nags and demands while I 1 2 3 4 5 6 7 8 9

withdraw, become silent, or refuse

to discuss the matter further.

Criticize/Defend.

1. I criticize while my partner 1 2 3 4 5 6 7 8 9

defends himself or herself.

1. My partner criticizes while I 1 2 3 4 5 6 7 8 9

defend myself.

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