## SIRRS-R

Think over the **past two weeks** and the various stresses, hassles, problems, or challenges you have faced. Now take a minute to think back to the interactions you have had over the **past month** with your partner when you were experiencing those stresses and problems. For each of the items below, indicate as closely as you can how **frequently** your partner did each of these behaviors. Next, indicate if your **preference** is for your partner to do this behavior more, less, or about the same amount.

	н	ow frequ	What is your preference?					
	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Almost Always (4)	More	Less	Same
1. Gave me suggestions about how to handle the situation	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
2. Told me what to do to solve a problem or deal with the situation	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
3. Helped me to think about the situation in a new way	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
4. Taught me or showed me how to do something that would help the situation	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
5. Shared a personal experience that was similar to my situation	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
<ol> <li>Shared facts or information with me about the situation</li> <li>I was facing</li> </ol>	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
7. Restated what I had told him/her about the situation	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

8.	Inf	erre	d	how	was	s fee	ling	ab	out	the	situ	atior	l

9. Hugged me or cuddled with me

10. Kissed me

11. Held my hand

12. Patted me or stroked me affectionately

13. Told me everything would be OK

14. Said he/she thought I handled a situation well

15. Expressed confidence in my ability to handle the situation

16. Said good things about me

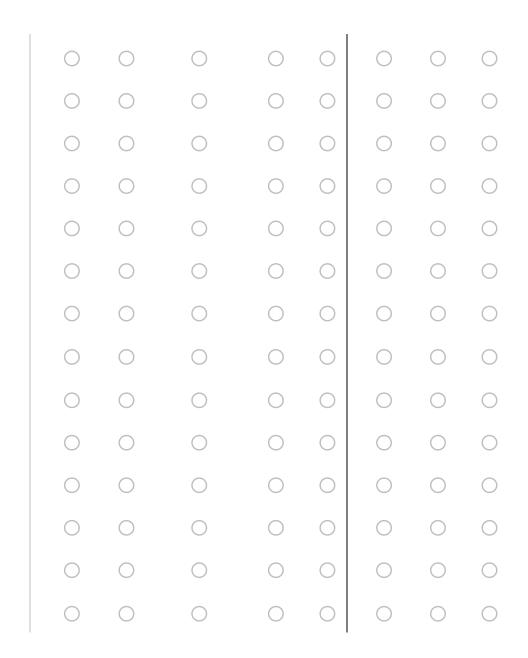
17. Said it was OK to feel the way I was feeling

18. Took my side when discussing the situation

19. Said he/she would feel the same in my situation

20. Said I was not to blame for my situation

21. Offered to do something to help me directly (e.g. offered to help me with a problem or task at work)

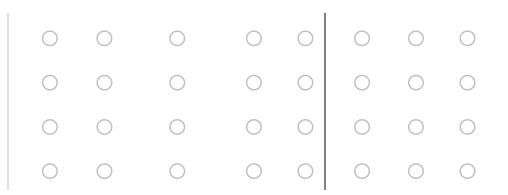


22. Did something to help me directly (e.g. helped with a problem at work)

23. Offered to help me indirectly (e.g. offered to do my chores)

24. Did something to help me indirectly (e.g. did my chores)

25. Offered to do something with me to help me feel better (e.g. offered to go jogging together)



Barry, R., Bunde, M., Brock, R.L., & Lawrence, E. (2009). Validity and utility of a multidimensional model of received support in intimate relationships. *Journal of Family Psychology*, 23, 48-57. doi:10.1037/a0014174

• Refer to this article for scoring instructions: Total score and subscales scores for four support types. Adequate score versus frequency score.

Brock, R. L., & Lawrence, E. (2009). Too much of a good thing: underprovision versus overprovision of partner support. *Journal of Family Psychology*, 23(2), 181–192. <u>https://doi.org/10.1037/a0015402</u>

• Refer to this article for an alternative way of scoring the instrument to distinguish between two forms of inadequate support – underprovision and overprovision