

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.

	How frequently did this happen?					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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Told me what to do to solve a problem or deal with the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Helped me to think about the situation in a new way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Taught me or showed me how to do something that would help the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Shared a personal experience that was similar to my situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Shared facts or information with me about the situation I was facing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Restated what I had told him/her about the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Inferred how I was feeling about the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Hugged me or cuddled with me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Kissed me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Held my hand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Patted me or stroked me affectionately	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Told me everything would be OK	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Said he/she thought I handled a situation well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Expressed confidence in my ability to handle the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Said good things about me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. Said it was OK to feel the way I was feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Took my side when discussing the situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Said he/she would feel the same in my situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Said I was not to blame for my situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Offered to do something to help me directly (e.g. offered to help me with a problem or task at work)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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. <https://doi.org/10.1037/a0015402>

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