



Marriage and Family Research Institute

RESEARCH BRIEF

Relationship Pleasure Scale

The Relationship Pleasure Scale (RPS) is an objective six-item self-report measure of general relationship satisfaction. Developed by the non-profit PAIRS Foundation, Inc., the instrument has been used as a pre/post measure of relationship satisfaction in association with the PAIRS marriage and relationship education courses with thousands of adult participants in courses ranging from four to 120 hours in duration. Each question asks the user to individually rate their relationship in the following areas: "Sensuality," "Sexuality," "Intellectuality," "Emotionality," "Friendship & Trust," and "What Has Been Built Together." Response options are on a five-item Likert scale (0 to 4) for the first five questions and a six-item Likert scale (0 to 5) for the last item. The scores are summed and multiplied by four for a total score ranging from 0 to 100. Higher scores correspond to greater levels of relationship pleasure and satisfaction.

The UCF Marriage & Family Research Institute (MFRI) validated the Relationship Pleasure Scale through an analysis of 1,387 assessments. An extensive review of the literature to substantiate the six items on the RPS was conducted. Results found each of the following areas important in assessing relationship quality and satisfaction:

- **Sensuality** (Guerrero & Anderson, 1991; Joanning & Keoughan, 2005; Kaslow & Robinson, 1996)
- **Sexuality** (Clymer, Ray, Trepp, & Pierce, 2006; Joanning & Keoughan, 2005; Sprecher, Mettes, Burlinson, Hatfield, & Thompson, 1995)
- **Intellectuality** (Bailey & Mettal, 1997; Ketchler, 2006; Meeks, Hendrick, & Hendrick, 1998)
- **Emotionality** (Croyle & Waltz, 2002; Katz & Joiner, 2002; Prager & Buhrmester, 1998)
- **Friendship & Trust** (Erickson, 2001; Johnson, Amoloza, & Booth, 1992; Vanderbleek, 2005)
- **What Has Been Built Together** (Hatch & Bulcroft, 2004; Jacobson & Addis, 1993; Stafford & Canary, 1991)

In addition, the MFRI research team conducted a reliability and validity analyses of the Relationship Pleasure Scale. To evaluate the dimension(s) that underlie the RPS, a principal component factor analysis with a varimax rotation was conducted using data collected from 1,387 PAIRS participants who completed the assessment prior to entering marriage and relationship education courses between February 2007 and May 2008. A one factor solution was confirmed that accounted for 62.71% of the variance explained. The component values for each area were: Sensuality - .82, Sexuality - .76, Intelligence - .82, Emotionality - .86, Friendship & Trust - .85, and Built Together - .62. Results of these analyses provide strong support for the one factor structure for the Relationship Pleasure Scale.

The internal consistency for the six-items on the Relationship Pleasure Scale was evaluated using the Chronbach's alpha coefficient. The overall alpha coefficient was .88. Additionally, the alpha for males (n=617) was .86 and the alpha for females (n=770) was .88. For White participants (n=355), the alpha was .88, .88 for Hispanic/Latino participants (n=624), and .87 for Black/African-American participants (n=346). Concurrent validity was established by conducting bivariate correlations with the Dyadic Adjustment Scale (Spanier, 1988; Spanier, 1989; and Spanier & Thompson, 1982). Correlations between the RPS total score and the Dyadic Adjustment Scale (DAS) total and subscale scores were all significant at the .01 level (<.01): Dyadic Satisfaction (.74), Affectional Expression (.63), Dyadic Cohesion (.66), Dyadic Consensus (.66), and Dyadic Total Score (.80).

The research conducted validates the Relationship Pleasure Scale as a reliable measure of relationship satisfaction and pleasure. The Relationship Pleasure Scale can be obtained for use online or manually through the PAIRS Foundation, Inc., 2771 Executive Park Drive, #1, Weston, FL 33331 USA, (954) 332-7930, info@pairs.com. Additional information is available online at <http://evaluation.pairs.com>.

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SAMPLE ASSESSMENT Relationship Pleasure Scale

Score each item to indicate choice.	0 = None							
	1 = Much too little							
	2 = Some							
	3 = Satisfied							
	4 = Very satisfied							
	5 = All I've ever dreamed of (last item only)							
RESOURCES OF A RELATIONSHIP			Current Level of Satisfaction (circle number to indicate choice)					
SENSUALITY (0 - 4) <i>(touch, aroma, five senses)</i>			0	1	2	3	4	
SEXUALITY (0 - 4) <i>(passion, lust, tension release)</i>			0	1	2	3	4	
INTELLECTUALITY (0 - 4) <i>(sharing ideas, interests)</i>			0	1	2	3	4	
EMOTIONALITY (0 - 4) <i>(confiding feelings)</i>			0	1	2	3	4	
FRIENDSHIP/TRUST/SHARED INTERESTS (0 - 4) <i>(activities to do together)</i>			0	1	2	3	4	
WHAT'S BEEN BUILT TOGETHER (0 - 5) <i>(children, friends, family, home, acquisitions, property)</i>			0	1	2	3	4	5
TOTAL PLEASURE SCORE			Add score for each item and multiply by four.					