

Instrument Title: Relationship Efficacy Measure (REM)  
Instrument Author: Fincham, F.D., Harold, G., & Gano-Phillips, S.  
Cite instrument as: Fincham, F.D., Harold, G., & Gano-Phillips, S.. (2013)  
. Relationship Efficacy Measure (REM) .  
Measurement Instrument Database for the Social  
Science. Retrieved from [www.midss.ie](http://www.midss.ie)



## Relationship Efficacy Measure

Please indicate the extent to which you agree or disagree with the following statements concerning the disagreements and conflicts that arise between you and your partner.

*Strongly  
Disagree*

*Strongly  
Agree*

1 2 3 4 5 6 7 I have little control over the conflicts that occur between my partner and I

1 2 3 4 5 6 7 There is no way I can solve some of the problems in my marriage

1 2 3 4 5 6 7 When I put my mind to it I can resolve just about any disagreement that comes up between my partner and I

1 2 3 4 5 6 7 I often feel helpless in dealing with the problems that come up in my marriage

1 2 3 4 5 6 7 Sometimes I feel that I have no say over issues that cause conflict between us

1 2 3 4 5 6 7 I am able to do the things needed to settle our conflicts

1 2 3 4 5 6 7 There is little I can do to resolve many of the important conflicts between my partner and I

Alpha: .87 husbands; .90 wives.

(reverse score 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 7<sup>th</sup> items)