

The Inventory of Interpersonal Ambivalence-18

Instructions: Please rate each statement below based on how true it is for you. Many statements include two points within a single sentence. If *either* point is completely false for you, you should rate the statement as “False, Not True”. Thus, if any part of the statement is entirely false for you, you should rate the entire statement as “False, Not True”.

		False, Not True	Slightly True	Mainly True	Very True
1	I have a desire to be close to others, but feel negative emotions when others get close to me.	F	ST	MT	VT
2	I want to talk about my feelings with others, but I keep my feelings bottled up inside.	F	ST	MT	VT
3	I would like to form connections with others, but I find myself withdrawing before a connection is made.	F	ST	MT	VT
4	I want to depend on others, but I don't because I fear others will let me down if I rely on them.	F	ST	MT	VT
5	I want to share my struggles with others, but I am afraid sharing will just make things worse.	F	ST	MT	VT
6	I have very mixed feelings about connecting with others.	F	ST	MT	VT
7	On the one hand, I think the people I am close to care about me, but on the other hand, I often doubt it.	F	ST	MT	VT
8	I want to have close relationships; at the same time, the idea of letting others into my life is very scary.	F	ST	MT	VT
9	The idea of an emotionally close relationship is both pleasing and frightening to me.	F	ST	MT	VT
10	I wish I could be closer to those I care about, but I'm too afraid to let others get close to me.	F	ST	MT	VT
11	Close relationships are hard for me, but I know I want close relationships in my life.	F	ST	MT	VT
12	Being emotionally close to others triggers a lot of good and bad feelings all at once.	F	ST	MT	VT
13	Having someone I could share things with is something I'd like, but sharing would be hard for me even if I had the opportunity.	F	ST	MT	VT
14	I believe I need others, but I avoid close relationships because I think people will ultimately let me down.	F	ST	MT	VT
15	I have a lot of strong positive and strong negative feelings about being in close relationships.	F	ST	MT	VT
16	I want to have close relationships, but I find it very hard to trust other people.	F	ST	MT	VT
17	I want to have close relationships with others, but something holds me back from putting myself out there.	F	ST	MT	VT
18	I've generally kept others at a distance despite knowing I want close relationships.	F	ST	MT	VT

IIA-18 Scoring Instructions.

The IIA-18 produces a single overall score for interpersonal ambivalence. No items are reverse scored. Convert ratings to numbers as follows: F = 1; ST = 2; MT = 3; VT = 4. I encourage those who use the scale to calculate a total score by **averaging** responses across items (as opposed to summing them). This renders scores obtained with the full- and short-forms more comparable.

Who Can Use the IIA-18, IIA-9, & IIA-6?

The IIA is free to use for any one conducting academic or non-profit research. For all other uses, contact Dr. Caleb J. Siefert (csiefert@umich.edu) to obtain permission.

Where Can I Learn More About the IIA?

To learn more about the IIA, you should visit the website for the Interpersonal Relationships, Emotions, and Personality (IREP) Lab @ Dearborn (<http://www-personal.umd.umich.edu/~csiefert/index.html>)

IIA Short-Forms

Below are two short-form versions of the IIA (i.e., IIA-9 and IIA-6). The IIA-9 contains all items below, and the IIA-6 contains only the six items with *. Both were constructed using Confirmatory Factor Analysis to reduce item redundancy. Both show good-to-strong model fit and high internal consistency. The six item version has also shown scalar invariance across community and college populations.

The IIA-9 & IIA-6

Instructions: Below are a series of statements; most include statements about two things within a single sentence. Please rate each statement based on how “true” the statement is for you. You should rate each statement based on the ENTIRE statement. Many statements contain more than one idea. If *either* idea is completely false for you, you should rate the statement as “False, Not True”.

		False, Not True	Slightly True	Mainly True	Very True
1*	I want to talk about my feelings with others, but I find that I keep my feelings bottled up inside.	F	ST	MT	VT
2*	I'd like to form connections with others, but I find myself withdrawing before a connection is made.	F	ST	MT	VT
3*	I want to depend on others, but I don't because I fear others will let me down if I rely on them.	F	ST	MT	VT
4*	I have very mixed feelings about connecting with others.	F	ST	MT	VT
5*	I want to have close relationships; at the same time, the idea of letting others into my life is very scary.	F	ST	MT	VT
6	I'd like closeness with others, but something holds me back from putting myself out there.	F	ST	MT	VT
7	I believe I need others, but I avoid close relationships because I think people will ultimately let me down.	F	ST	MT	VT
8*	I've generally kept others at a distance despite knowing I want close relationships.	F	ST	MT	VT
9	I have a lot of strong positive and strong negative feelings about close relationships.	F	ST	MT	VT