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The Polish Adaptation of FACES IV-SOR

Abstract:

My paper describes a Polish adaptation of the family assessment tool called FACES IV. Confirmatory factor analysis showed a good fit of the model to the data with a sample of 499 Polish individuals from 150 families. The reliability measures of the two Balanced scales are similar to those of the American scales. However, the four Unbalanced scales have lower reliability. Reliability measures of Family Satisfaction and Family Communication are even higher than the American ones. A cluster analysis clearly depicted the extreme profiles of the Balanced and Unbalanced scales, with the remaining four profiles also present. Norms were developed for the various scales. Psychometric verification of this instrument showed that FACES IV-SOR is useful for research and clinical work with Polish families.

Keywords:

Circumplex Model, FACES IV, Polish adaptation, alcoholic families

Streszczenie:

Artykuł przedstawia polską adaptację FACES IV, narzędzia do badania rodziny. Konfirmacyjna analiza czynnikowa wykazała dobre dopasowanie modelu do danych na próbie 499 badanych ze 150 rodzin. Wskaźniki rzetelności dwóch skal zrównoważenia okazały się podobne do amerykańskich, czterech skal niezrównoważenia są na ogół nieco niższe. Wskaźniki rzetelności skal Zadowolenia z Życia Rodzinnego i Komunikacji Rodzinnej są nawet wyższe od amerykańskich. Analiza skupień wykazała wyraźnie profile skrajne: Zrównoważony i Niezrównoważony, a także wystąpiły pozostałe cztery. Opracowano normy dla wszystkich skal. Psychometryczna weryfikacja narzędzia okazała, że FACES IV-SOR jest przydatne do pracy badawczej i klinicznej z polskimi rodzinami.

Słowa kluczowe:

Model Kołowy, FACES IV, polska adaptacja, rodziny alkoholowe

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Introduction

Few family theoretical models have been created that also provide a family assessment that can be used for empirical research and clinical work with families. One of most popular models is the Circumplex Model of Marital and Family Systems and the family assessment called FACES (Family Adaptability & Cohesion Evaluation Scales). This work has been done by David Olson and and his numerous collaborators during a span of 30 years (Olson, Sprenkle, & Russell, 1979; Olson, 2011).

For Polish readers, this model was made familiar by Mieczysław Radochoński (1987), analyzed in depth by Marek Zwoliński (1992), and used in studies conducted by Maria Braun-Gałkowska (1992), Andrzej Margasiński (1996, 2006, 2009, 2010), Elżbieta Kornacka-Skwara (2004), and others.

As Edward F. Kouneski (2000) summarizes, of the more than 1200 empirical studies conducted on the Circumplex Model with FACES I, II & III, all had some limitations. In 2003, a major revision was made called FACES IV (Olson and Gorall, 2003). This new version, FACES IV, represents a comprehensive family assessment which has high levels of reliability, validity and clinical utility (Olson, 2011).

Theoretical Framework

Since the first description as Circumplex Model of Marital & Family System in 1979 (Olson, Sprenkle & Russell, 1979), it has identified three main dimensions of family life: cohesion, flexibility and communication. A review of the family concept indicates that many researchers, both in parallel and independently from each other, point to diverse aspects of family life for which cohesion, flexibility, and communication are generalizable categories. The dimensions of cohesion, flexibility, and communication also are considered fundamental in therapeutic models such as Minuchin's structural therapy, Haley's strategic therapy, and in the communication therapy model (Satir, Bateson), as well as others (Olson, Russell and Sprenkle, 1989).

Cohesion, Flexibility and Communication

The three fundamental theoretical dimensions and hypotheses have not been changed in the revised Circumplex Model: cohesion, flexibility, and communication.

Cohesion is defined as an emotional bond between family members (Olson, 2011). Specific indicators of the cohesion level in a given family are: mutual emotional closeness of family members, psychological boundaries between them (closed or open), the presence of a coalition, time spent together, common interests and forms of relaxation, the size of a common circle of friends, and the degree to which other members are consulted in decision-making.

Five cohesion levels range from disengaged, to three balanced levels of cohesion, to enmeshment (see Figure 1). Some researchers and theorists claim that high cohesion and enmeshment are not the same thing and that enmeshment is incorrectly placed in the Circumplex Model as maximum cohesion (Barber & Buehler, 1996; Green & Werner, 1996; Werner, Green, Greenberg, Browne & McKenna, 2001). In response to this criticism, a new scale on "enmeshment" was developed for FACES IV.

The definition of flexibility in the Circumplex Model has changed over time. Since its formulation in 1979 and up until the 1990s, Olson used the term adaptability. Deciding to replace the term adaptability with flexibility, Olson and Gorall (2003) emphasized that it did not regard the potential, for family systems to change, but rather took into account the actual number of change that occurred in the systems. FACES IV was constructed to reflect this new definition. Flexibility is defined as both the quality of and degree to which changes take place in a family system regarding leadership, roles, mutual relationship rules, and stemming from negotiation among family members. The new definition emphasizes to a greater extent the number of changes in the family (Olson, 2011).

Five levels of flexibility – range from the lowest scale (rigidity) – to the highest scale (chaos). The three central levels are called balanced and reflect healthier functional levels as measured by a balanced flexibility scale (see Figure 1). The two unbalanced flexibility levels are rigidity (very low) and chaos (very high).

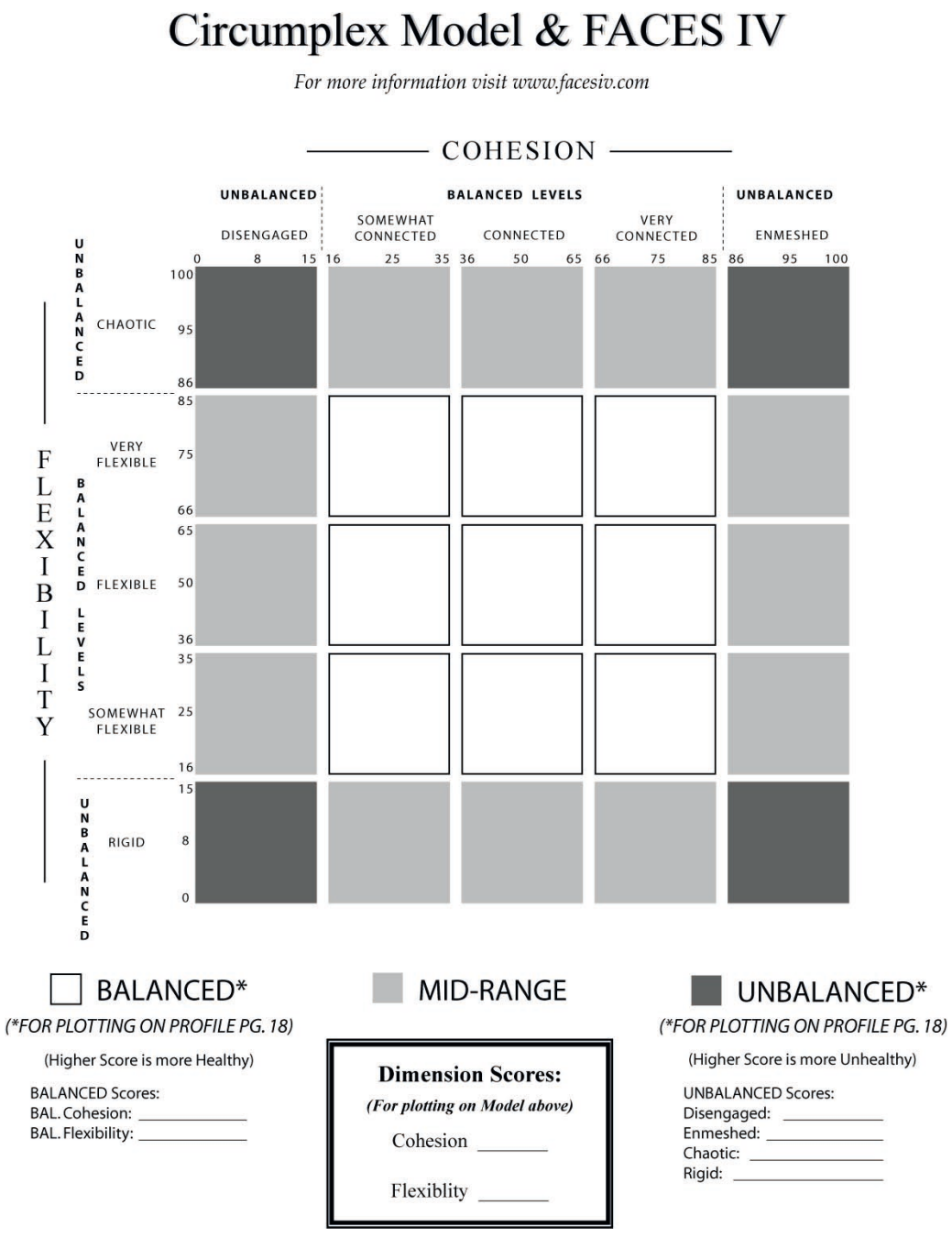


Figure 1: Circumplex Model & FACES IV (Olson, Gorall, Tiesel, 2006).

The five family cohesion levels and five flexibility levels create a model with 25 types. The nine central types are called Balanced because they represent the three balanced areas for both cohesion and flexibility. There are nine mid-range types where the family is balanced in one dimension and unbalanced in another dimension. Four types are unbalanced in both dimensions.

Two family dimensions are not represented in the Circumplex Model: family communication and family satisfaction (Olson, 2011). Family communication is considered a facilitating dimension in that it helps a family system to balance cohesion and flexibility. Family satisfaction measures how much each person likes the current family system.

To conclude, in FACES IV there are two balanced scales (balanced cohesion, balanced flexibility), four unbalanced scales (disengagement, enmeshment, rigidity, chaos) and a family communication and family satisfaction scale. Studies have shown good psychometric properties of FACES IV, both in respect to validity, reliability and clinical utility (Olson, 2011).

Hypotheses derived from the Circumplex Model:

The main hypothesis of the Circumplex Model is that "Balanced family systems are more healthy while Unbalanced families are less healthy". Several hundred studies have tested this hypothesis with various FACES versions (Kouneski, 2000). Balanced family systems also have better family communication and satisfaction compared to Unbalanced families.

The Polish Adaptation called FACES IV-SOR

The translation of FACES IV-SOR was carried out in collaboration with translators as well as a native English speaker working in Poland. Item content was evaluated by a group of competent judges – psychologists, and theorists working in research as well as practicing therapists. The Polish questionnaire was given the name ***FACES IV-Skale Oceny Rodziny (SOR- English: Family Rating Scales)*** to emphasize that the instrument serves to study the perception of families. As in the case with FACES IV the questionnaire consists of 62 items (see Appendix 1) that form eight FACES IV scales (Appendix 2). The remaining scales are formed from statements whose truthfulness in relation to the family is rated by the participant on a 5 - point scale (from "I completely agree – 1" to "I completely disagree – 5").

Sample

FACES IV-SOR was tested on a sample of 499 participants from 150 families, including 150 fathers, 150 mothers, 106 daughters, and 93 sons. The fathers' average age was 43.7 years, mothers' 42.4, daughters' 16.5, and sons' 17.9. Adults were within the 30 – 60 – year-old interval; specifically 33.3% were within 30-40, 52.5% 41-50, and 14.2% within the 51-60-year-old interval. Fathers' education was as follows: occupational (35%), secondary

school (49.7%), higher (15.3%). Mother's education was: occupational (31.8%), secondary school (51.1%), and higher education (17.1%).

Testing was conducted in southern and central Poland and included participants from large cities (41.2% of participants) and medium-sized cities (33.6%), as well as from villages (25.2%). Testing was carried out by trained individuals; participation in the study was voluntary and anonymous. In all families the parents were employed (in 18 families only the father worked), and the children attended school. During the interview no family reported a high level of family stress related to serious somatic diseases, psychological disorders or addictions.

Validity – Confirmatory Factor Analysis

Confirmatory Factor analysis was used to assess whether data from Polish families using FACES IV-SOR confirms the factorial structure of FACES IV. In the tested structural model, each of the six FACES IV-SOR scales were specified as latent endogenous variables, and the observed exogenous variable loadings were chosen according to the construction of the instrument. It was also assumed that the scales were inter-correlated.

Figure 2 displays the analytical confirmatory factor results of a hypothesized structure of 21 items belonging to the flexibility dimension. Figure 3 shows the results of the 21 items belonging to the cohesion dimension. Next to the arrows on the left, the variance of individual items is given, on the right - the factor loadings.

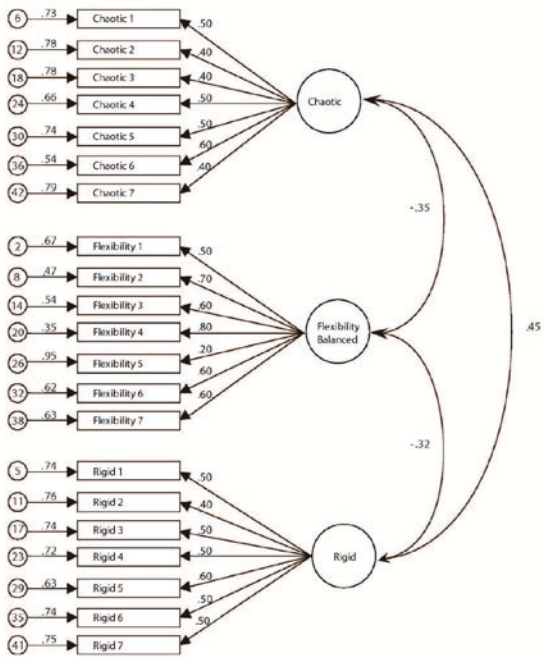


Figure 2: Confirmatory factor analysis for the flexibility dimension.

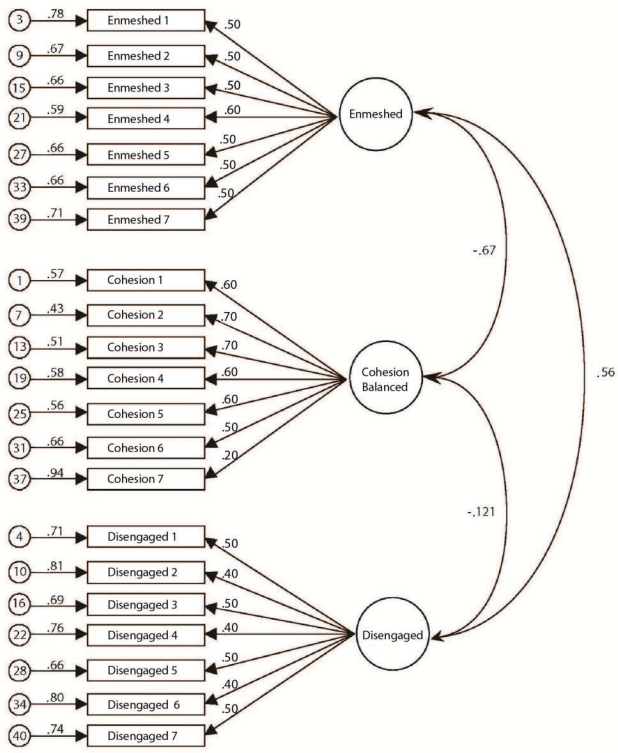


Figure 3: Confirmatory factor analysis for the cohesion dimension.

Table 1. *Values of model fit indices for given dimensions.*

Model Fit Index	Cohesion	Flexibility
RMSEA	.075	.082
Joreskop's GFI	.865	.841
Bollen's Delta	.787	.734
Population Gamma Index	[.88; .91]	[.85; .88]

The tested model's recreated factor loadings are almost all relatively high, considerably surpassing the amount number of standard errors, and are all statistically significant. Similar to the American studies, there were negative correlations among the Balanced and Unbalanced scales and positive correlations within the Unbalanced scale. It can be assumed that the acquired results confirm the main assumptions of the tested model. Despite the fact that factor loadings were low in entries 26 and 37, it was decided to keep them for the sake of symmetry with the original tool.

Table 1 shows the most important model - fit indices for the main variables. Even though the indice values differ somewhat from the ideal, the fit of the tested model to the Polish family sample data is sufficient and a change in the model is not necessary.

Reliability of FACES IV-SOR

Cronbach's alpha values for FACES IV-SOR are presented in Table 2. The values for the FACES IV scales are within .77 and .89 (Olson, 2011). Alpha reliability values for the FACES IV-SOR scales, computed for the normalized sample, are somewhat lower than the United States sample, but they are satisfactory (.70 and .93).

Table 2. *Alpha reliability of scales included in FACES IV-SOR as well as validating scale – Polish versus American data.*

	Cronbach's Alpha FACES IV (USA)	**Cronbach's Alpha FACESIV-SOR (POLAND)**
Unbalanced Scales:		
Disengagement	.87	.77
Enmeshment	.77	.70
Rigidity	.83	.73
Chaos	.85	.73
Balanced Scales:		
Balanced Cohesion	.89	.80
Balanced Flexibility	.80	.79
Validation Scales:		
Family Life Satisfaction	.80	.93
Family Communication	.88	.92

The highest alpha reliability for the Polish sample measures were for the Family Satisfaction and Family Communication scales (.93 and .92), which are higher than the United States sample. Both Balanced scale reliabilities were next highest (.79 and .80) and the lowest reliabilities were for the four unbalanced scales (.70 to .77). These reliabilities are all very acceptable for both research and clinical work with families. The FACES IV-SOR average result for the Family Communication Scale is M-39.5, standard deviation SD-6.8. The average score for Family Satisfaction is M-35.0, and the standard deviation is SD-7.04.

FACES IV-SOR Normalization

Table 3 shows the mean results of the six main FACES IV-SOR scales for groups of each family member (husbands, wives, daughters, and sons).

This data is illustrated in Figure 4. The higher scores on the two Balanced Scales, Balanced Cohesion and Balanced Flexibility, are markedly clear compared to the Unbalanced scales – this confirms the main assumptions of the Model. An analysis of variance

(ANOVA) was conducted to test if the groups differed significantly. The results indicate differences in cohesion between daughters and mothers (p<.003) and sons and mothers (p<.034), as well as differences in flexibility between daughters and wives (p<.0003) and daughters and husbands (p<.024).

Table 3. *Average scores of FACES IV-SOR scales for various family members.*

	Husbands		Wives		Sons		Daughters		Total	
Scale	M	SD	M	SD	M	SD	M	SD	M	SD
Balanced Cohesion	28.57	4.69	29.25	4.43	27.95	4.52	27.48	5.06	28.43	4.70
Balanced Flexibility	24.65	5.24	25,.51	5.13	24.53	5.03	23.13	5.65	24.56	5.31
Disengagement	11.99	4.30	11.51	4.14	13.20	4.48	12.48	4.43	12.18	4.35
Enmeshment	13.99	4.48	13.95	4.56	14.60	5.01	13.71	4.24	14.03	4.55
Rigidity	16.59	4.75	16.56	4.86	16.97	5.02	17.16	4.84	16.77	4.84
Chaos	14.91	4.96	14.66	5.16	15.49	5.25	14.66	3.94	14.89	4.88

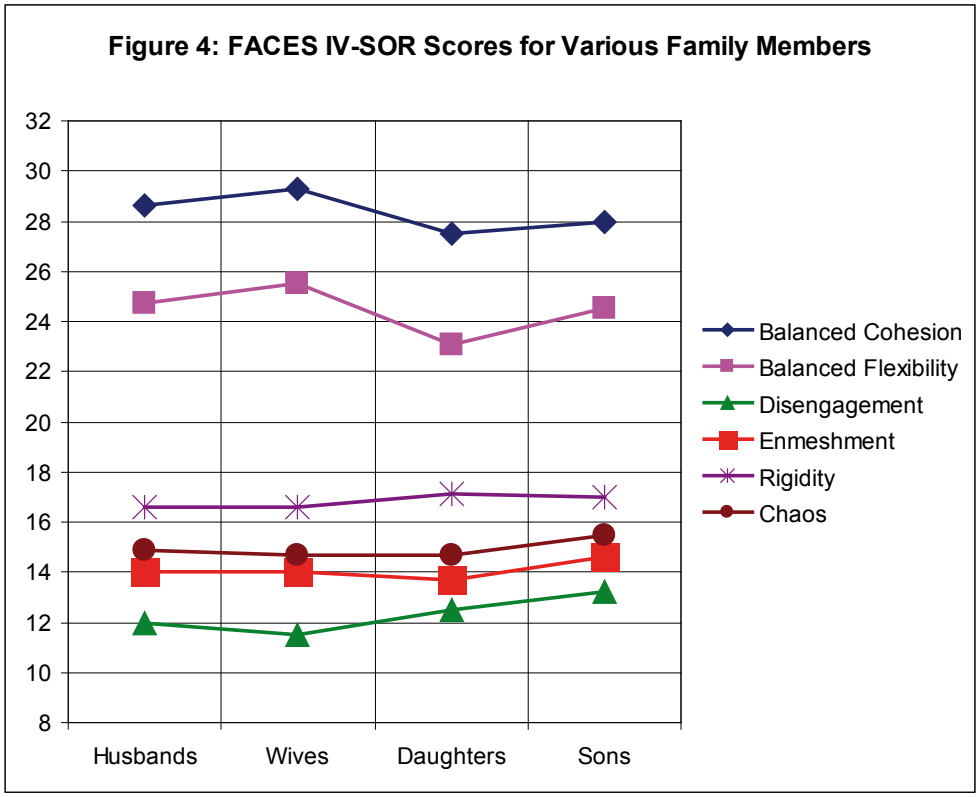


Figure 4: Average Scores for Various Family Members.

Percentile and sten norms were developed for each family member participant group: husbands, wives, sons, and daughters. FACES IV has only percentile norms. Sten

norms were developed for FACES IV-SOR because the results expressed in the sten scale are better suited for describing profiles and calculating compound ratios (cohesion ratio, flexibility ratio, total ratio). For the sten scale, the arithmetic mean is 5.5 and the standard deviation is 2. Results in the 4-7 sten range are thus included in the first standard deviation above and below the mean. Results in the 1-3 sten range are treated as low, 4-7 sten as average, and 8-10 as high. This scale has also proved to be useful in the modified illustration of the model.

The higher scores of the two Balanced scales, Cohesion and Flexibility, are markedly clear in comparison to the remaining four Unbalanced scales, confirming the Model's main assumptions.

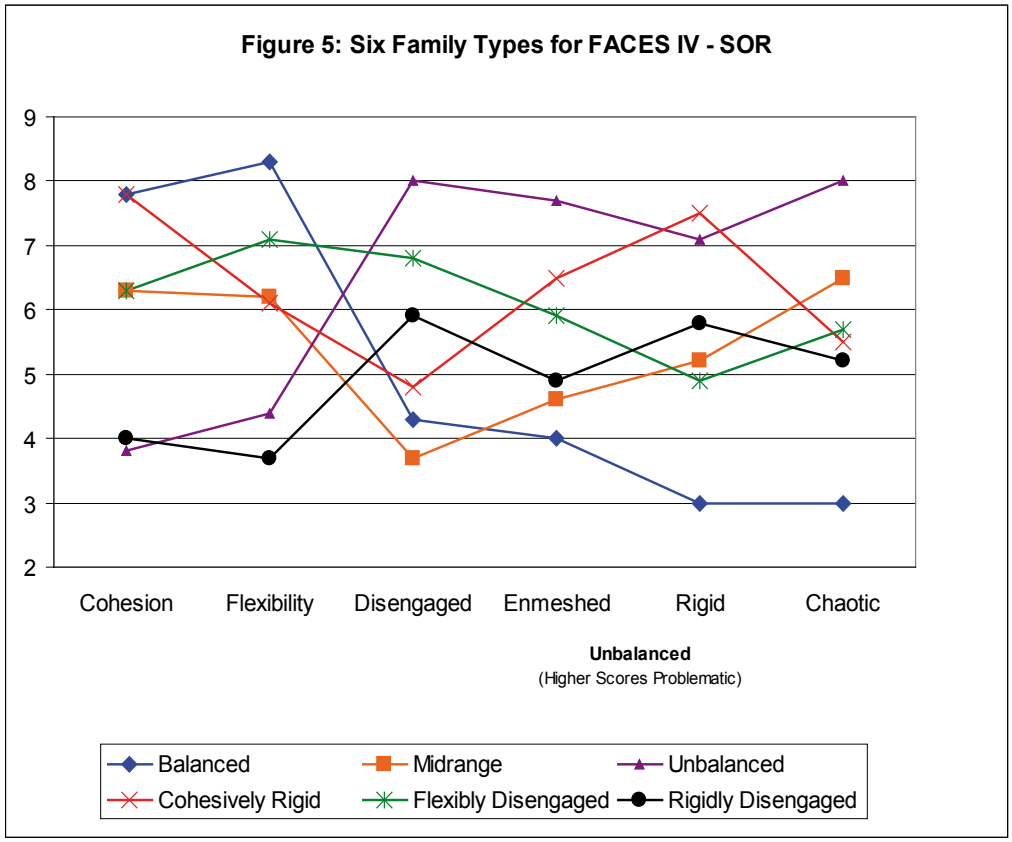


Figure 5: Average Scores for Various Family Members.

Six Family Types of FACES IV-SOR based on Cluster Analysis

Based on cluster analysis conducted on FACES IV-SOR, six types (profiles) of families were distinguished. These differ to some extent from those described by Gorall (2002). The resulting profiles are presented in Figure 3. The sten scale was used in their development.

Profile 1: Balanced – is characterized by the highest scores on the Balanced Cohesion and Balanced Flexibility scales and low scores on all the Unbalanced scales. The combination of high scores on the Balanced Scales and low scores on the Unbalanced scales suggests a family model characterized by high level healthy functioning and low level problematic functioning. These family types are depicted as being able to cope with daily stressors and emotional tensions.

Profile 2: Cohesively Rigid – is characterized by high scores on the Balanced Cohesion scale as well as high scores on the Rigidity scale, heightened scores on the Enmeshment scale, and average scores on the Chaos and Disengagement scale. This family type is characterized by a high level of emotional closeness as well as rigidity. Due to the high degree of closeness, it is assumed that such families generally function well. However, due to high rigidity, such family members may have difficulties in initiating situational or developmental changes.

Profile 3: Flexibly Disengaged – is characterized by high scores on the Balanced Flexibility scale and high scores on the Disengagement scale; the remaining scales have average scores. The relatively lowest score is on the Rigidity scale. Such an arrangement suggests that family members, if the necessity arises, can cope with problematic situations but on a daily basis take care of their own issues, living rather "individually" – with a prevalence of separate activities over common ones.

Profile 4: Midrange – is characterized by generally average scores on all scales, with the exception of the Disengagement Scale for which the scores are low. Scores for the Balanced Cohesion scale, somewhat higher than those on the Disengagement and Enmeshment scales, indicate emotional closeness of family members. This family type should generally function well, although scores on the Chaos scale suggest that in difficult situations the family may have trouble undertaking joint actions and choosing a leader, which is related to the overabundance of negotiation, lack of clear rules, and inconsequential and ineffective actions.

Profile 5: Rigidly Disengaged – is characterized by low scores on the Balanced scales and average scores on the remaining scales. Low scores on the Balanced Cohesion, and Balanced Flexibility scales indicate problematic families, although the intensity of these problems will be lower than in unbalanced families. Heightened scores on the Disengagement and Rigidity scales suggest that in difficult situations given family members may have an individual tendency to stiffen attitudes at the cost of family cohesion.

Profile 6: Unbalanced – is almost the exact opposite of a balanced family type. It is characterized by high scores on all four Unbalanced scales and low scores on the two Balanced scales. It is assumed that these types of families have the most difficulties, function most problematically – which is indicated by high scores on the Unbalanced

scales – and lack strong protective factors included in the Balanced scales. It's estimated that this type of family most often undergoes therapy.

There was considerable similarly between the Polish and the American typology in terms of the two extreme profiles of Balanced and Unbalanced. Also, both cluster analyses identified six profiles. As expected, there are some differences between the American and Polish profiles. However, this does not influence the positive assessment of their validity or usefulness.

Conclusion

Developing translations of assessment instruments always opens numerous problems related to their intercultural adaptation (Brzeziński, 1999). The original version, FACES IV, has high reliability and validity, based on which the authors recommend its use for a wide scope of research studies as well as clinical assessments. In the the Polish version, FACES IV-SOR, the instrument has less reliability and validity, although the models's main assumptions are confirmed.

Confirmatory factor analysis conducted on data acquired from the Polish sample initially accepts FACES IV-SOR factorial structure as corresponding to the factorial structure of FACES IV. Further work is advised that focuses on reformulating statements with low factor loadings. This will help improve the model fit indices. In FACES IV-SOR, the highest reliability measures are on the Family Life Satisfaction and Family Communication scales. The reliability of both Balanced scales also allows their clinical use in connection with other instruments. In regard to the remaining scales: on the four Unbalanced scales, their reliability measures are lower but are still able to be used for both research and clinical work. Numerous applications in recent times of this instrument indicate a large need in Polish psychological circles for a reliable instrument that assesses the family system.

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Appendix 1

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FACES IV QUESTIONNAIRE

Directions to Family Members:

1. All family members over age 12 can complete FACES IV.

2. Family members should complete the instrument independently, not consulting or discussing their responses until they have been completed.

3. Fill in the corresponding **number** *in the space on the provided answer sheet.*

1	2	3	4	5
DOES NOT describes our family at all	SLIGHTLY describes our family	SOMEWHAT describes our family	GENERALLY describes our family	VERY WELL describes our family

1. Family members are involved in each other's lives.
2. Our family tries new ways of dealing with problems.
3. We get along better with people outside our family than inside.
4. We spend too much time together.
5. There are strict consequences for breaking the rules in our family.
6. We never seem to get organized in our family.
7. Family members feel very close to each other.
8. The parents check with the children before making important decisions.
9. Family members seem to avoid contact with each other when at home.
10. Family members feel pressured to spend most free time together.
11. There are severe consequences when a family member does something wrong.
12. We need more rules in our family.
13. Family members are supportive of each other during difficult times.
14. Children have a say in their discipline.
15. Family members feel closer to people outside the family than to other family members.
16. Family members are too dependent on each other.
17. This family has a rule for almost every possible situation.
18. Things do not get done in our family.
19. Family members consult other family members on personal decisions.
20. In solving problems, the children's suggestions are followed.

21. Family members are on their own when there is a problem to be solved.
22. Family members have little need for friends outside the family.
23. It is difficult to get a rule changed in our family.
24. It is unclear who is responsible for things (chores, activities) in our family.
25. Family members like to spend some of their free time with each other.
26. We shift household responsibilities from person to person.
27. This family doesn't do things together.
28. We feel too connected to each other.
29. Once a task is assigned to a member, there is little chance of changing it.
30. There is no leadership in this family.

1	2	3	4	5
DOES NOT describe our family at all	SLIGHTLY describes our family	SOMEWHAT describes our family	GENERALLY describes our family	VERY WELL describes our family

31. Although family members have individual interests, they still participant in family activities.
32. Family members make the rules together.
33. Family members rarely depend on each other.
34. We resent family members doing things outside the family.
35. It is important to follow the rules in our family.
36. No one in this family seems to be able to keep track of what their duties are.
37. This family has a good balance of separateness and closeness.
38. When problems arise, we compromise.
39. Family members know very little about the friends of other family members.
40. Family members feel guilty if they want to spend time away from the family.
41. Family members feel they have to go along with what the family decides to do.
42. It is hard to know who the leader is in this family.

43. Family members are satisfied with how they communicate with each other.
44. Family members are very good listeners.
45. Family members express affection to each other.
46. Family members are able to ask each other for what they want.
47. Family members can calmly discuss problems with each other.
48. Family members discuss their ideas and beliefs with each other.
49. When family members ask questions of each other, they get honest answers.
50. Family members try to understand each other's feelings

51. When angry, family members seldom say negative things about each other.
52. Family members express their true feelings to each other.

1	2	3	4	5
Very Dissatisfied	Somewhat Dissatisfied	Generally Satisfied	Very Satisfied	Extremely Satisfied

53. The degree of closeness between family members.
54. Your family's ability to cope with stress.
55. Your family's ability to be flexible.
56. Your family's ability to share positive experiences.
57. The quality of communication between family members.
58. Your family's ability to resolve conflicts.
59. The amount of time you spend together as a family.
60. The way problems are discussed.
61. The fairness of criticism in your family.
62. Family members concern for each other.

Thank you for Your Cooperation!

Polish version of FACES IV-SOR

David H.Olson, Dean M.Gorall, Judy W.Tiesel
KWESTIONARIUSZ FACES IV – SKALE OCENY RODZINY
(opr. A.Margasiński)

Instrukcje dla członków rodzin:

1. Kwestionariusz mogą wypełniać wszyscy członkowie rodzin w wieku powyżej 12 lat.

2. Członkowie rodziny powinni odpowiadać na pytania samodzielnie, nie konsultując ani nie omawiając ze sobą odpowiedzi aż do zakończenia uzupełniania kwestionariusza.

3. W celu wypełnienia kwestionariusza proszę wpisać na Arkuszu Odpowiedzi liczbę punktów odpowiadającą wybranej odpowiedzi.

1	2	3	4	5
Całkowicie się nie zgadzam	Częściowo się nie zgadzam	Nie mam zdania	Częściowo się zgadzam	Całkowicie się zgadzam

1. Członkowie rodziny zaangażowani są w życie pozostałych jej członków.
2. Nasza rodzina wypróbowuje nowe sposoby radzenia sobie z problemami.
3. Z osobami spoza naszej rodziny mamy lepsze stosunki niż z członkami rodziny.
4. Spędzamy razem zbyt dużo czasu.
5. Za złamanie zasad obowiązujących w naszej rodzinie przewidziane są surowe konsekwencje.
6. Zorganizowanie się naszej rodziny wydaje się niemożliwe.

7. Członkowie rodziny czują się sobie bardzo bliscy.
8. W naszej rodzinie rodzice dzielą się przywództwem.
9. W domu członkowie rodziny zdają się unikać ze sobą kontaktu.
10. Członkowie rodziny odczuwają presję, by spędzać większość czasu wolnego razem.
11. Jeśli któryś z członków rodziny zrobi coś niewłaściwego, to spotykają go wyraźne konsekwencje.
12. Trudno powiedzieć, kto rządzi w naszej rodzinie.

13. Członkowie rodziny wspierają się wzajemnie w trudnych chwilach.
14. W naszej rodzinie zasady dyscypliny są jasno określone.
15. Członkowie rodziny wiedzą bardzo mało o przyjaciołach pozostałych członków rodziny.
16. Członkowie rodziny są od siebie zbytnio uzależnieni.
17. Nasza rodzina ma przewidziane reguły postępowania na niemal każdą możliwą sytuację.
18. W naszej rodzinie brak jest skuteczności w działaniu.

19. Członkowie rodziny konsultują się ze sobą przed podjęciem ważnych decyzji.
20. Gdy trzeba moja rodzina potrafi się zmieniać.
21. Kiedy jest do rozwiązania problem, każdy w rodzinie jest pozostawiony sam sobie.
22. Członkowie rodziny nie mają wielkiej potrzeby posiadania przyjaciół spoza rodziny.
23. Nasza rodzina jest mocno zorganizowana.
24. Nie jest jasne, kto jest w naszej rodzinie odpowiedzialny za różne codzienne obowiązki.

25. Członkowie rodziny lubią spędzać ze sobą pewną część swojego wolnego czasu.
26. Obowiązkami domowymi wymieniamy się wzajemnie.
27. Nasza rodzina rzadko robi coś razem.
28. Czujemy się ze sobą zbyt związani.
29. Czujemy się sfrustrowani, gdy nasze plany lub nawyki ulegają zmianom.
30. W naszej rodzinie nie ma przywództwa.

1	2	3	4	5
Całkowicie się nie zgadzam	Częściowo się nie zgadzam	Nie mam zdania	Częściowo się zgadzam	Całkowicie się zgadzam

31. Członkowie rodziny uczestniczą we wspólnych zajęciach rodzinnych, mimo, że mają swoje własne zainteresowania
32. W naszej rodzinie są jasne role i zasady.
33. Członkowie rodziny rzadko mogą liczyć na siebie.
34. Niechętnie patrzymy na członków rodziny realizujących się poza rodziną.
35. W naszej rodzinie ważne jest przestrzeganie zasad.
36. W naszej rodzinie trudno ustalić, kto odpowiada za różne zadania domowe.

37. W naszej rodzinie panuje równowaga między bliskością a byciem osobno.
38. Kiedy pojawiają się problemy, idziemy na kompromis.
39. Członkowie rodziny przeważnie działają niezależnie od siebie.
40. Członkowie rodziny mają poczucie winy, kiedy chcą spędzić jakiś czas z dala od rodziny.
41. Gdy w naszej rodzinie zapadnie jakaś decyzja bardzo trudno ją zmienić.
42. W naszej rodzinie panuje atmosfera chaosu i dezorganizacji.

43. Członkowie rodziny są zadowoleni z tego, jak wygląda komunikacja między nimi.
44. Członkowie rodziny potrafią bardzo dobrze słuchać.
45. Członkowie rodziny odnoszą się do siebie serdecznie.
46. Członkowie rodziny potrafią prosić pozostałych członków o to, czego chcą.
47. Członkowie rodziny potrafią spokojnie omawiać ze sobą problemy.
48. Członkowie rodziny omawiają ze sobą swoje poglądy i przekonania.
49. Kiedy członkowie rodziny wzajemnie się o coś pytają, otrzymują szczere odpowiedzi.
50. Członkowie rodziny starają się wzajemnie rozumieć swoje uczucia.
51. Pod wpływem gniewu, członkowie rodziny rzadko wyrażają się negatywnie o pozostałych członkach rodziny.
52. Członkowie rodziny okazują sobie wzajemnie swoje prawdziwe uczucia.

1	2	3	4	5
Bardzo niezadowolony	Częściowo niezadowolony	Przeciętnie zadowolony	Bardzo zadowolony	Niezmiernie zadowolony

Oceń jak satysfakcjonuje Cię:

53. Stopień bliskości między członkami rodziny.
54. Zdolność twojej rodziny do radzenia sobie ze stresem.
55. Zdolność twojej rodziny do elastyczności.
56. Zdolność twojej rodziny do wspólnego przeżywania pozytywnych doświadczeń.
57. Jakość komunikacji między członkami rodziny.
58. Zdolność twojej rodziny do rozwiązywania konfliktów.
59. Ilość czasu spędzanego razem jako rodzina.
60. Sposób w jaki omawiane są problemy.
61. Stopień sprawiedliwości krytyki w twojej rodzinie.
62. Troska członków rodziny o siebie wzajemnie.

Dziękujemy za współpracę!

Appendix 2.

FACES IV Scales with Item Numbers

TWO BALANCED SCALES:

Balanced Cohesion

1. Family members are involved in each other's lives.
7. Family members feel very close to each other.
13. Family members are supportive of each other during difficult times.
19. Family members consult other family members on personal decisions.
25. Family members like to spend some of their free time with each other.
31. Although family members have individual interests, they still participate in family activities.
37. This family has a good balance of separateness and closeness.

Balanced Flexibility

2. Our family tries new ways of dealing with problems.

8. The parents check with the children before making important decisions in this family.
14. Children have a say in their discipline.
20. In solving problems, the children's suggestions are followed.
26. We shift household responsibilities from person to person.
32. Family members make the rules together.
38. When problems arise, we compromise.

FOUR UNBALANCED SCALES:

Disengaged
3. We get along better with people outside our family than inside.
9. Family members seem to avoid contact with each other when at home.
15. Family members feel closer to people outside the family than to other family members.
21. Family members are on their own when there is a problem to be solved.
27. This family doesn't do things together.
33. Family members rarely depend on each other.
39. Family members know very little about the friends of other family members.

Enmeshed
4. We spend too much time together.
10. Family members feel pressured to spend most free time together.
16. Family members are too dependent on each other.
22. Family members have little need for friends outside the family.
28. We feel too connected to each other.
34. We resent family members doing things outside the family.
40. Family members feel guilty if they want to spend time away from the family.

Rigid
5. There are strict consequences for breaking the rules in our family.
11. There are severe consequences when a family member does something wrong.
17. This family has a rule for almost every possible situation.
23. It is difficult to get a rule changed in our family.
29. Once a task is assigned to a member, there is little chance of changing it.
35. It is important to follow the rules in our family.
41. Family members feel they have to go along with what the family decides to do.

Chaotic

6. We never seem to get organized in our family.
12. We need more rules in our family.
18. Things do not get done in our family.
24. It is unclear who is responsible for things (chores, activities) in our family.
30. There is no leadership in this family.
36. No one in this family seems to be able to keep track of what their duties are.
42. It is hard to know who the leader is in this family.

FAMILY COMMUNICATION:

43. Family members are satisfied with how they communicate with each other.
44. Family members are very good listeners.
45. Family members express affection to each other.
46. Family members are able to ask each other for what they want.
47. Family members can calmly discuss problems with each other.
48. Family members discuss their ideas and beliefs with each other.
49. When family members ask questions of each other, they get honest answers.
50. Family members try to understand each other's feelings
51. When angry, family members seldom say negative things about each other.
52. Family members express their true feelings to each other.

FAMILY SATISFACTION:

53. The degree of closeness between family members.
54. Your family's ability to cope with stress.
55. Your family's ability to be flexible.
56. Your family's ability to share positive experiences.
57. The quality of communication between family members.
58. Your family's ability to resolve conflicts.
59. The amount of time you spend together as a family.
60. The way problems are discussed.
61. The fairness of criticism in your family.
62. Family members concern for each other.

Polish version

FACES IV-SOR: Konstrukcja skal z przyporządkowanymi itemami

DWIE SKALE ZRÓWNOWAŻENIA:

Zrównoważona Spójność

1. Członkowie rodziny zaangażowani są w życie pozostałych jej członków.
7. Członkowie rodziny czują się sobie bardzo bliscy.
13. Członkowie rodziny wspierają się wzajemnie w trudnych chwilach.
19. Członkowie rodziny konsultują się ze sobą przed podjęciem ważnych decyzji.
25. Członkowie rodziny lubią spędzać ze sobą pewną część swojego wolnego czasu.
31. Członkowie rodziny uczestniczą we wspólnych zajęciach rodzinnych, mimo, że mają swoje własne zainteresowania.
37. W naszej rodzinie panuje równowaga między bliskością a byciem osobno.

Zrównoważona Elastyczność

2. Nasza rodzina wypróbowuje nowe sposoby radzenia sobie z problemami.
8. W naszej rodzinie rodzice dzielą się przywództwem.
14. W naszej rodzinie zasady dyscypliny są jasno określone.
20. Gdy trzeba moja rodzina potrafi się zmieniać.
26. Obowiązkami domowymi wymieniamy się wzajemnie.
32. W naszej rodzinie są jasne role i zasady.
38. Kiedy pojawiają się problemy, idziemy na kompromis.

CZTERY SKALE NIEZRÓWNOWAŻENIA:

Niezwiązanie

3. Z osobami spoza naszej rodziny mamy lepsze stosunki niż z członkami rodziny.
9. W domu członkowie rodziny zdają się unikać ze sobą kontaktu.
15. Członkowie rodziny wiedzą bardzo mało o przyjaciołach pozostałych członków rodziny.
21. Kiedy jest do rozwiązania problem, każdy w rodzinie jest pozostawiony sam sobie.
27. Nasza rodzina rzadko robi coś razem.
33. Członkowie rodziny rzadko mogą liczyć na siebie.
39. Członkowie rodziny przeważnie działają niezależnie od siebie.

Splątanie

4. Spędzamy razem zbyt dużo czasu.
10. Członkowie rodziny odczuwają presję, by spędzać większość czasu wolnego razem.
16. Członkowie rodziny są od siebie zbytnio uzależnieni.
22. Członkowie rodziny nie mają wielkiej potrzeby posiadania przyjaciół spoza rodziny.
28. Czujemy się ze sobą zbyt związani.
34. Niechętnie patrzymy na członków rodziny realizujących się poza rodziną.
40. Członkowie rodziny mają poczucie winy, kiedy chcą spędzić jakiś czas z dala od rodziny.

Sztywność

5. Za złamanie zasad obowiązujących w naszej rodzinie przewidziane są surowe konsekwencje.
11. Jeśli któryś z członków rodziny zrobi coś niewłaściwego, to spotykają go wyraźne konsekwencje.
17. Nasza rodzina ma przewidziane reguły postępowania na niemal każdą możliwą sytuację.
23. Nasza rodzina jest mocno zorganizowana.
29. Czujemy się sfrustrowani, gdy nasze plany lub nawyki ulegają zmianom.
35. W naszej rodzinie ważne jest przestrzeganie zasad.
41. Gdy w naszej rodzinie zapadnie jakaś decyzja bardzo trudno ją zmienić.

Chaotyczność

6. Zorganizowanie się naszej rodziny wydaje się niemożliwe.
12. Trudno powiedzieć, kto rządzi w naszej rodzinie.
18. W naszej rodzinie brak jest skuteczności w działaniu.
24. Nie jest jasne, kto jest w naszej rodzinie odpowiedzialny za różne codzienne obowiązki.
30. W naszej rodzinie nie ma przywództwa.
36. W naszej rodzinie trudno ustalić, kto odpowiada za różne zadania domowe.
42. W naszej rodzinie panuje atmosfera chaosu i dezorganizacji.

SKALA KOMUNIKACJI RODZINNEJ (KR):

43. Członkowie rodziny są zadowoleni z tego, jak wygląda komunikacja między nimi.
44. Członkowie rodziny potrafią bardzo dobrze słuchać.
45. Członkowie rodziny odnoszą się do siebie serdecznie.
46. Członkowie rodziny potrafią prosić pozostałych członków o to, czego chcą.
47. Członkowie rodziny potrafią spokojnie omawiać ze sobą problemy.
48. Członkowie rodziny omawiają ze sobą swoje poglądy i przekonania.
49. Kiedy członkowie rodziny wzajemnie się o coś pytają, otrzymują szczere odpowiedzi.
50. Członkowie rodziny starają się wzajemnie rozumieć swoje uczucia.
51. Pod wpływem gniewu, członkowie rodziny rzadko wyrażają się negatywnie o pozostałych członkach rodziny.
52. Członkowie rodziny okazują sobie wzajemnie swoje prawdziwe uczucia.

SKALA ZADOWOLENIA Z ŻYCIA RODZINNEGO (ZR):

53. Stopień bliskości między członkami rodziny.
54. Zdolność twojej rodziny do radzenia sobie ze stresem.
55. Zdolność twojej rodziny do elastyczności.
56. Zdolność twojej rodziny do wspólnego przeżywania pozytywnych doświadczeń.
57. Jakość komunikacji między członkami rodziny.
58. Zdolność twojej rodziny do rozwiązywania konfliktów.
59. Ilość czasu spędzanego razem jako rodzina.
60. Sposób w jaki omawiane są problemy.
61. Stopień sprawiedliwości krytyki w twojej rodzinie.
62. Troska członków rodziny o siebie wzajemnie.