**Supplementary Materials**

FPSC – Family Problem Solving Communication Index

(M. A. McCubbin, McCubbin, & Thompson, 1988)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| When our family struggles with problems or conflicts which upset us, I would describe my family in the following way:  | False | Mostly false | Mostly true | True |
| 1. We yell and scream at each other | 0 | 1 | 2 | 3 |
| 2. We are respectful of each other’s’ feelings  | 0 | 1 | 2 | 3 |
| 3. We talk things trough till we reach a solution  | 0 | 1 | 2 | 3 |
| 4. We work hard to be sure family members were not hurt, emotionally or physically.  | 0 | 1 | 2 | 3 |
| 5. We walk away from conflicts without much satisfaction.  | 0 | 1 | 2 | 3 |
| 6. We share with each other how much we care for one another | 0 | 1 | 2 | 3 |
| 7. We make matters more difficult by fighting and bringing up old matters | 0 | 1 | 2 | 3 |
| 8. We take time to hear what each other has to say or feel | 0 | 1 | 2 | 3 |
| 9. We work to be calm and work things trough | 0 | 1 | 2 | 3 |
| 10. We get upset, but we try to end our conflicts on a positive note | 0 | 1 | 2 | 3 |