

Family Index of Regenerativity and Adaptation-Military

The Family Index of Regenerativity and Adaptation for Military Families (FIRA-M) was developed by Hamilton McCubbin (1987b).

The use of self-report family systems assessment measures in military family research is based on the premise that family processes interact with the military community as well as individual family members' psychological and physiological processes in discernible and predictable ways. Clearly, the military system is but one of a host of interrelated environmental influences which can and does have a profound impact upon the military member and other family members, as well as the military member's job performance. But the research to substantiate these relationships is in an embryonic state of development. The jury remains in session deliberating the merits and generalizability of past as well as current research.

Until such research has been accumulated to guide family life education programs and family oriented clinical and health focused interventions, the training of family educators, nurses, social workers, ministers, outreach specialists and physicians serving the military community and families within will continue to be guided by faith, experience, clinical insights and unconfirmed assumptions. To advance research to address these educational and clinical issues about the military family system, family assessment measures have been developed and tested. This chapter is devoted to sharing current information about family assessment, particularly as it relates to the Resiliency Model of Family Stress, Adjustment and Adaptation as it applies to military families.

***Includes the following questionnaires:**

Family Changes and Strains

Example Items:

- *Family member appeared to have emotional problems
- *Purchased or built a home
- *Close friend of family died

Self-Reliance Index

Example Items:

- *When your military spouse is away from you (field assignments, temporary duty, etc.) how well are you able to:"
- *Handle/discipline the child(ren)
- *Handle family finances

Family Index of Coherence

Example Items:

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My family and I are unsure whether we will stay in or leave the military
*The military treats its members and their families justly and fairly
*There is no way that being in the military can ever be good for our family

Social Support Index

Example Items:

*If I had an emergency, even people I don't know in this community would be willing to help

*People can depend on each other in this community

Family Member Well-Being

See examples listed under "Family Member Well-Being Scale"

Family Adaptation Checklist

Example Items:

"In the past 3 months, has any family member:"

*Been admitted to the hospital for treatment

*Taken any steps for a marital separation or divorce

*Considered or attempted suicide

Available in: English



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