

# The Resilience, Adaptation and Well-Being Project



Family Index of Regenerativity and Adaptation -  
Military

FIRA - M

# FIRA-M: Family Index of Regenerativity and Adaptation-Military

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## **Overview**

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.

## **Development of FIRA-M**

To facilitate research in the study of military family systems, their transitions, adjustment and adaptation, as well as their impact on family members, we have made an effort to develop a cluster of military family measures designed and selected to assess the critical dimensions and components of this family stress model. This series of research instruments has been called the FIRA Series, the Family Indices of Regenerativity and Adaptation.

## **Conceptual Organization**

FIRA-M, The Family Index of Regenerativity and Adaptation Military is designed to obtain 6 indices of family functioning (Table 30.1). Specifically, FIRA-M, which is patterned after the Resiliency Model of Family Stress, Adjustment and Adaptation, is designed to obtain reliable and valid indices of Family Changes and Strains (A/AA factor), Self Reliance (BIBB), Family Coherence (CCCC Factor), Social Support (BIBB Factor), and two indices of family adjustment and adaptation-Member Well-being (XIXX factor), and Family Distress (XIXX factor).

**The Family Changes and Strains Index (FCSI)** (H.I. McCubbin & Patterson, 1982c), a 15-item inventory, was developed on the basis of FILE, the Family Inventory of Life Events and Changes, as a reliable (Cronbach's alpha = .79) and valid index (see R.I. McCubbin & Patterson, 1983c) of the pile-up of family demands and as an index of family vulnerability. This is a measure of Pile-up (A/AA factor) and Vulnerability (V factor).

**Table 30.1**  
**Overview of FIRA-M, Family Index of Regenerativity and Adaptation-Military**

<b>Family Dimensions</b>	<b>Primary Instrument</b>	<b>Number of Items</b>	<b>Resiliency Concepts</b>
Family Changes & Strains	FILE	15	Pile Up (M)
Self Reliance	SRI	9	Family Resources (BB)
Family Coherence	FIC	17	Family Appraisal (CC)
Social Support (BIBB)	SSI	17	Family Resources (BB)
Member Well-being	FMWB	8	Adaptation (XXX)
Family Distress	FAC	10	Adaptation (XXX)

**The Self Reliance Index (SRI)** (H.I. McCubbin & Patterson, 1982g), a 9-item inventory, was developed as a reliable (Cronbach's alpha=.88) and valid (see H.I. McCubbin, Patterson, & Lavee, 1983) index of the degree to which a family member felt capable of managing children, finances, decisions, and hardships in the absence of a military member. This is a measure of Family Resources (B/BB factor).

**The Family Index of Coherence (FIC)** (H.I. McCubbin & Patterson, 1982d), a 17-item inventory, was developed as a reliable (Cronbach's alpha=.85) and valid (see H.I. McCubbin, Patterson, & Lavee, 1983) index of the degree to which the family members feel they can predict the immediate future of work and family schedules, the degree of commitment the family has to the military mission and lifestyle, the degree of control the family feels it has in shaping its future, and the degree to which the family feels it can count on the military to help in time of need. This is a measure of Family Appraisal (C/CC/CCC factor). Additionally, Coherence has been used to create a family typology of Regenerative Families (see H.I. McCubbin, A.I. Thompson, Pirner, & M.A. McCubbin, 1988) and thus may also be listed as an index of the T factor.

**The Family Social Support Index (SSI)** (H.I. McCubbin, Patterson, & Glynn, 1982), a 17-item inventory, was developed as a reliable (Cronbach's alpha=.82) and valid (see H.I. McCubbin, Patterson, & Lavee, 1983) index of the degree to which the family unit provides support to its members in terms of caring and giving of love and affection, listening and understanding to communicate esteem support, as well as provide appraisal support and the general sense of belonging. This is a measure of the Social Support (B/BB factor) of the Resiliency Model of Family Stress, Adjustment and Adaptation.

**The Family Member Well-being Index (FMWB)** (H.I. McCubbin & Patterson, 1982e) an 8-item inventory, was developed as a reliable (Cronbach's alpha = .86) and valid (see H.I. McCubbin, Patterson, & Lavee, 1983) index of the degree to which the family member is adjusted in terms of concern about health, tension, energy, cheerfulness, fear, anger, sadness and general concern. This is a measure of the well-being of the family member, in general and a measure of the Adjustment (X) or Adaptation (XX) factors.

**The Family Adaptation Checklist (FAC)** (H.I. McCubbin & Patterson, 1982a), a 10-item inventory, was developed as a reliable (Cronbach's alpha = .82) and valid (see H.I. McCubbin, Patterson, & Lavee, 1983) index of the degree to which the family may be distressed. The checklist focuses upon hospitalization, the need for professional help, injury, separation or divorce, financial hardships, physical abuse, substance abuse, considered or attempted suicide, and conflict with the law. This is a measure of family adaptation as reflected in major indices of family deterioration or symptomatology indicating family members with difficulties. This is an index of the X/XX factor.

### **Reliability**

The reliabilities (Cronbach's alpha) for each of the instruments have already been presented as part of the description of each. In summary, the Family Changes and Strains Index had a reliability index of .79, the Self Reliance Index had a reliability of .88, the Family Index of Coherence had a reliability of .85, the

Family Social Support Index had a reliability of .82, the Family Member Well-being Index had a reliability of .86, and the Family Adaptation Checklist had a reliability of .82.

**Validity**

The full report of the validities of each of these instruments may be found in the publication One Thousand Army Families (H.I. McCubbin, Patterson, & Lavee, 1983). A summary of the salient indices of validity presented in Table 30.2 would be helpful in highlighting the psychometric properties of FIRA-M.

**Table 30.2**  
**Summary of Validities for FIRA-M Measures**

FIRA-M Measures	Criterion Indices		
	Well-being	Distress	Satisfaction with Lifestyle
Family Changes & Strains	-.27* <sup>†</sup>	.20* <sup>†</sup>	-.--
Self Reliance Index	.29* <sup>†</sup>	-.30* <sup>†</sup>	.24*
Family Index of Coherence	.39* <sup>†</sup>	-.27 <sup>†</sup>	.52* <sup>†</sup>
Social Support Index	.40* <sup>†</sup>	-.17* <sup>†</sup>	.16*

\* Significantly related for Officers  
<sup>†</sup> Significantly related for Enlisted Personnel

**Test-Retest Reliability**

No additional studies to report at this time.

**Additional Validity Checks**

No additional studies to report at this time.

**Scoring Procedures**

The scoring for FIRA-M may be viewed as relatively routine, with a few exceptions to be noted. The list below describes the procedure used for scoring each individual instrument. For each of the instruments in FIRA-M, each item is assigned a score of the response circled (i.e., 1 = No Problem, 2 = Yes, Small Problem, 3 = Yes, Big Problem, 4 = No Children). Reversals (i.e., 0 = 3, 1 = 2, 2 = 1, and 3 = 0) are needed for some of the items in the Family Index of Coherence, Social Support, and Family Member Well-being Indexes in order to ensure that all items are weighted in a positive direction for analysis and interpretation. These are noted in the right hand column below and are marked with an asterisk.

Family Changes & Strains Index	Sum items then divide by 5 for total Family Changes & Strains score	Items 1 through 15
Self Reliance Index	Sum items for total Self Reliance Score	Items 1 through 9
Family Index of Coherence	Sum items for total Family Coherence score	Items 1 through 17 Reverse Items 1*, 2*, 6*, 7*, 8*, 9*, 10*, 16*
Social Support Index	Sum items for total Social Support score	Items 1 through 17 Reverse items 7*, 9*, 10*, 13*, 14*, 17*
Family Member Well-being Index	Sum items for total Family Member Well-being score	Items 1 through 8 1*, 2*, 5*, 6*, 7*, 8,
Family Adaptation Checklist	Sum items for total Family Adaptation score	Items 1 through 10

There is a 25-item version of the Social Support Index available which includes a social desirability scale not used in analysis. Items to be reversed in the 25-item version include: 9, 11, 12, 15, 17, 22, and 24.

### **Norms and/or Comparative Data**

Comparative data are only available on families in the Department of the Army. The families selected for the investigation were part of a sampling plan designed to meet the requirement for surveying 1,000 families in the United States Army located in Western Europe. The sampling strategy was based on the premise that a representative sample of families in the U.S. Army could be obtained. The sample, which involved an 85.7% participation rate, was in fact determined to be representative of the Army as a whole. It approximated the profile of married male military personnel in the U.S. Army.

The comparative data are presented in the form of summary tables which can be used as references for the military researcher, educator, and counselor. Given the assumed differences in family responses on the basis of *military rank* (an index of differences in social class and income; officer and enlisted military personnel), *ethnicity* (African-American families and Caucasian families), and by *life cycle stages* (couples without children, preschool and school age, adolescent and launching, empty nest), where appropriate and available the comparative data are presented according to each of these categories (Table 30.3),

To round out our comparative data each of the indices in FIRA-M is presented according to ethnicity (African-American and Caucasian) and general category of military rank (Enlisted and Officers) (see Tables 30.4 through 30.19). The statistics presented include the general mean, standard deviation, quartiles comparisons and percentile comparisons.

### **Instrument Utilization for Research**

The FIRA-M instrument is currently being tested within the Family Stress, Coping and Health Project and by other investigators. The few studies that have included this instrument have already been cited in the validity section of this chapter and are included in the references. Therefore, a summary table of related publications is not available at this time.

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### **Notes**

1. The earlier writings on this instrument included a comprehensive description of the instrument's development. For the sake of brevity we limited the chapter to the basic information that users have requested and needed. If you desire a copy and are unable to find our earlier publications, either the 1987 or the 1991 edition, please write to us at the Center for Excellence in Family Studies, Family Stress, Coping and Health Project, University of Wisconsin-Madison, 1300 Linden Drive, Madison, WI 53706 or send email to [manual@macc.wisc.edu](mailto:manual@macc.wisc.edu). There will be a charge for these additional materials.
2. When referencing this instrument, the proper citation is: McCubbin, H.I. (1987). Family Index of Regenerativity and Adaptation-Military (FIRA-M). In H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (1996). *Family assessment: Resiliency, coping and adaptation-Inventories for research and practice*. (pp. xx-xx). Madison: University of Wisconsin System. If using any of the subscales separately, still reference the subscale as follows: For example. McCubbin, H.I. & Patterson, J. (1982). Family Changes and Strains. In H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (1996). *Family assessment: Resiliency, coping and adaptation-Inventories for research and practice*. (pp. 843-863). Madison: University of Wisconsin System.

**Table 30.3**  
**FIRA-M Dimensions Distributed across 4 Stages of the Family Cycle:**  
**Means and Standard Deviation**

<b>FIRA-M Dimensions</b>	<b>Couple Stage</b>		<b>Preschool Stage</b>		<b>School age Stage</b>		<b>Adolescent Launching Stage</b>	
	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>	<b>Mean</b>	<b>SD</b>
Family Changes and Strains	1.5	2.0	8.3	3.7	2.4	3.2	10.5	4.2
Self Reliance								
Military Member	15.3	4.7	20.2	5.1	21.1	5.1	22.8	4.2
(Confidence in Spouse)								
Spouse	19.5	8.9	21.7	4.4	22.4	4.4	23.7	3.5
Family Coherence								
Military Member	27.7	6.9	26.9	6.8	28.8	7.0	31.1	6.9
Spouse	27.3	6.5	27.9	6.5	29.6	6.6	31.6	5.8
Social Support								
Military Member	46.1	10.1	44.2	9.1	45.5	9.3	48.5	9.3
Spouse	45.4	8.1	45.3	7.5	45.7	9.5	47.9	7.7
Member Well-being								
Military Member	49.2	13.0	46.6	14.7	49.7	13.1	52.4	13.2
Spouse	51.7	13.9	50.5	12.5	53.8	14.4	55.1	14.3
Family System Distress	1.5	2.0	1.9	1.4	1.7	1.3	1.4	1.1

**Table 30.4**  
**African-American and Enlisted Families on Family Life Changes**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	185	100%	MAX	10	99% 8.23
Mean	2.10	75%	Q3	2.58	95% 5
SD	1.83	50%	MED	2.58	90% 4
		25%	Q1	0	10% 0
		0%	MIN	0	5% 0
					1% 0

**Table 30.5**  
**African-American and Enlisted Families on Spouse Self-Reliance**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	185	100%	MAX	27	99% 27
Mean	20.59	75%	Q3	25	95% 27
SD	4.60	50%	MED	20.74	90% 27
		25%	Q1	18	10% 15
		0%	MIN	2	5% 12.3
					1% 8.02

**Table 30.6**  
**African-American and Enlisted Families on Spouse Family Coherence**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	185	100%	MAX	44	99% 42.28
Mean	29.09	75%	Q3	32	95% 37.7
SD	5.03	50%	MED	28.59	90% 26
		25%	Q1	27	10% 23
		0%	MIN	12	5% 20.3
					1% 13.72

**Table 30.7**  
**African-American and Enlisted Families on Military Member Family Coherence**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	185	100%	MAX	47	99% 45.28
Mean	28.57	75%	Q3	32	95% 37
SD	5.74	50%	MED	28	90% 35
		25%	Q1	26	10% 21.6
		0%	MIN	3	5% 19
					1% 10.74

**Table 30.8**  
**African-American and Enlisted Families on Military Member Social Support**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	185	100%	MAX	64	99% 62.28
Mean	40.15	75%	Q3	45	95% 54
SD	7.81	50%	MED	40	90% 49
		25%	Q1	35	10% 32
		0%	MIN	8	5% 28.6
					1% 14.02

**Table 30.9**  
**African-American and Enlisted Families on Spouse General Well-Being**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	185	100%	MAX	86	99% 83.42
Mean	49.52	75%	Q3	56	95% 69
SD	11.70	50%	MED	51.21	90% 64.4
		25%	Q1	43	10% 32
		0%	MIN	18	5% 28
					1% 21.44

**Table 30.10**  
**African-American and Enlisted Families on Military Member General Well-being**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>	
Sample Size	185	100%	MAX	87	99%	80.12
Mean	46.90	75%	Q3	53	95%	71.7
SD	12.87	50%	MED	47.92	90%	64.4
		25%	Q1	38	10%	30
		0%	MIN	14	5%	21
					1%	14.86

**Table 30.11**  
**African-American and Enlisted Families on Family Adaptation Checklist**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>	
Sample Size	185	100%	MAX	6	99%	5.14
Mean	1.56	75%	Q3	2	95%	4
SD	1.18	50%	MED	1.71	90%	3
		25%	Q1	1	10%	0
		0%	MIN	0	5%	0
					1%	0

**Table 30.12**  
**Caucasian and Enlisted Families on Family Life Changes**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>	
Sample Size	501	100%	MAX	25	99%	11.98
Mean	2.68	75%	Q3	3	95%	8
SD	2.54	50%	MED	2.58	90%	6
		25%	Q1	1	10%	0
		0%	MIN	0	5%	0
					1%	0

**Table30.13**  
**Caucasian and Enlisted Families on Spouse Self-Reliance**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>	
Sample Size	501	100%	MAX	27	99%	27
Mean	20.83	75%	Q3	24	95%	27
SD	4.46	50%	MED	20.74	90%	27
		25%	Q1	18	10%	15
		0%	MIN	0	5%	13
					1%	7.02



**Table 30.14**  
**Caucasian and Enlisted Families on Spouse Family Coherence**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	501	100%	MAX	44	99% 43.98
Mean	28.33	75%	Q3	32	95% 39
SD	6.12	50%	MED	28.59	90% 35
		25%	Q1	25	10% 20
		0%	MIN	8	5% 17
					1% 12

**Table 30.15**  
**Caucasian and Enlisted Families on Military Member Family Coherence**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	501	100%	MAX	47	99% 44
Mean	27.30	75%	Q3	32	95% 39
SD	6.92	50%	MED	27.62	90% 36
		25%	Q1	23	10% 18
		0%	MIN	8	5% 16
					1% 12

**Table 30.16**  
**Caucasian and Enlisted Families on Military Member Social Support**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	501	100%	MAX	62	99% 57.98
Mean	39.67	75%	Q3	45.46	95% 52.90
SD	8.19	50%	MED	40	90% 50
		25%	Q1	34.5	10% 29
		0%	MIN	8	5% 26
					1% 20.02

**Table 30.17**  
**Caucasian and Enlisted Families on Spouse General Well-Being**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	501	100%	MAX	88	99% 82.98
Mean	52.12	75%	Q3	62	95% 75
SD	13.72	50%	MED	51.21	90% 70
		25%	Q1	43	10% 34
		0%	MIN	10	5% 28
					1% 18.08

**Table 30.18**  
**Caucasian and Enlisted Families on Military Member General Well-Being**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	501	100%	MAX	85	99% 79.98
Mean	48.44	75%	Q3	57	95% 72
SD	13.25	50%	MED	48	90% 66
		25%	Q1	40.5	10% 31
		0%	MIN	14	5% 16.1
					1% 18

**Table 30.19**  
**Caucasian and Enlisted Families on Family Adaptation Checklist**

<b>Profile</b>	<b>Statistics</b>	<b>Quartiles</b>	<b>Comparisons</b>	<b>Percentages</b>	<b>Comparisons</b>
Sample Size	501	100%	MAX	8	99% 6
Mean	1.74	75%	Q3	2	95% 5
SD	1.37	50%	MED	1.71	90% 4
		25%	Q1	1	10% 0
		0%	MIN	0	5% 0
					1% 0

# FIRA-M

FAMILY INDEX OF REGENERATIVITY AND  
ADAPTATION-MILITARY

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*English Version*



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# **FIRA-M**

**FAMILY INDEX OF REGENERATIVITY AND ADAPTATION-MILITARY<sup>®</sup>**

Hamilton I. McCubbin

*Family Changes and Strains*

*Self-Reliance Index*

*Family Index of Coherence*

*Social Support Index*

*Family Member Well-Being*

*Family Adaptation Checklist*



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**FCS**  
**FAMILY CHANGES AND STRAINS<sup>©</sup>**  
 Hamilton I. McCubbin    Joan M. Patterson

<i>During the past 12 months, did any of the following happen in your family?</i>	No Problem	Yes, Small Problem	Yes, Big Problem	No Children
1. Family member appeared to have emotional problems	1	2	3	
2. Family member appeared to depend on alcohol or drugs	1	2	3	
3. Remarried and/or added a child to the family	1	2	3	4
4. Child member became pregnant	1	2	3	4
5. Incurred financial debts due to the use of credit cards/loans/more expenses	1	2	3	
6. Purchased or built a home	1	2	3	
7. Spouse became seriously ill or injured	1	2	3	
8. Child became seriously ill or injured	1	2	3	4
9. Close relative or friend became seriously ill	1	2	3	
10. Child died	1	2	3	4
11. Death of husband's or wife's parents or close relative	1	2	3	
12. Close friend of family died	1	2	3	
13. Incidents of extreme anger and/or physical abuse in the family	1	2	3	
14. Family member was arrested by the police	1	2	3	
15. Family conflict over whether to stay in or leave the Army	1	2	3	

**Total**



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# SRI

## SELF RELIANCE INDEX<sup>©</sup>

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	No Problem	Yes, Small Problem	Yes, Big Problem	No Children
<i>When your military spouse is away from you (field assignments, temporary duty, etc.) how well are you able to:</i>				
1. Handle/discipline the child(ren)	1	2	3	4
2. Get jobs done at home (cook the meals, do laundry, do maintenance work, etc.)	1	2	3	4
3. Get to and use military (Army, etc.) and civilian stores and services	1	2	3	4
4. Offer support and encouragement to your child(ren)	1	2	3	4
5. Handle family finances	1	2	3	4
6. Keep busy and do things you value and are interested in	1	2	3	4
7. Make decisions for the family	1	2	3	4
8. Maintain a "positive attitude" toward your spouse being away	1	2	3	4
9. Handle emergencies (medical, major breakdown in household equipment, theft, etc.)	1	2	3	4

**Total**



# FIC

## FAMILY INDEX OF COHERENCE<sup>®</sup>

Hamilton I. McCubbin    Joan M. Patterson

*Please rate the following statements as they apply to your family.*

	Strongly Disagree	Disagree	Agree	Strongly Agree	
1. If there is a conflict between the family's needs and the military's needs, there is no question that the military comes first.	0	1	2	3	®
2. The military seems to dictate to spouses of military members what they should not do.	0	1	2	3	®
3. Our family can pretty well plan in advance for military assignments in the military.	0	1	2	3	
4. If we have problems or special needs in our family, we feel confident we can get the help we need.	0	1	2	3	
5. Our family feels we have some say about future military assignments (when and where).	0	1	2	3	
6. My family and I are unsure whether we will stay in or leave the military.	0	1	2	3	®
7. Military life makes planning for family member's education and work almost impossible.	0	1	2	3	®
8. The military member's career will be hurt if our family voices any special needs or frustrations.	0	1	2	3	®
9. Our family is unsure when our military member will be home or gone.	0	1	2	3	®
10. Our work and family schedules are always up in the air because of frequent TDY's, long work hours, etc.	0	1	2	3	®
11. The military treats its members and their families justly and fairly.	0	1	2	3	
12. Our family shares a commitment to the life-style and mission of the military.	0	1	2	3	
13. When we face problems in our family, we have the ability to look on the brighter side of things.	0	1	2	3	
14. The military really does take care of its families and wants us to be all that we can be.	0	1	2	3	
15. Even though being in the military creates hardships for us, the military makes every effort to help us understand why.	0	1	2	3	
16. There is no way that being in the military can ever be good for our family.	0	1	2	3	®
17. Within our family we have fair and just rules that keep things running smoothly.	0	1	2	3	
<b>Total</b>					

The ® symbol is for computer use only.



# SSI

## SOCIAL SUPPORT INDEX<sup>®</sup>

Hamilton I. McCubbin    Joan M. Patterson    Thomas Glynn

**Directions:**

Read the statements below and decide for your family whether you: (1) **Strongly Disagree**; (2) **Disagree**; (3) **Neutral**; (4) **Agree**; (5) **Strongly Agree** and circle that number.

<i>Please indicate how much you agree or disagree with each of the following statements about your community and family:</i>	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Family Score
1. If I had an emergency, even people I do not know in this community would be willing to help.	0	1	2	3	4	
2. I feel good about myself when I sacrifice and give time and energy to members of my family.	0	1	2	3	4	
3. The things I do for members of my family and they do for me make me feel part of this very important group.	0	1	2	3	4	
4. People here know they can get help from the community if they are in trouble.	0	1	2	3	4	
5. I have friends who let me know they value who I am and what I can do.	0	1	2	3	4	
6. People can depend on each other in this community.	0	1	2	3	4	
<b>Social Support Score 1</b>						



Please indicate how much you agree or disagree with each of the following statements about your community and family:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Family Score	
7. Members of my family seldom listen to my problems or concerns; I usually feel criticized.	0	1	2	3	4		®
8. My friends in this community are a part of my everyday activities.	0	1	2	3	4		
9. There are times when family members do things that make other members unhappy.	0	1	2	3	4		®
10. I need to be very careful how much I do for my friends because they take advantage of me.	0	1	2	3	4		®
11. Living in this community gives me a secure feeling.	0	1	2	3	4		
12. The members of my family make an effort to show their love and affection for me.	0	1	2	3	4		
13. There is a feeling in this community that people should not get too friendly with each other.	0	1	2	3	4		®
14. This is not a very good community to bring children up in.	0	1	2	3	4		®
15. I feel secure that I am as important to my friends as they are to me.	0	1	2	3	4		
16. I have some very close friends outside the family who I know really care for me and love me.	0	1	2	3	4		
17. Member(s) of my family do not seem to understand me; I feel taken for granted.	0	1	2	3	4		®

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**Social Support Score 2**

**Social Support Score 1**

**Social Support Score Total**




# FMWB

## FAMILY MEMBER WELL-BEING<sup>®</sup>

Hamilton I. McCubbin    Joan M. Patterson

For each of the eight statements below, please note that the words at each end of the 0 to 10 scale describe opposite feelings. Please fill in the response along the bar which seems closest to how you have generally felt during the past month

*Example:*

Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px; background-color: black;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED
1	2	3	4	5	6	7	8	9	10														

<b>1. How concerned or worried about your health have you been? (During the past month)</b>																							
Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED <sup>®</sup>
1	2	3	4	5	6	7	8	9	10														

<b>2. How relaxed or tense have you been? (During the past month)</b>																							
Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED <sup>®</sup>
1	2	3	4	5	6	7	8	9	10														

<b>3. How much energy, pep, and vitality have you felt? (During the past month)</b>																							
Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED
1	2	3	4	5	6	7	8	9	10														

<b>4. How depressed or cheerful have you been? (During the past month)</b>																							
Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED
1	2	3	4	5	6	7	8	9	10														

<b>5. How afraid have you been? (During the past month)</b>																							
Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED <sup>®</sup>
1	2	3	4	5	6	7	8	9	10														

<b>6. How angry have you been? (During the past month)</b>																							
Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED <sup>®</sup>
1	2	3	4	5	6	7	8	9	10														

<b>7. How sad have you been? (During the past month)</b>																							
Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED <sup>®</sup>
1	2	3	4	5	6	7	8	9	10														

<b>8. How concerned or worried about the health of another family member have you been? (During the past month)</b>																							
Not CONCERNED at all	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> </table>												1	2	3	4	5	6	7	8	9	10	Very CONCERNED <sup>®</sup>
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1300 Linden Drift  
University of Wisconsin-Madison  
Madison, WI 63706

# FAC

## FAMILY ADAPTATION CHECKLIST<sup>©</sup>

Hamilton I. McCubbin Joan M. Patterson

<i>During the past <b>three months</b>, has any family members:</i>	<b>No</b>	<b>Yes</b>
1. Visited dispensary/hospital as an outpatient for an illness	0	1
2. Been admitted to the hospital for treatment	0	1
3. Had an accident involving a person injury which did not require medical attention	0	1
4. Sought professional help (Chaplin, counselor, etc.) for a marital or family problem	0	1
5. Taken any steps for a marital separation or divorce	0	1
6. Had difficulty paying bills	0	1
7. Had a problem with anger and physically abused another	0	1
8. Had a problem with overuse of alcohol or use of drugs	0	1
9. Considered or attempted suicide	0	1
10. Been in trouble with the German, Italian, or military police	0	1

**Total**