



Family Role Adaptation Questionnaire

Purpose:

This measure was designed to assess role adaptation within the context of military deployment and can be used in families with or without children.

Suggested Citation:

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CLEARINGHOUSE

FOR MILITARY FAMILY READINESS

Family Role Adaptation Questionnaire

1. I know which family responsibilities my partner has taken on or given up due to deployment.
2. I know which family responsibilities I have taken on or given up due to deployment.
3. My partner has been flexible in taking on different family responsibilities due to deployment.
4. I have been flexible in taking on different family responsibilities due to deployment.
5. My partner supports my approaches to family responsibilities even if my approach is different his/hers.
6. I support my partner's approaches to family responsibilities even if his/her approach is different from mine.
7. My partner has helped maintain a sense of family stability for us throughout deployment.
8. I have helped maintain a sense of family stability for us throughout deployment.
9. My partner communicates his/her strengths and challenges with new or changing family responsibilities in a constructive manner.
10. I communicate my strengths and challenges with new or changing family responsibilities in a constructive manner.
11. My partner and I work together to meet the challenges of deployment- and reintegration-related changes in family responsibilities.
12. My partner and I think ahead about potential family responsibility challenges and are proactive in addressing them together.

Response options:

1 = strongly disagree

2 = disagree

3 = neither agree nor disagree

4 = agree

5 = strongly agree

References

This measure was created based on Froma Walsh's Family Resilience Framework (Walsh, 2003).

Walsh, F. (2003). Family resilience: A framework for clinical practice. *Family Process*, 42, 1-18.
doi: 10.1111/j.1545-5300.2003.00001.x