Family Cohesion

**Instrument:** Family Environment Scale

**Scale:** Family Cohesion

**Developers:** Moos


**Year:** 1974 (original); 2009 (4th edition)

**Target Audience(s):** Adolescent children (11 years and older) and adults (NOTE: A 30 item pictorial children’s version for use with children ages 5-11 is also available).

**Language other than English available:** English, Arabic, Chinese, Dutch, Estonian, French, German, Hebrew, Hindi, Italian, Japanese, Korean, Marathi, Portuguese, Russian, Spanish, and Swedish.

**Type:** Attitude

**Data collected:** Quantitative

**Data collection format:** Self-report – principle use as a clinical tool, but has been used extensively in research settings as pre/post when evaluating the impact of an intervention.

**Reading Level:** Flesch-Kincaid 5.7

**Existence of test/technical manuals, user guides, supplemental materials:** The fourth edition of the instrument and manual (Moos & Moos, may be purchased through Mind Garden; (650) 261-3500; [www.mindgarden.com](http://www.mindgarden.com)

**Level of training necessary for administration/scoring/interpretation:** None

**Cost of Use:** Cost of manual is $40 and instrument is available either on-line or by paper. Online administration also includes scoring. Cost increases incrementally by administrations ranging from $100 for 1-50 administrations by paper survey ($120 for online) to $360 for 451-500 administrations by paper survey ($432 for online). See [http://www.mindgarden.com/products/fescs.htm#ms](http://www.mindgarden.com/products/fescs.htm#ms) for more details on ordering.
Description:
- The Family Environment Scale consists of 10 subscales organized into three dimensions (Relationship, Personal Growth, and System Maintenance). The Family Cohesion subscale is part of the Relationship component of the instrument.
- The Family Cohesion scale is a nine item scale intended to measure the degree of commitment, help, and support family members provide for one another. Items are presented as descriptive statements. Respondents rate these statements as mostly true or mostly false about their family.

Psychometrics:
Information on reliability and validity are provided below. If information on a particular psychometric was not found, it is indicated as “no information provided.” It should be noted that this is not necessarily an indication of a lack of reliability or validity within a particular scale/instrument, but rather a lack of rigorous testing, for various reasons, by the developers or other researchers.

Reliability: A correlation of at least .80 is suggested for at least one type of reliability as evidence; however, standards range from .5 to .9 depending on the intended use and context for the instrument.
- Test-Retest: .86 (2 month testing interval)
- Internal Consistency: .78
- Inter-rater reliability: No information provided

Validity: The extent to which a measure captures what it is intended to measure.
- Content/Face Validity: No information provided
- Criterion Validity: No information provided.
- Construct Validity The authors reported, as evidence of construct validity, studies that found results on the FES subscales to be consistent with the results on other instruments measuring the same construct and the lack of a relationship with results on instruments measuring different constructs. These instruments included the Social Support Appraisals (SS-A; Vaux et al., 1986), the Social Support Questionnaire (Sarason, et al., 1987), the Locke-Wallace Marital Adjustment Scale (Waring et al., 1981), the Spanier Dyadic Adjustment Scale (DAS; Abbott & Brody, 1985), the Parental Bonding Instrument (Sarason, et al., 1987), the Family Assessment Device (FAD) and the Family Adaptability and Cohesion Evaluation Scales (FACES-II; Dickerson and Coyne, 1987), FACES-III (Edman, Cole, and Howard, 1990), the Structural Family Interaction Scale – revised (Perosa and Perosa, 1990), and the Family System Test (FAST; Feldman and Gehring, 1988), the Family Sculpture Test, and an adapted version of the Bowerman and Bahr Identification Scale (Russell, 1980).
Construct: Family Cohesion

Scale Name: Family Cohesion

Developers: Moos

Items:
Responses categories: 0=Mostly True and 1= Mostly False

1. Family members really help and support one another.
2. We often seem to be killing time at home.
3. We put a lot of energy into what we do at home.
4. There is a feeling of togetherness in our family.
5. We rarely volunteer when something has to be done at home.
6. Family members really back each other up.
7. There is little group spirit in our family.
8. We really get along well with each other.
9. There is plenty of time and attention for everyone in our family.

Scoring:
• Reverse coding is necessary. Items 1, 3, 4, 6, 8, and 9 are reverse coded.

• Responses are summed to create a total score. A higher score indicates a more cohesive family environment.