

# **RELATIONAL NEEDS SATISFACTION SCALE (RNSS)**

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**INSTRUCTIONS: Carefully read each statement and circle the correct answer. Use the scale below to make your choice.**

**1 - NEVER TRUE .....5 - ALWAYS TRUE**

**Please choose only one answer for each statement. There are no right or wrong answers. Be sure to answer every item.**

|     |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|
| 1.  | My social circle consists of people who share a similar life experience to me (e.g., a hobby, a profession, belonging to the same group or online forum). | 1 | 2 | 3 | 4 | 5 |
| 2.  | I hardly have to hide anything in the company of people close to me.  | 1 | 2 | 3 | 4 | 5 |
| 3.  | I have a strong, stable and protective person in my life, whom I can rely on.   | 1 | 2 | 3 | 4 | 5 |
| 4.  | I know a capable individual who would help me if I found myself in trouble.   | 1 | 2 | 3 | 4 | 5 |
| 5.  | I know people who experience some things similarly to me.   | 1 | 2 | 3 | 4 | 5 |
| 6.  | Others often take my advice to heart.   | 1 | 2 | 3 | 4 | 5 |
| 7.  | Other people often help me even if I do not specifically ask them to.   | 1 | 2 | 3 | 4 | 5 |
| 8.  | I know people with a world-view similar to mine.  | 1 | 2 | 3 | 4 | 5 |
| 9.  | Other people sometimes surprise me in a nice way.   | 1 | 2 | 3 | 4 | 5 |
| 10. | People close to me would sometimes do things for me without me having to ask.   | 1 | 2 | 3 | 4 | 5 |
| 11. | I feel free to show my feelings to others and speak my mind because I know they accept me for who I am.   | 1 | 2 | 3 | 4 | 5 |
| 12. | I do not have to pretend with people who are important to me.   | 1 | 2 | 3 | 4 | 5 |
| 13. | I have at least one person in my life who encourages me, protects me or provides me with the information I need.  | 1 | 2 | 3 | 4 | 5 |
| 14. | There are people in my life with whom I share similar experiences.  | 1 | 2 | 3 | 4 | 5 |
| 15. | I feel that I have an influence on others.  | 1 | 2 | 3 | 4 | 5 |
| 16. | I can show my true self to people who are important to me without fear of rejection.  | 1 | 2 | 3 | 4 | 5 |
| 17. | In times of trouble, I have someone who stands by me and who is strong enough to handle my problems.  | 1 | 2 | 3 | 4 | 5 |
| 18. | No-one ever prepares a nice surprise for me.  | 1 | 2 | 3 | 4 | 5 |
| 19. | I have noticed that other people sometimes follow my suggestions.   | 1 | 2 | 3 | 4 | 5 |
| 20. | Other people often ask about my opinion on a certain topic.   | 1 | 2 | 3 | 4 | 5 |

**SCORING:**

Higher result on the scale means that relational needs are better met.

**SCALES:****1. AUTHENTICITY**

The scale refers to the need to be able to feel authentic and secure in the relationship with other. The person who has this need met, experiences that he/she can be who they truly are with others. It also includes the feeling that other people accept the individual's uniqueness or individuality and understand and respect them.

Scoring: 2, 11, 12, 16

**2. SUPPORT AND PROTECTION**

The scale refers to the need for acceptance by a stable, dependable, and protective other person. When this need is met the person feels at ease asking someone for help, protection and support when in a place of distress. They can rely on someone stable, strong and supportive.

Scoring: 3, 4, 13, 17

**3. HAVING AN IMPACT**

The scale refers to the need to feel that he/she has an impact on the other. A person who has this need satisfied, experiences that other people accept his/her opinion, advice or ideas. She/he feels that she/he can affect other people and provoke a change in them.

Scoring: 6, 15, 19, 20

**4. SHARED EXPERIENCE**

The scale refers to the need for the confirmation of personal experience. A person with this need met has people in his/her life, with whom he/she can share similar interests and experiences. It's about the experience of being with someone who experienced something similar and has some similar qualities.

Scoring: 1, 5, 8, 14

**5. INITIATIVE FROM THE OTHER**

The scale refers to the need for having the other initiate. When the need is met, it shows in knowledge that other people sometimes surprise and help us, without having to ask for it. It is about feeling that the other person does something for us without our request or demand.

Scoring (4 statements): 7, 9, 10, 18

In statement 18 the score is reversed.

**6. RELATIONAL NEEDS – OVERALL SCORE**

The scale refers to the general level of satisfaction of relational needs in relationships. Higher result reflects a higher level of the relational needs for *authenticity, support and protection, having an impact shared experience, and having the other initiate* being met.

**SCORING:**

Subscale scores are computed by adding results on each scale and dividing the result by the number of subscale statements. To compute a total relational needs score, compute a grand mean of all subscale means.