

Perceptions of Mental Labour in Relationships

Malcolm Stamp and Zoë Hazelwood © 2021

PART 1: MONITORING AND ANTICIPATING NEEDS

In this section you will be asked about a series of behaviours and thought processes associated with monitoring and anticipating needs within your relationship. Please indicate who in your relationship is primarily responsible for noticing/monitoring needs and planning for the needs to be met. These items do not necessarily imply who ends up meeting those needs.

Use the following scale to indicate **(1)** who in your relationship is responsible for the listed item and **(2)** how satisfied you are with this division of responsibility. In some cases, the item may not apply to your relationship, or neither person engages in the behaviour, in which case you can select 'Not applicable to my relationship'. Place a tick (✓) in the box to represent your answer.

Not applicable to my relationship	Almost always my partner	Mostly my partner	Both equally	Mostly me	Almost always me
0	1	2	3	4	5

AND

Not applicable to my relationship	Completely unsatisfied	Mostly unsatisfied	Neither satisfied, nor unsatisfied	Mostly satisfied	Completely satisfied
0	1	2	3	4	5

	WHO IS PRIMARILY RESPONSIBLE FOR...					... AND HOW SATISFIED ARE YOU WITH THIS DISTRIBUTION?						
	N/A	1	2	3	4	5	N/A	1	2	3	4	5
Noticing that the bathroom needs cleaning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowing when the bed sheets need to be changed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Noticing that the toilet paper is running out and needs to be replaced.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognising when the car needs to be serviced.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Noticing that the car needs its oil and air topped up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding whether something that breaks needs to be replaced or not.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Noticing when a partner/child needs emotional support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Listening to your partner/child when they are upset.	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Noticing when you and/or your partner/child are stressed and may need help.	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Making sure there is enough food for everyone in the household.	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Remembering what needs to be bought to make dinner.	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Noticing when something is running low and needs to be added to the shopping list.	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

PART 2: PLANNING AND STRATEGISING

In this section you will be asked about a series of behaviours and thought processes associated with planning and strategising within your relationship. Please indicate who in your relationship is primarily responsible for planning the things presented in each item. These items do not necessarily relate to who does each item, but who PLANS each item.

Use the following scale to indicate **(1)** who in your relationship is responsible for the listed item and **(2)** how satisfied you are with this division of responsibility. In some cases, the item may not apply to your relationship, or neither person engages in the behaviour, in which case you can select 'Not applicable to my relationship'. Place a tick (✓) in the box to represent your answer.

Not applicable to my relationship	Almost always my partner	Mostly my partner	Both equally	Mostly me	Almost always me
0	1	2	3	4	5

AND

Not applicable to my relationship	Completely unsatisfied	Mostly unsatisfied	Neither satisfied, nor unsatisfied	Mostly satisfied	Completely satisfied
0	1	2	3	4	5

	WHO IS PRIMARILY RESPONSIBLE FOR...						... AND HOW SATISFIED ARE YOU WITH THIS DISTRIBUTION?					
	N/A	1	2	3	4	5	N/A	1	2	3	4	5
Deciding how much food needs to be cooked for any given meal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding where to go on a couple's date.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding what to cook with the ingredients already in the house.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thinking about food and what needs to be put into meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding where to store items in the kitchen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planning an outing as a couple.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding when to visit friends and family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planning when to start cooking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planning an upcoming outing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PART 3: KNOWING

In this section you will be asked about a series of behaviours and thought processes associated with knowing within your relationship. Please indicate who in your relationship is primarily responsible for knowing important information and how to do things around the house. These items do not necessarily relate to who does each item, but who KNOWS ABOUT each item.

Use the following scale to indicate **(1)** who in your relationship is responsible for the listed item and **(2)** how satisfied you are with this division of responsibility. In some cases, the item may not apply to your relationship, or neither person engages in the behaviour, in which case you can select 'Not applicable to my relationship'. Place a tick (✓) in the box to represent your answer.

Not applicable to my relationship	Almost always my partner	Mostly my partner	Both equally	Mostly me	Almost always me
0	1	2	3	4	5

AND

Not applicable to my relationship	Completely unsatisfied	Mostly unsatisfied	Neither satisfied, nor unsatisfied	Mostly satisfied	Completely satisfied
0	1	2	3	4	5

	WHO IS PRIMARILY RESPONSIBLE FOR...						... AND HOW SATISFIED ARE YOU WITH THIS DISTRIBUTION?					
	N/A	1	2	3	4	5	N/A	1	2	3	4	5
Remembering important upcoming events.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remembering and reminding household members about important dates.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remembering the birthdays of close friends and relatives.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowing how to effectively clean the bathroom (e.g., clean calcium and soap scum from the shower, the inside of the toilet bowl, sink, mirror etc) to the expected standard for your house.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowing how to correctly clean the kitchen (e.g., inside the oven, stove top, sink, floor etc) to the expected standard for your house.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowing how to use small household appliances (e.g., iron, vacuum).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowing how to properly wash and care for clothing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowing how to fix items within the household.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning how to do something if no other household member knows how.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Knowing how to set-up electronics in the house.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PART 4: MANAGERIAL THINKING

In this section you will be asked about a series of behaviours and thought processes associated with managerial thinking within your relationship. Please indicate who in your relationship is primarily responsible for managing standards and deciding who does what in the house. These items do not necessarily relate to who physical does each item, but who MANAGES each item.

Use the following scale to indicate **(1)** who in your relationship is responsible for the listed item and **(2)** how satisfied you are with this division of responsibility. In some cases, the item may not apply to your relationship, or neither person engages in the behaviour, in which case you can select 'Not applicable to my relationship'. Place a tick (✓) in the box to represent your answer.

Not applicable to my relationship	Almost always my partner	Mostly my partner	Both equally	Mostly me	Almost always me
0	1	2	3	4	5

AND

Not applicable to my relationship	Completely unsatisfied	Mostly unsatisfied	Neither satisfied, nor unsatisfied	Mostly satisfied	Completely satisfied
0	1	2	3	4	5

	WHO IS PRIMARILY RESPONSIBLE FOR...						... AND HOW SATISFIED ARE YOU WITH THIS DISTRIBUTION?					
	N/A	1	2	3	4	5	N/A	1	2	3	4	5
Remembering all the household tasks that need to be completed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding who is going to clean the house and when.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Delegating tasks amongst relationship / family members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keeping track of important appointments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding if you can afford something as a couple / family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding on relationship goals (e.g., finances, holidays, housing etc).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding which commitments are most important when schedules clash.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deciding whether a task is important enough to complete when there are competing demands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PART 5: SELF-REGULATING

In this section you will be asked about a series of behaviours and thought processes associated with self-regulating within your relationship. Please indicate who in your relationship is more likely to engage in the behaviour / thought process. These behaviours relate to how we manage OURSELVES to ensure we can meet the needs of others.

Use the following scale to indicate **(1)** who in your relationship is responsible for the listed item and **(2)** how satisfied you are with this division of responsibility. In some cases, the item may not apply to your relationship, or neither person engages in the behaviour, in which case you can select 'Not applicable to my relationship'. Place a tick (✓) in the box to represent your answer.

Not applicable to my relationship	Almost always my partner	Mostly my partner	Both equally	Mostly me	Almost always me
0	1	2	3	4	5

AND

Not applicable to my relationship	Completely unsatisfied	Mostly unsatisfied	Neither satisfied, nor unsatisfied	Mostly satisfied	Completely satisfied
0	1	2	3	4	5

	WHO IS PRIMARILY RESPONSIBLE FOR...						... AND HOW SATISFIED ARE YOU WITH THIS DISTRIBUTION?					
	N/A	1	2	3	4	5	N/A	1	2	3	4	5
Think about a stressful situation in a way that helps them stay calm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adjust well to a sudden change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soothe themselves when they are feeling angry without taking it out on others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk about a stressful situation in a way that helps calm you and/or your partner down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soothe themselves before getting home after a stressful day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put their own wishes aside for the good of the relationship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put their own preferences aside for the good of their partner / family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consider the consequences their decision may have on their partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consider how their actions may impact their partner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING

To score the PMRQ, total each person's answers on each subscale to create a subscale total. If you wish you can then total each subscale score to create a total score.

Psychometric data for this questionnaire is still being collected – researchers are invited to contact Dr Zoe Hazelwood (z.hazelwood@qut.edu.au) for psychometric data when it becomes available and / or to share your own data to improve the norming and psychometrics of this measure.

While use of this questionnaire can be done without charge, please ensure you cite the following:

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