



UNC CFAR Social and Behavioral Science Research Core SABI Database

INSTRUMENT TITLE: Measure of Psychologically Abusive Behaviors (MPAB)

SOURCE ARTICLE:

Follingstad, D. R., Coker, A. L., Lee, E., Williams, C. M., Bush, H. M., & Mendiondo, M. M. (2015). Validity and psychometric properties of the measure of psychologically abusive behaviors among young women and women in distressed relationships. *Violence against women, 21*(7), 875-896.

POPULATION:

Women

RESPONSE OPTIONS:

Responses are measured on a Likert-type scale, with answer choices ranging from 0 (never) to 3 (almost daily).

SCORING:

Total scores of psychological abuse incorporate both the number of behaviors experienced and the frequency each occurred in a 12-month period.

TERMS OF USE:

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SURVEY ITEMS:

The MPAB consists of 41 items, encompassing 14 categories of psychological abuse.

1a: Harmed or destroyed your personal things of value (e.g., pictures, keepsakes, clothes, etc.) as a way to intimidate you

1b: Threatened to harm others (e.g., your family, your children, your close friends) around you to intimidate you

1c: Harmed pets as a way to intimidate you

2a: Thrown a temper tantrum (e.g., breaking objects, acting in a rage) as a way to frighten you

2b: Verbally threatened to physically harm you or made a gesture that seemed physically threatening as a way to frighten you

2c: Threatened to kill you as a way to frighten you

3a: Acted rude toward, gossiped about, or told lies about your family and friends to discourage you from spending time with them

3b: Tried to keep you from socializing with family or friends without him or her being present to isolate you

3c: Tried to forbid you from socializing with family or friends to isolate you

4a: Continued to act very upset (e.g., pouted, stayed angry, gave you the silent treatment) until you did what he or she wanted you to do

4b: Threatened to end the relationship as a way to get you to do what he or she wanted

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- 4c: Threatened to commit suicide as a way to get you to do what he or she wanted
- 5a: Threatened to reveal an embarrassing secret as a way to hurt or manipulate you
- 5b: Revealed important secrets to others that you had told him or her as a way to embarrass you
- 5c: Insulted or ridiculed you in front of others to humiliate you
- 6a: Criticized and belittled you as a way to make you feel bad about yourself
- 6b: Yelled and screamed as a way to intimidate you
- 6c: Called you a derogatory name as a way to make you feel bad about yourself
- 7a: Criticized your physical looks or sexual performance as a way to humiliate you
- 7b: Refused to have sex with you as a way of making you feel insecure or inadequate
- 7c: Insisted you have sex with him or her in belittling or humiliating ways
- 8a: Tried to make you think he or she was more competent and intelligent than you as a way of making you feel inferior
- 8b: Treated you as useless or stupid as a way to make you feel inferior
- 8c: Demanded obedience to orders that he gave as a way of establishing his

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authority over you

9a: Intentionally started an argument or disagreed with you on purpose to create conflict in your relationship

9b: Treated an argument as though he or she had to “drive you into the ground” and made you feel bad when making their points

9c: Treated you with strong hatred/contempt

10a: Tried to make you report on the details of where you went and what you did when you were not with him or her as a way to check on you

10b: Listened in on phone conversations, read your email, or went through your belongings without your permission as a way to check on you

10c: Followed or had you followed by someone else as a way of checking up on your activities

11a: Pointed out others as attractive as a way of making you feel uncomfortable

11b: Flirted with others in front of you as a way to make you jealous

11c: Implied he or she was having an affair as a way to make you feel insecure and worried

12a: Acted very upset because he felt jealous if you spoke to or looked at any person

12b: Accused you of having an affair as a way to restrict your behavior or control you

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12c: Tried to prevent you from speaking to or looking at any person who could be a potential romantic partner for you

13a: Ignored important holidays and events as a way to punish or hurt you

13b: Refused to speak to you as a way to punish or hurt you

13c: Withheld affection as a way to punish or hurt you

14b: Tried to make personal choices that should have been left up to you (e.g., which clothes to wear) to control you

14c: Tried to make major decisions that affected you without consulting with you to control you

RELIABILITY INFORMATION:

Cronbach's alpha: 0.97

VALIDITY INFORMATION:

Types of validity assessed:

- Predictive validity
- Criterion-related validity

FACTOR ANALYSIS:

Results of factor analysis revealed a 3-factor solution:

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Factor 1: 16 items that loaded highest on this factor; included intentionally showing a temper, manipulating through emotional upset and threats, engaging in verbal abuse, treating the woman as inferior, creating a hostile environment, refusing to speak to, punishing, and controlling personal choices and major decisions.

Factor 2: 13 items that loaded highest on this factor; reflected sadistic behavior, severe threats to harm or kill, threatening suicide to manipulate, wounding the partner through sexuality, wounding the partner through threats to fidelity, and monitoring the woman by following her.

Factor 3: 6 items that loaded highest on this factor; included items consistent with a jealous partner who attempts to control their partner, accusations of infidelity, preventing the woman from socializing with others or speaking with/looking at others, demanding details of daily events, monitoring the woman's communications, and going through her belongings.

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