

APPENDIX 1:

SIX BOUNDARY AMBIGUITY SCALES _____

**BOUNDARY AMBIGUITY SCALE #1
FOR WIVES OF MEN DECLARED MISSING-IN-ACTION (MIA)**

Pauline Boss

© 1990 Minnesota Agricultural Experiment Station, University of Minnesota

The following statements are about the changes in your family since your husband was declared missing-in-action. Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

For questions 1-18, use the following scale as a guide in answering:

STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
1	2	3	4	5

- ___ 1. I no longer consider myself an "MIA" wife.
- ___ 2. I feel I have prepared myself for a change in status (to widow).
- ___ 3. I find myself still wondering if my husband is alive.
- ___ 4. I continue to keep alive my deepest hope that my husband will return.
- ___ 5. I feel guilty about dating (or wanting to date).
- ___ 6. I feel I am able to plan my future without feeling guilty for not continuing to wait for my husband.
- ___ 7. I will never be satisfied until I have positive proof of my husband's death.
- ___ 8. I hope to remarry.
- ___ 9. I think about my husband a lot.
- ___ 10. I feel it will be difficult, if not impossible, to carve out a new life for myself without my husband.
- ___ 11. The Armed Services have done everything reasonably possible to account for my husband.
- ___ 12. I feel incapable of establishing a meaningful relationship with another man.
- ___ 13. My children are able to talk about their father without becoming emotionally upset.
- ___ 14. My children still believe that their father is alive.
- ___ 15. My children are aware of all "the facts" and have reconciled their father's loss.
- ___ 16. My children and I talk about their father seemingly quite often.
- ___ 17. Conflicts with my own parents over my husband's change of status have presented a problem for me.
- ___ 18. My in-laws do not or would not approve of my plans to develop a life for myself.

[Adapted from Boss, 1980 and 1987]

**BOUNDARY AMBIGUITY SCALE #2
FOR WIDOWS**

Pauline Boss, Jan Greenberg, and James Blackburn
© 1990 Minnesota Agricultural Experiment Station, University of Minnesota

The following statements are about your change in status from wife to widow. Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

For questions 1-12, use the following scale as a guide in answering:

STRONGLY DISAGREE		DISAGREE		AGREE		STRONGLY AGREE
1		2		3		4

- ___ 1. I no longer consider myself a wife.
- ___ 2. I feel I have prepared myself for a change in status (to widow).
- ___ 3. I feel I am able to plan my future without feeling guilty for not continuing to mourn for my husband.
- ___ 4. I hope to remarry.
- ___ 5. I find myself wondering if my husband is alive in a different dimension.
- ___ 6. I continue to keep alive my deepest hope that I will be with my husband again some day.
- ___ 7. I feel guilty about dating (or wanting to date).
- ___ 8. I still talk to or communicate with my husband.
- ___ 9. I think about my husband a lot.
- ___ 10. I feel it will be difficult, if not impossible, to carve out a new life for myself without my husband.
- ___ 11. I feel incapable of establishing meaningful relationships with other men.
- ___ 12. My children are able to talk about their father without becoming emotionally upset.

[For more information see Blackburn, Greenberg, and Boss, 1987]

**BOUNDARY AMBIGUITY SCALE #3
FOR PARENTS OF ADOLESCENTS LEAVING HOME**

Pauline Boss, Jan Greenberg, and Debra Pearce-McCall
© 1990 Minnesota Agricultural Experiment Station, University of Minnesota

The following statements are about the changes in your family as your adolescent or young adult leaves home. (As you read, imagine his or her name in the space in the sentence.) Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

Birthdate for this child: _____

Year adolescent left home: _____

For questions 1-4, use the following scale as a guide in answering:

STRONGLY DISAGREE 1	MODERATELY DISAGREE 2	NEUTRAL 3	MODERATELY AGREE 4	STRONGLY AGREE 5
---------------------------	-----------------------------	--------------	--------------------------	------------------------

- ____ 1. I feel that it will be difficult for me now that ____ has left home.
- ____ 2. I feel that I prepared myself for ____ leaving home.
- ____ 3. I have difficulty accepting that ____ has grown up.
- ____ 4. I continue to keep alive my hope that ____ will return home to live.

For questions 5-9, use the following scale as a guide in answering:

NEVER 1	RARELY 2	SOMETIMES 3	OFTEN 4	ALMOST ALWAYS 5
------------	-------------	----------------	------------	-----------------------

- ____ 5. Our family talks about ____ quite often.
- ____ 6. I think about ____ a lot.
- ____ 7. I find myself thinking about where ____ is and what s/he is doing.
- ____ 8. I am bothered because I miss my son/daughter.
- ____ 9. Since ____ left, I am bothered by feelings of loneliness.

[Adapted from Boss, Pearce-McCall, and Greenberg, 1987]

**BOUNDARY AMBIGUITY SCALE #4
FOR ADOLESCENT AND ADULT CHILDREN OF DIVORCE**

Debra Pearce-McCall and Pauline Boss

© 1990 Minnesota Agricultural Experiment Station, University of Minnesota

The following statements are about the changes in your family since the divorce of your parents. Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

For questions 1-25, use the following scale as a guide in answering:

NEVER	RARELY	SOMETIMES	OFTEN	ALMOST ALWAYS
1	2	3	4	5

- ___ 1. I hope that my parents' relationship with each other will improve.
- ___ 2. I worry about whether I am spending enough time with each of my parents.
- ___ 3. My parents and I can solve family problems together.
- ___ 4. I find myself being a go-between for my parents (e.g., carrying messages, making arrangements).
- ___ 5. I feel as though each of my parents wants me to be on his/her side.
- ___ 6. Since the divorce, I find it more difficult to talk with my father about things I may need from him (money, time, advice).
- ___ 7. Since the divorce, I find it more difficult to talk with my mother about things I may need from her (money, time, advice).
- ___ 8. My feeling about whom I consider a member of my family and who is not a member of my family continues to change.
- ___ 9. I still feel disturbed about my parents' divorce.
- ___ 10. I think about my mother and my father as a unit, as "my parents."
- ___ 11. I feel comfortable talking about my mother in front of my father.
- ___ 12. I feel comfortable talking about my father in front of my mother.
- ___ 13. My family has clear rules about how money and financial arrangements should be handled.
- ___ 14. When I think about important future occasions (e.g., graduations, weddings, newborn children) where my parents will be together, I worry about how they will behave.
- ___ 15. People on my father's side of my family secretly ask me about my mother or ask me to say hello for them.
- ___ 16. People on my mother's side of my family secretly ask me about my father or ask me to say hello for them.
- ___ 17. I worry about which family members I should or will be with on important holidays and special occasions.
- ___ 18. My parents say things about each other to me that make me feel uncomfortable.
- ___ 19. In both of my parents' homes, I feel comfortable, like I belong.
- ___ 20. It is unclear how the relationships between my extended family (grandparents, uncles, aunts, cousins) will be affected by the divorce.

If one or both of your parents has remarried or has been cohabiting for over one year, answer the following items. If neither parent has remarried or been cohabiting for over one year, skip items 21-25.

- ___ 21. It took time, but now I have a good feeling about how we all fit together as a family.
- ___ 22. I will always think of my original nuclear family as my real family.
- ___ 23. I am confused about whether or not I accept my mother's partner as part of my family.
- ___ 24. I am confused about whether or not I accept my father's partner as part of my family.
- ___ 25. I am clear about what type of relationship(s) I want to have with my stepsibling(s) or my parent's partners' children.

**BOUNDARY AMBIGUITY SCALE #5
FOR DIVORCED ADULTS**

Pauline Boss and Debra Pearce-McCall

© 1990 Minnesota Agricultural Experiment Station, University of Minnesota

The following statements are about the changes in your family since your divorce. Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

For questions 1-22, use the following scale as a guide in answering:

NEVER	RARELY	SOMETIMES	OFTEN	ALMOST ALWAYS
1	2	3	4	5

- ___ 1. I still consider myself a wife/husband to my former spouse.
- ___ 2. Calling myself a divorced person feels comfortable to me now.
- ___ 3. I feel upset when I imagine my former spouse with another man/woman.
- ___ 4. I find myself wondering about where my former spouse is and what s/he is doing.
- ___ 5. I feel that in some sense I will always be attached to my former spouse.
- ___ 6. I still get my former spouse's advice about important personal decisions (e.g., health, career).
- ___ 7. I continue to keep alive my hope that I will be reunited with my former spouse.
- ___ 8. I continue to hope that my relationship with my former spouse will improve.
- ___ 9. I feel competent performing the household or outside tasks that my former spouse used to do.
- ___ 10. I feel guilty about dating (or wanting to date).
- ___ 11. I feel that I have completely recovered from my divorce.
- ___ 12. I still consider some members of my former spouse's family to be part of my family.
- ___ 13. I feel incapable of establishing meaningful relationships with another man/woman.
- ___ 14. I find myself asking my former spouse for advice about the areas s/he used to handle.
- ___ 15. I often wonder what my former spouse's opinion or comment would be on events that happen or things I see during the day.
- ___ 16. My former spouse and I discuss our new relationships with each other.

If you do not have children, stop here. If you do have children, answer items 17-22:

- ___ 17. My children and I are able to talk about my former spouse without becoming emotionally upset.
- ___ 18. I worry that my children feel caught in the middle between me and my former spouse.
- ___ 19. My former spouse and I agree on how to share the responsibilities of parenting.
- ___ 20. My children are aware of the facts and are reconciled to the divorce.
- ___ 21. My former spouse and I have difficulty discussing financial matters involving the children.
- ___ 22. It feels like a complete family when the children and I are together without my former spouse.

**BOUNDARY AMBIGUITY SCALE #6
FOR CAREGIVERS OF PATIENTS WITH DEMENTIA**

Pauline Boss, Jan Greenberg, and Wayne Caron
© 1990 Minnesota Agricultural Experiment Station, University of Minnesota

The following statements are about your relationship with the Alzheimer's patient. (As you read, imagine his or her name in the blank space in each sentence.) Using the scale provided as a guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers. It is important that you answer every item, even if you are unsure of your answer.

For questions 1-14, use the following scale as a guide in answering:

STRONGLY DISAGREE	DISAGREE	AGREE	STRONGLY AGREE	UNSURE HOW I FEEL
1	2	3	4	5

- ___ 1. I feel guilty when I get out of the house to do something enjoyable while _____ remains at home.
- ___ 2. I feel it will be difficult if not impossible to carve out my own life as long as _____ needs my help.
- ___ 3. I feel incapable of establishing new friendships right now.
- ___ 4. I feel I cannot go anywhere without first thinking about _____'s needs.
- ___ 5. I feel like I have no time to myself.
- ___ 6. Sometimes I'm not sure where _____ fits in as part of the family.
- ___ 7. I'm not sure what I should expect _____ to do around the house.
- ___ 8. I often feel mixed up about how much I should be doing for _____.
- ___ 9. I put _____'s needs before my own.
- ___ 10. My family and I often have disagreements about my involvement with _____.
- ___ 11. When I'm not with _____, I find myself wondering how s/he is getting along.
- ___ 12. Family members tend to ignore _____.
- ___ 13. _____ no longer feels like my spouse/parent/sibling.
- ___ 14. I think about _____ a lot.

[For more information see Boss, Caron, Horbal, and Mortimer, 1990]