



FACES IV Manual

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FACES IV Package

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For questions please write to: cs@facesiv.com

PREFACE

Overview of Manual:

This is the Administration Manual for the **FACES IV Package** that contains eight scales, six scales from *FACES IV*, and the *Family Communication* and *Family Satisfaction* scales. The FACES IV Package contains 62 items, 42 items from FACES IV and 10 on Family Communication and 10 on Family Satisfaction.

We highly recommend that the entire FACES IV Package of 62 items be used in any study using FACES IV.

FACES IV measures the dimensions of family cohesion and family flexibility using six scales. There are two balanced scales that assess *balanced family cohesion* and *balanced family flexibility* and they are similar to FACES II. FACES IV also contains four unbalanced scales that assess the high and low extremes of cohesion and flexibility. There are two unbalanced scales for cohesion which are *disengaged* and *enmeshment*. There are two unbalanced scales for flexibility which are *rigid* and *chaotic*.

This Manual contains materials that you can use for administering, scoring and plotting FACES IV scores, Family Communication and Family Satisfaction onto the *FACES IV Profile Summary* and the revised *Circumplex Model*.

There are two brief overviews of **Family Communication** and **Family Satisfaction** scales included in the package.

Permission to Use FACES IV Package: Complete Family Abstract Form

In order to use FACES IV for clinical work or in a research study, you need to complete the *Family Abstract Form*. Once we receive the completed Abstract Form, we will give you permission to use the FACES IV Package. Once approved, you have permission to reproduce unlimited number of copies of FACES IV Package for your research project or clinical work.

Persons who want to use the FACES IV Package must purchase their own copy of the FACES IV Package and obtain permission to use the materials in their study.

After Your Study is Completed: Send Summary Report to Life Innovations

Once you have completed your study or clinical project, we would like a copy of the summary report of your project. This should be completed using the following headings: *title, hypotheses or goals, sample, research design, research methods, data analysis, findings related to FACES IV and conclusion*. Send summary report to **cs@facesiv.com**.

Excel Spreadsheet for Storing and Scoring the FACES IV Profile:

We have created an Excel file for tracking your subjects' answers that will automatically score the data for you. The Excel program will take each item response and sum them for each of the six FACES IV scales. The Total Raw Score is converted into Percentage Score using the Percentile Conversion Chart. The percentile score for the following six scales are provided: *Balanced Cohesion, Balanced Flexibility, Disengaged, Enmeshed, Rigid & Chaotic*. The Excel program will also create a *Cohesion Ratio, Flexibility Ratio, Total Circumplex Ratio* scores, *Cohesion dimension* and *Flexibility dimension*.

The Excel program will also sum the 10 items in the *Family Communication* and *Family Satisfaction* scales and provides a Total Raw Score and percentile score for these two scales.

Sharing of Data with Life Innovations for Creating Norms:

In order to develop a large and diverse norm base for the FACES IV Profile, we are requesting that you provide Life Innovations with a duplicate set of your data. We will give credit to you as providing data for the norm base. We would like to receive the data in an Excel File (Microsoft) we have designed, which is located on the website. Your data will only be used for updating our national norms and for additional analysis on reliability and validity of the scales. No individual analysis will be done with your data. This sharing of data is voluntary, but it will be greatly appreciated by us and other family scholars.

Translation of FACES IV

If you are willing to translate FACES IV, you will be given FACES IV at no cost and you will be given credit for the translation. You must follow the *Translation Guidelines* provided by Life Innovations at: www.facesiv.com or cs@facesiv.com.

Cost of FACES IV:

The cost for unlimited copies of FACES IV and permission to use it for a research project or clinical assessment is \$95. This fee is only for the person who purchases the assessment and completes a *Family Abstract Form*.

Student discounts for doctoral dissertations is \$75.

**For more information, go to: www.facesiv.com
FACES IV Scales with Item Numbers**

TWO BALANCED SCALES

Balanced Cohesion

1. Family members are involved in each others lives.
7. Family members feel very close to each other.
13. Family members are supportive of each other during difficult times.
19. Family members consult other family members on important decisions.
25. Family members like to spend some of their free time with each other.
31. Although family members have individual interests, they still participate in family activities.
37. Our family has a good balance of separateness and closeness.

Balanced Flexibility

2. Our family tries new ways of dealing with problems.
8. Parents equally share leadership in our family.
14. Discipline is fair in our family.
20. My family is able to adjust to change when necessary.
26. We shift household responsibilities from person to person.
32. We have clear rules and roles in our family.
38. When problems arise, we compromise.

FOUR UNBALANCED SCALES:

Disengaged

- 3. We get along better with people outside our family than inside.
- 9. Family members seem to avoid contact with each other when at home.
- 15. Family members know very little about the friends of other family members.
- 21. Family members are on their own when there is a problem to be solved.
- 27. Our family seldom does things together.
- 33. Family members seldom depend on each other.
- 39. Family members mainly operate independently.

Enmeshed

- 4. We spend too much time together.
- 10. Family members feel pressured to spend most free time together.
- 16. Family members are too dependent on each other.
- 22. Family members have little need for friends outside the family.
- 28. We feel too connected to each other.
- 34. We resent family members doing things outside the family.
- 40. Family members feel guilty if they want to spend time away from the family.

Rigid

- 5. There are strict consequences for breaking the rules in our family.
- 11. There are clear consequences when a family member does something wrong.
- 17. Our family has a rule for almost every possible situation.
- 23. Our family is highly organized.
- 29. Our family becomes frustrated when there is a change in our plans or routines.
- 35. It is important to follow the rules in our family.
- 41. Once a decision is made, it is very difficult to modify that decision.

Chaotic

- 6. We never seem to get organized in our family.
- 12. It is hard to know who the leader is in our family.
- 18. Things do not get done in our family.
- 24. It is unclear who is responsible for things (chores, activities) in our family.
- 30. There is no leadership in our family.
- 36. Our family has a hard time keeping track of who does various household tasks.
- 42. Our family feels hectic and disorganized.

Family Communication Scale

1	2	3	4	5
Strongly Disagree	Generally Disagree	Undecided	Generally Agree	Strongly Agree

- 43. Family members are satisfied with how they communicate with each other.
- 44. Family members are very good listeners.
- 45. Family members express affection to each other.
- 46. Family members are able to ask each other for what they want.
- 47. Family members can calmly discuss problems with each other.
- 48. Family members discuss their ideas and beliefs with each other.
- 49. When family members ask questions of each other, they get honest answers.
- 50. Family members try to understand each other's feelings.
- 51. When angry, family members seldom say negative things about each other.
- 52. Family members express their true feelings to each other.

Family Satisfaction Scale

1	2	3	4	5
Very Dissatisfied	Somewhat Dissatisfied	Generally Satisfied	Very Satisfied	Extremely Satisfied

How satisfied are you with:

- 53. The degree of closeness between family members.
- 54. Your family's ability to cope with stress.
- 55. Your family's ability to be flexible.
- 56. Your family's ability to share positive experiences.
- 57. The quality of communication between family members.
- 58. Your family's ability to resolve conflicts.
- 59. The amount of time you spend together as a family.
- 60. The way problems are discussed.
- 61. The fairness of criticism in your family.
- 62. Family members concern for each other.

FACES IV: Background Information

Subject ID _____ Age: _____ Sex: M: _____ F: _____ Date: _____

Education:

- (a) _____ Some High School (b) _____ Completed High School
(c) _____ Some college (d) _____ Completed College (e) _____ Advanced Degree

Income: (If relevant)

- (a) _____ Less than \$10,000 (b) _____ \$10-20,999 (c) _____ \$21-30,999
(d) _____ \$31-40,999 (e) _____ \$41-50,999 (f) _____ \$51-60,999
(g) _____ \$61-80,999 (h) _____ \$81-99,999 (i) _____ \$100,000 or more

Ethnic Background: (check all that apply)

- (a) _____ Asian American (d) _____ Hispanic/Latino (g) _____ White/Caucasian
(b) _____ Black/African American (e) _____ Mixed Race
(c) _____ Hawaiian or Pac. Islander (f) _____ Native American

Current relationship status:

- (a) _____ Single, never married (e) _____ Married, not first marriage
(b) _____ Single, divorced (f) _____ Life-partnership
(c) _____ Single, widowed (g) _____ Living together
(d) _____ Married, first marriage (h) _____ Separated

Current living arrangement:

- (a) _____ Alone (d) _____ With Others
(b) _____ With Parents (e) _____ With Children
(c) _____ With Partner (f) _____ With Partner and Children

Use Current Family: If no current Family, use Family of Origin

- Family Structure:** (a) _____ Two parents (biological) (d) _____ Two Parent (same sex)
(b) _____ Two parents (step family) (e) _____ One Parent
(c) _____ Two parents (adoptive)

- Family Member:** (a) _____ Father (c) _____ First Child (e) _____ Third Child
(b) _____ Mother (d) _____ Second Child (f) _____ Fourth or Younger Child

- Number of Children in Family:** (a) _____ None (b) _____ One (c) _____ Two (d) _____ Three
(e) _____ Four (f) _____ Five (g) _____ Six or more

FACES IV: Questionnaire

Directions to Family Members:

1. All family members over the age 12 can complete FACES IV.
2. Family members should complete the instrument independently, not consulting or discussing their responses until they have been completed.
3. Fill in the corresponding **number** in the space on the provided answer sheet.

1	2	3	4	5
Strongly Disagree	Generally Disagree	Undecided	Generally Agree	Strongly Agree

1. Family members are involved in each others lives.
2. Our family tries new ways of dealing with problems.
3. We get along better with people outside our family than inside.
4. We spend too much time together.
5. There are strict consequences for breaking the rules in our family.
6. We never seem to get organized in our family.

7. Family members feel very close to each other.
8. Parents equally share leadership in our family.
9. Family members seem to avoid contact with each other when at home.
10. Family members feel pressured to spend most free time together.
11. There are clear consequences when a family member does something wrong.
12. It is hard to know who the leader is in our family.

13. Family members are supportive of each other during difficult times.
14. Discipline is fair in our family.
15. Family members know very little about the friends of other family members.
16. Family members are too dependent on each other.
17. Our family has a rule for almost every possible situation.
18. Things do not get done in our family.

19. Family members consult other family members on important decisions.
20. My family is able to adjust to change when necessary.
21. Family members are on their own when there is a problem to be solved.
22. Family members have little need for friends outside the family.
23. Our family is highly organized.
24. It is unclear who is responsible for things (chores, activities) in our family.

25. Family members like to spend some of their free time with each other.
26. We shift household responsibilities from person to person.
27. Our family seldom does things together.
28. We feel too connected to each other.
29. Our family becomes frustrated when there is a change in our plans or routines.
30. There is no leadership in our family.

1	2	3	4	5
Strongly Disagree	Generally Disagree	Undecided	Generally Agree	Strongly Agree

31. Although family members have individual interests, they still participant in family activities.
32. We have clear rules and roles in our family.
33. Family members seldom depend on each other.
34. We resent family members doing things outside the family.
35. It is important to follow the rules in our family.
36. Our family has a hard time keeping track of who does various household tasks.

37. Our family has a good balance of separateness and closeness.
38. When problems arise, we compromise.
39. Family members mainly operate independently.
40. Family members feel guilty if they want to spend time away from the family.
41. Once a decision is made, it is very difficult to modify that decision.
42. Our family feels hectic and disorganized.

-
43. Family members are satisfied with how they communicate with each other.
 44. Family members are very good listeners.
 45. Family members express affection to each other.
 46. Family members are able to ask each other for what they want.
 47. Family members can calmly discuss problems with each other.
 48. Family members discuss their ideas and beliefs with each other.
 49. When family members ask questions of each other, they get honest answers.
 50. Family members try to understand each other's feelings
 51. When angry, family members seldom say negative things about each other.
 52. Family members express their true feelings to each other.

1	2	3	4	5
Very Dissatisfied	Somewhat Dissatisfied	Generally Satisfied	Very Satisfied	Extremely Satisfied

How satisfied are you with:

53. The degree of closeness between family members.
54. Your family's ability to cope with stress.
55. Your family's ability to be flexible.
56. Your family's ability to share positive experiences.
57. The quality of communication between family members.
58. Your family's ability to resolve conflicts.
59. The amount of time you spend together as a family.
60. The way problems are discussed.
61. The fairness of criticism in your family.
62. Family members concern for each other.

Thank you for Your Cooperation!

FACES IV: Answer Sheet

Subject ID _____ Age: ____ Sex: M: __ F: __ Date: _____

1	2	3	4	5
Strongly Disagree	Generally Disagree	Undecided	Generally Agree	Strongly Agree

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____
7. ____ 8. ____ 9. ____ 10. ____ 11. ____ 12. ____
13. ____ 14. ____ 15. ____ 16. ____ 17. ____ 18. ____
19. ____ 20. ____ 21. ____ 22. ____ 23. ____ 24. ____
25. ____ 26. ____ 27. ____ 28. ____ 29. ____ 30. ____
31. ____ 32. ____ 33. ____ 34. ____ 35. ____ 36. ____
37. ____ 38. ____ 39. ____ 40. ____ 41. ____ 42. ____
- A. ____ B. ____ C. ____ D. ____ E. ____ F. ____

1	2	3	4	5
Strongly Disagree	Generally Disagree	Undecided	Generally Agree	Strongly Agree

43. ____ 48. ____
44. ____ 49. ____
45. ____ 50. ____
46. ____ 51. ____
47. ____ 52. ____
- SUM _____ = _____%

1	2	3	4	5
Very Dissatisfied	Somewhat Dissatisfied	Generally Satisfied	Very Satisfied	Extremely Satisfied

53. ____ 58. ____
54. ____ 59. ____
55. ____ 60. ____
56. ____ 61. ____
57. ____ 62. ____
- SUM _____ = _____%

Hand Scoring & Plotting FACES IV

I. FACES IV Directions for Scoring & Plotting: (Items 1-42)

1. Add the values **DOWN** each row of items on the answer sheet. Write the total in the space with letters A-F.
2. Transfer scores (A-F) from the answer sheet to the corresponding spaces below. Convert raw scores to percentile scores using **Percentile Conversion Chart**. Locate the raw score for each scale in the appropriate column, and enter the corresponding percentile score in the space below.

	<u>Raw Score</u>	<u>Percentile Score</u>	
A	_____convert to	_____%	BALANCED COHESION
B	_____convert to	_____%	BALANCED FLEXIBILITY
C	_____convert to	_____%	DISENGAGED
D	_____convert to	_____%	ENMESHED
E	_____convert to	_____%	RIGID
F	_____convert to	_____%	CHAOTIC

3. **Plotting Scores on FACES IV Profile Plotting Chart:** Plot Percentile Scores for each scale onto the FACES IV Profile, connect the plot points, and determine which cluster the family profile most closely approximates. See example of Six Family Types plotted onto the FACES IV Profile (page 18).
4. **Create Dimension Scores:** Use the **percentile scores** (*above in right column*) to calculate the dimension scores using the following formulas:

$$\text{Cohesion Dimension Score} = \text{Balanced cohesion} + \frac{(\text{Enmeshed} - \text{Disengaged})}{2}$$

$$\text{Flexibility Dimension Score} = \text{Balanced flexibility} + \frac{(\text{Chaotic} - \text{Rigid})}{2}$$

5. **Plot these Dimension Scores** onto the Circumplex Model.

II. Family Communication Scale: Directions for Scoring & Interpretation (Items 43-52) See Page 14

III. Family Satisfaction Scale: Directions for Scoring & Interpretation (Items 53-62) See Page 15

Percentile Conversion Chart – Balanced Scales

A. COHESION Raw Score	COHESION Percentile Score	COHESION Level	B. FLEXIBILITY Raw Score	FLEXIBILITY Percentile Score	FLEXIBILITY Level
7	16	Somewhat Connected	7	16	Somewhat Flexible
8	18	Somewhat Connected	8	18	Somewhat Flexible
9	20	Somewhat Connected	9	20	Somewhat Flexible
10	22	Somewhat Connected	10	22	Somewhat Flexible
11	24	Somewhat Connected	11	24	Somewhat Flexible
12	25	Somewhat Connected	12	25	Somewhat Flexible
13	26	Somewhat Connected	13	26	Somewhat Flexible
14	27	Somewhat Connected	14	27	Somewhat Flexible
15	28	Somewhat Connected	15	28	Somewhat Flexible
16	30	Somewhat Connected	16	30	Somewhat Flexible
17	32	Somewhat Connected	17	32	Somewhat Flexible
18	35	Somewhat Connected	18	35	Somewhat Flexible
19	36	Connected	19	36	Flexible
20	38	Connected	20	38	Flexible
21	40	Connected	21	40	Flexible
22	45	Connected	22	45	Flexible
23	50	Connected	23	50	Flexible
24	55	Connected	24	55	Flexible
25	58	Connected	25	58	Flexible
26	60	Connected	26	60	Flexible
27	62	Connected	27	62	Flexible
28	65	Connected	28	65	Flexible
29	68	Very Connected	29	68	Very Flexible
30	70	Very Connected	30	70	Very Flexible
31	75	Very Connected	31	75	Very Flexible
32	80	Very Connected	32	80	Very Flexible
33	82	Very Connected	33	82	Very Flexible
34	84	Very Connected	34	84	Very Flexible
35	85	Very Connected	35	85	Very Flexible

**Revised 6/09*

Percentile Conversion Chart – Unbalanced Scales

Unbalanced Raw Scores	C. DISENGAGED Percentile Score	D. ENMESHED Percentile Score	E. RIGID Percentile Score	F. CHAOTIC Percentile Score	Unbalanced Levels
7	10	10	10	10	Very Low
8	12	12	12	12	Very Low
9	13	13	13	13	Very Low
10	14	14	14	14	Very Low
11	15	15	15	15	Very Low
12	16	16	16	16	Very Low
13	18	18	18	18	Very Low
14	20	20	20	20	Very Low
15	24	24	24	24	Very Low
16	26	26	26	26	Very Low
17	30	30	30	30	Low
18	32	32	32	32	Low
19	34	34	34	34	Low
20	36	36	36	36	Low
21	40	40	40	40	Low
22	45	45	45	45	Moderate
23	50	50	50	50	Moderate
24	55	55	55	55	Moderate
25	60	60	60	60	Moderate
26	64	64	64	64	High
27	68	68	68	68	High
28	70	70	70	70	High
29	75	75	75	75	High
30	80	80	80	80	Very High
31	85	85	85	85	Very High
32	90	90	90	90	Very High
33	95	95	95	95	Very High
34	98	98	98	98	Very High
35	99	99	99	99	Very High

II. Family Communication Scale: Directions for Scoring & Interpretation

Scoring Procedures (Items 43-52)

1. Add all items of the Family Communication scale.
2. The sum of these items is the Raw Score.
3. The range of scores is from 10-50.
4. Plot the percentile score on the Plotting Chart.

Family Communication: Interpretation of Scores

Percentage and Levels	Family Communication	Family Communication	
		Raw Score	Percentile
Very High 86-99%	Family members feel very positive about the quality and quantity of their family communication.	50	99
		49	97
		48	96
		47	94
		46	90
		45	88
		44	86
High 61-85%	Family members feel good about their family communication and have few concerns.	43	83
		42	80
		41	74
		40	70
		39	65
		38	62
Moderate 36-60%	Family members feel generally good about their family communication, but have some concerns.	37	58
		36	50
		35	44
		34	40
		33	36
Low 21-35%	Family members have several concerns about the quality of their family communication.	32	32
		31	28
		30	24
		29	21
Very Low 10-20%	Family members have many concerns about the quality of their family communication.	28	18
		27	15
		26	14
		25	13
		24	12
		10-23	10

	<i>Mean*</i>	<i>Standard Deviation</i>	<i>Alpha Reliability</i>	<i>Test-Retest</i>
<i>Family Communication</i>	36.2	9.0	.90	.86

*Mean and scoring levels based on 2,465 persons.

III. Family Satisfaction Scale: Directions for Scoring & Interpretation

Scoring Procedures (Items 53-62)

1. Add all items of the Family Satisfaction scale.
2. The sum of these items is the Raw Score.
3. The range of scores is from 10-50.
4. Plot the percentile score on the Plotting Chart.

Family Satisfaction: Interpretation of Scores

Percentage and Levels	Family Satisfaction	Family Satisfaction	
		Raw Score	Percentile
Very High 86-99%	Family members are very satisfied and really enjoy most aspects of their family.	50	99
		49	98
		48	97
		47	94
		46	92
		45	87
High 61-85%	Family members are satisfied with most aspects of their family.	44	84
		43	79
		42	75
		41	71
		40	66
Moderate 36-60%	Family members are somewhat satisfied and enjoy some aspects of their family.	39	58
		38	51
		37	45
		36	40
Low 21-35%	Family members are somewhat dissatisfied and have some concerns about their family.	35	35
		34	30
		33	28
		32	25
		31	23
		30	21
Very Low 10-20%	Family members are very dissatisfied and are concerned about their family.	29	18
		28	15
		27	13
		26	12
		10-25	10

	<i>Mean*</i>	<i>Standard Deviation</i>	<i>Alpha Reliability</i>	<i>Test-Retest</i>
<i>Family Satisfaction</i>	37.9	8.5	.92	.85

**Mean and scoring levels based on 2,465 persons*

Using Excel to Store & Score FACES IV Data

The design of the Excel file matches the answer sheet from the Administration Manual. You can simply type in each person answers in each row. The data columns have been set up for 500 cases. If you need more cases, you can use the Excel pull down feature to extend the formulas down. A sample Excel file has been included for your review.

The Excel program will also sum the 10 items in the *Family Communication and Family Satisfaction* scales and provide a Total Raw Score and Percentile score for each scale.

I. Dimension Scores for Cohesion and Flexibility (*only for plotting*).

The dimension scores for Cohesion and Flexibility are only used for plotting the one location of the family onto the updated graphic representation of the Circumplex Model of Couple and Family Systems. **Use percentile score (%), not raw scores.** They should not be used for research since they are percentile scores and are curvilinear because very low (0-15%) and very high (85-100%) represent unbalanced or problematic aspects of cohesion and flexibility.

In order to create a single score for cohesion and flexibility dimensions, the following formula was created. This dimension score is created by using the balanced score and adjusting it up or down the scale based on whether the difference in the two unbalanced scale is at the high or low of the dimension. Percentile scores are used for each scale, which are derived from the raw scores. There is a table in the Manual for converting raw scores into percentile scores. The formulas for the dimension scores are:

$$\text{Cohesion Dimension Score} = \text{Balanced Cohesion} + \frac{(\text{Enmeshed} - \text{Disengaged})}{2}$$

$$\text{Flexibility Dimension Score} = \text{Balanced Flexibility} + \frac{(\text{Chaotic} - \text{Rigid})}{2}$$

NOTE: No "Dimension score" should be lower than 5 or higher than 95. Once you reach a negative number, that should be converted to a final score of 5 or if you reach a number higher than 100 it should be converted to 95.

So if the Enmeshed score is higher than Disengaged, then the Balanced cohesion score is adjusted upward. If the Disengaged score is higher than the Enmeshed, the Balanced cohesion score is adjusted downward. The dimension score should NOT be used for research, but for plotting on to the Circumplex Model.

II. Creating Circumplex Ratio Scores (*designed only for research & not for plotting*)

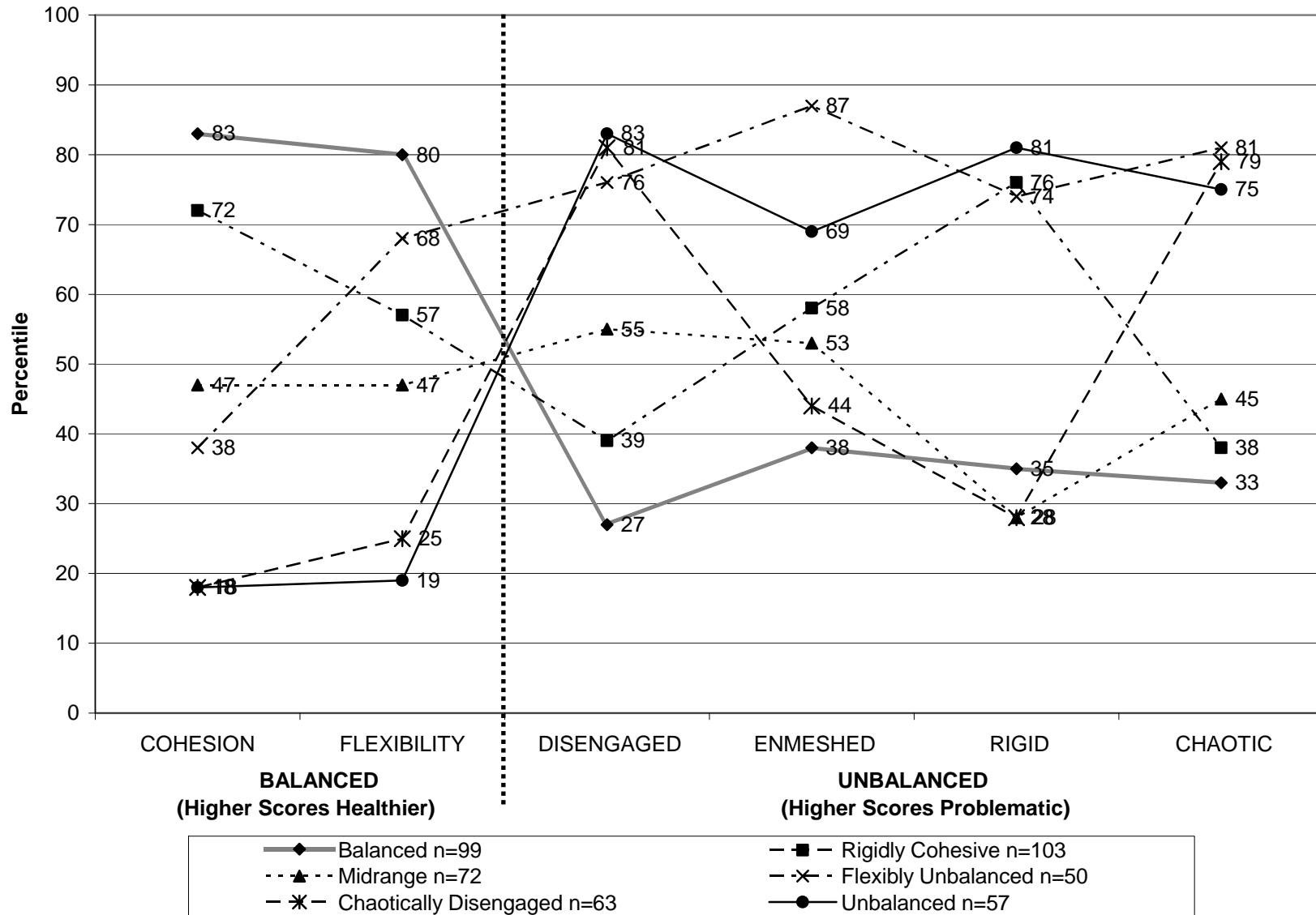
The Excel program will also create a *Cohesion Ratio, Flexibility Ratio and Total Circumplex Ratio* scores. This Balanced/Unbalanced ratio score is very useful since it indicates the level of functional versus dysfunctional behavior perceived in the family system. The ratio score is obtained by assessing the Balanced/Average Unbalanced score for each dimension. The lower the ratio score below one, the more unbalanced the system. Conversely, the higher the ratio score above one, the more balanced the system. The formulas are:

$$\text{Cohesion Ratio} = \text{Balanced Cohesion} / \frac{(\text{Disengaged} + \text{Enmeshment})}{2}$$

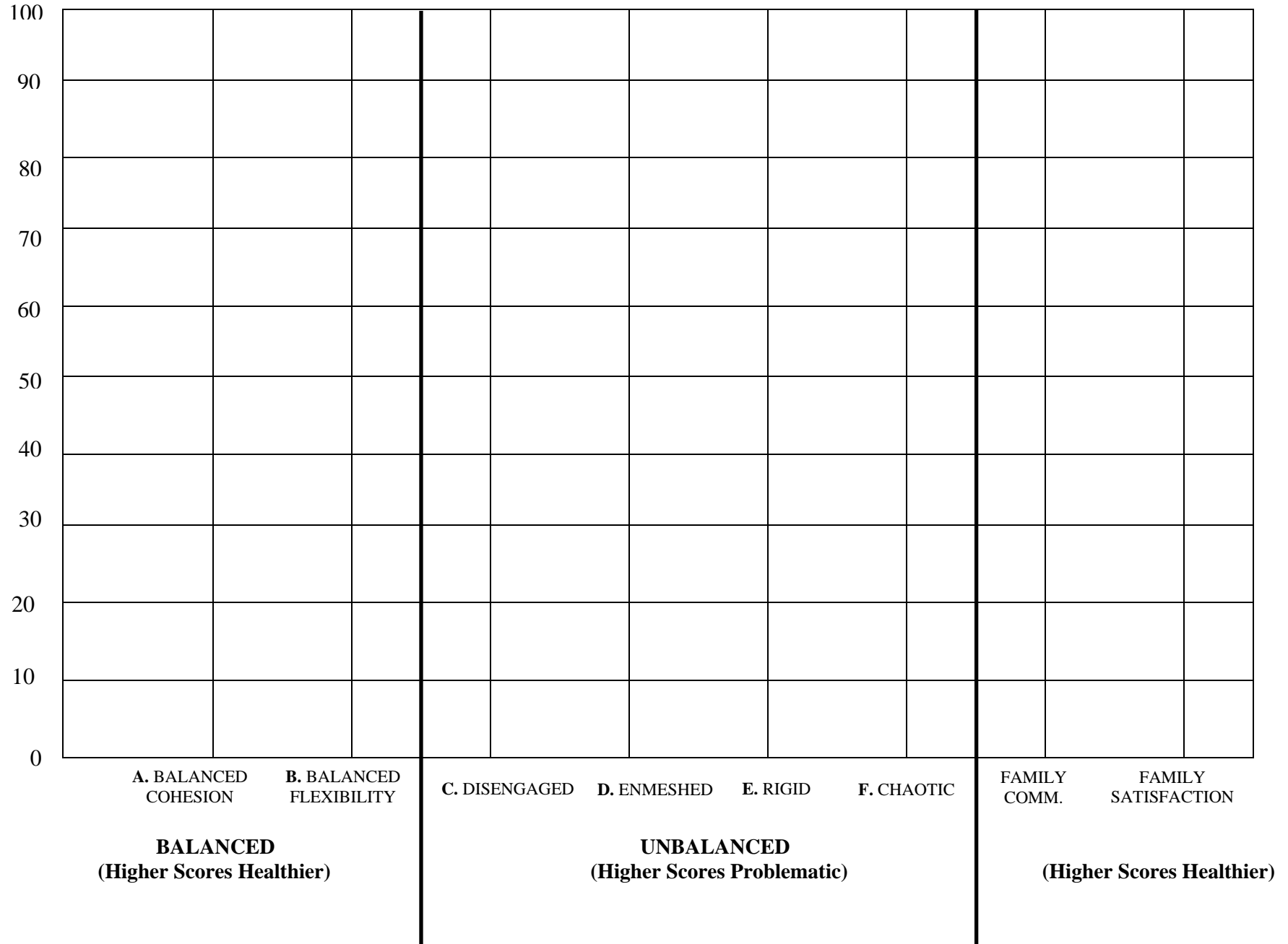
$$\text{Flexibility Ratio} = \text{Balanced Flexibility} / \frac{(\text{Rigid} + \text{Chaotic})}{2}$$

$$\text{Total Circumplex Ratio} = (\text{Cohesion Ratio} + \text{Flexibility Ratio}) / 2$$

FACES IV Profile: Six Family Types

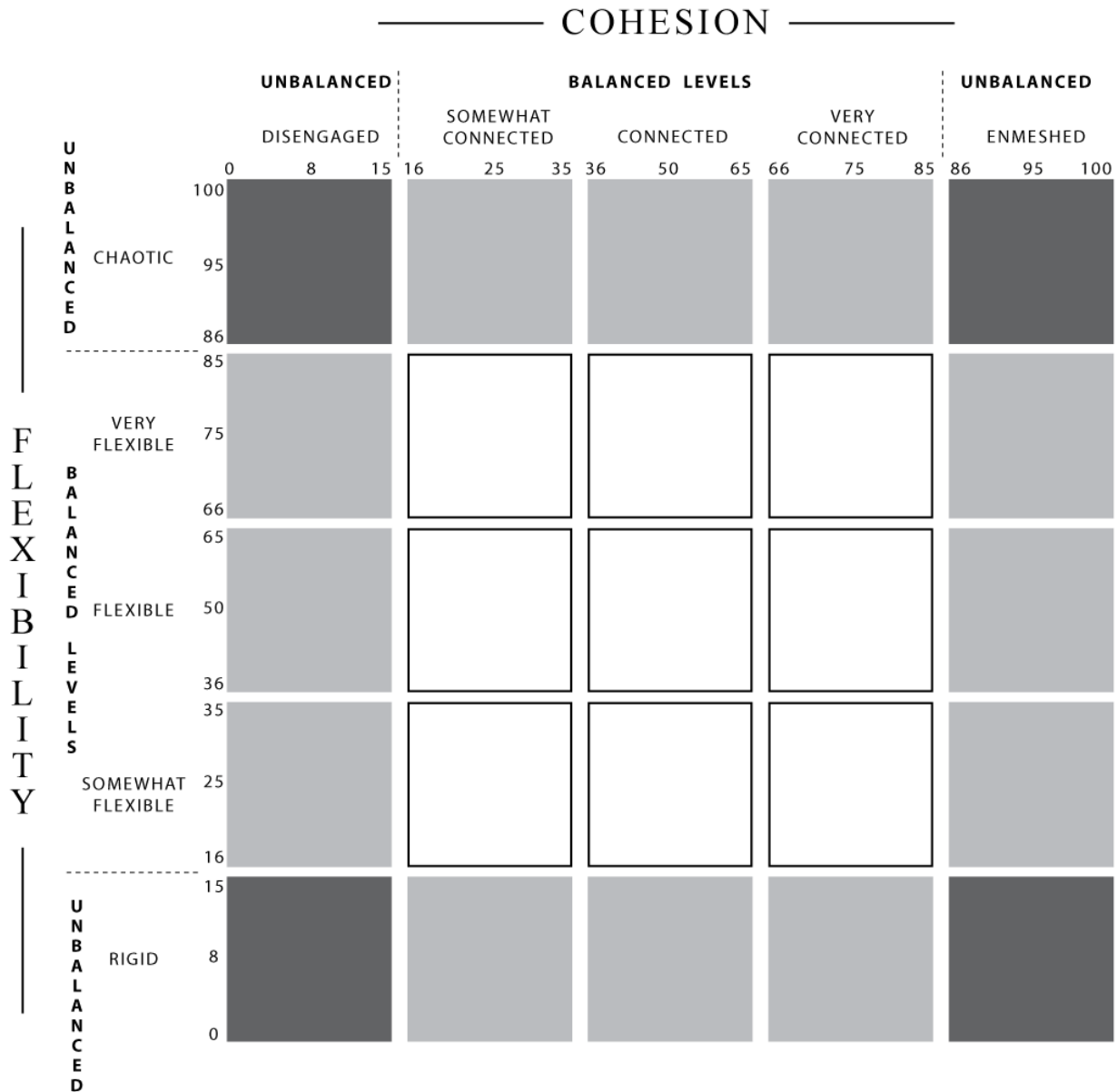


FACES IV Profile: Plotting Chart



Circumplex Model & FACES IV

For more information visit www.facesiv.com

☐ BALANCED*

(*FOR PLOTTING ON PROFILE PG. 18)

(Higher Score is more Healthy)

BALANCED Scores:

BAL. Cohesion: _____

BAL. Flexibility: _____

 MID-RANGE

UNBALANCED*

(*FOR PLOTTING ON PROFILE PG. 18)

(Higher Score is more Unhealthy)

UNBALANCED Scores:

Disengaged: _____

Enmeshed: _____

Chaotic: _____

Dimension Scores:

(For plotting on Model above)

Cohesion _____

Flexibility _____

Data Analysis Using FACES IV Scores

The basic hypotheses related to the Circumplex Model are as follows:

- *Balanced levels of cohesion and flexibility are more conducive to healthy family functioning.*
- *Unbalanced levels of cohesion and flexibility are associated with more problematic family functioning.*
- *Balanced systems have better communication and greater family satisfaction.*

Various Types of Scores for FACES IV & Data Analysis

The **FACES IV Excel Program** is designed for you to input the responses of persons and the program will compute the following scores. There are also analysis that we recommend.

If you are doing a descriptive study of one or more groups, you can plot the six scale scores from FACES IV (two balanced scales and four unbalanced scales), family communication and family satisfaction onto the **FACES IV Profile**. Also, you can plot each individual onto the **Circumplex Model** using the cohesion dimension and flexibility dimension scales (see more details later). Both the FACES IV Profile and Circumplex Model are included in the FACES IV Manual.

Two Balanced Scales: Balanced Cohesion & Balanced Flexibility

These two scales measure the balanced or healthy levels of cohesion and flexibility. The higher the score, the more healthy the system. Percentile scores are created for cohesion and flexibility and they can be used for data analysis and comparing groups (i.e. t-test between groups). These two scales are very similar to the scales used in FACES II and III.

Four Unbalanced Scales: Disengaged, Enmeshed, Rigid & Chaotic

These are four new scales created for FACES IV. These four scales measure the extreme ends of cohesion and flexibility, which are more problematic for family functioning. The higher the score, the more unhealthy the system. Percentile scores are created for each of these four scores and these percentile scores should be used to compare groups (i.e. t-test between groups) rather than raw scores.

Cohesion Ratio, Flexibility Ratio and Total Ratio: (for research only)

The ratio score is a very useful score that measures the level of balance versus unbalance in a system. The ratio scores range from 0 to 10, with 1 indicating an equal amount of balance vs. unbalance in the system with most scores ranging from 0 to 2. The higher the ratio score over 1, the more balanced or healthy the system. The ratio score can be used to compare groups (i.e. t-test between groups).

Cohesion Dimension & Flexibility Dimension Scores (for plotting on Circumplex Model):

The cohesion dimension and flexibility dimension scores are mainly for plotting a location on the Circumplex Model. If you use one person's dimension score on cohesion and flexibility, you will be able to locate which of the 25 cells they fall into on the Circumplex Model.

By plotting each individual onto the Model, you can get a visual overview of the number in each cell and a useful picture of the diversity of scores in your sample. Calculating a percentage in those three areas (Balanced area, Midrange area and Unbalanced areas) of the Model gives you information on the percentage of healthy (balanced) versus unhealthy (unbalanced) in your sample.

If you are comparing two or more groups (i.e. high versus low in family satisfaction or families with abuse vs. no abuse), you could plot the scores for each group and compare the number and percentage in the three areas of the model. Chi-square can be used to assess if the differences are significant.

The dimension score for cohesion and flexibility should not, however, be used in t-test or ANOV since it is not a linear score.

Family Communication & Family Satisfaction:

These scores indicate how healthy is the communication and how satisfied individual's are regarding their family. The higher the score on these two scales, the more positive their feelings about family communication and satisfaction.

One way to use these scores is to divide your sample into families with high versus low family satisfaction. Then you could compare them (using a t-test) on FACES IV scales previously described.

The hypothesis would be that those with high family satisfaction would have higher levels of balanced cohesion and flexibility and lower levels of the four unbalanced scales.

In summary, this is a very basic description and summary of the scores from FACES IV and how they could be used in data analysis. We hope that this is a helpful starting point for your analysis.

Alpha Reliability of the Scales:

While we have computed alpha reliability for all of the scales, this is something you might consider doing for your sample. Our experience is that the reliability for your sample will not be identical to our analysis, but will be similar. Alpha reliability is best in the range of .70 to .90.

Confirmatory Factor Analysis versus Exploratory Factor Analysis:

Because we have already created the six scales in FACES IV, it is not necessary and would be inappropriate to do exploratory factor analysis. However, you can do confirmatory factor analysis on the scales. Confirmatory analysis has been done on these six scales and the results are very positive (see Olson, JMFT, 2011).

Discriminant Analysis of Two or More Groups

You could do discriminant analysis of two or more groups (i.e. high vs. low family satisfaction; high vs. low in family communication; high vs. low in abuse) using the six scales using the percentage scores and/or the ratio scores. Examples of the use of discriminant is in the article by Olson (2011).

Reference:

Olson, D.H. (2011). FACES IV and the Circumplex Model: Validation study. *Journal of Marital and Family Therapy*, 37, 1, 64-80.