Measure of Adolescent Relationship Harassment and Abuse (MARSHA)

Victimization version

**Instructions**: Think about all of the people you were *dating, hooking up with or in a romantic relationship within the past year*. Answer the following questions thinking about these people. How many times did the following things happen, *not for fun or as a joke*? Your best guess about the number of times is OK.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | 0 times | 1-3 times | 4-10 times | More than 10 times |
| 1.  | They looked through my phone or other device at my texts, social media, or apps, when I did not want them to do that. | 0 | 1 | 2 | 3 |
| 2. | They used social media or other apps to keep track of me or monitor where I was going or where I had been. | 0 | 1 | 2 | 3 |
| 3. | They asked me to show them things on my phone or other device, such as texts or social media | 0 | 1 | 2 | 3 |
| 4. | They asked me to give them one or more of my passwords. | 0 | 1 | 2 | 3 |
| 5. | They messaged me constantly and I felt like they were keeping track of me or monitoring what I was doing. | 0 | 1 | 2 | 3 |
| 6. | They changed my passwords in order to lock me out of my own phone, computer, other device, social media, or other online accounts. | 0 | 1 | 2 | 3 |
| 7. | They tried to stop me from spending time with my family or friends. | 0 | 1 | 2 | 3 |
| 8. | They tried to go with me when I was doing something with my family or friends, even when I didn’t want them to join | 0 | 1 | 2 | 3 |
| 9. | They made me feel like I could not break up with them or get out of the relationship | 0 | 1 | 2 | 3 |
| 10. | They followed me or spied on me or stalked me in real life (not online). | 0 | 1 | 2 | 3 |
| 11. | They demanded that I spend money on them even if I didn’t want to. | 0 | 1 | 2 | 3 |
| 12. | They spread rumors, gossip, or secrets about me using texts, social media or apps. | 0 | 1 | 2 | 3 |
| 13 | They threatened to, or actually, spread rumors about me. | 0 | 1 | 2 | 3 |
| 14 | They tried to get their friends to stop talking to me or stop being friends with me. | 0 | 1 | 2 | 3 |
| 15 | They insulted my family, culture, race, ethnicity, sexual orientation, gender, or religion, and it made me feel bad, embarrassed, or insecure. | 0 | 1 | 2 | 3 |
| 16 | They insulted my looks, clothes, or appearance, and it made me feel bad, embarrassed, or insecure. | 0 | 1 | 2 | 3 |
| 17. | They used technology in some other way that made me feel scared, humiliated, embarrassed, threatened, or harassed. | 0 | 1 | 2 | 3 |
| 18. | They used a stick, bat, or some other weapon on me. | 0 | 1 | 2 | 3 |
| 19. | They used a gun or knife on me. | 0 | 1 | 2 | 3 |
| 20. | They slapped, pushed, shoved, or shook me. | 0 | 1 | 2 | 3 |
| 21. | They hit, punched, kicked, or choked me. | 0 | 1 | 2 | 3 |
| 22. | They got other people to hit me or beat me up. | 0 | 1 | 2 | 3 |
| 23. | They did something to cause me a bruise, cut, scratch, burn, sprain, or other injury. | 0 | 1 | 2 | 3 |
| 24. | They threatened to, or actually hurt, someone I care about. | 0 | 1 | 2 | 3 |
| 25. | They pressured me to do something sexual. | 0 | 1 | 2 | 3 |
| 26. | They asked or pressured me for a nude or almost nude photo or video of me, when I did not want to give them one. | 0 | 1 | 2 | 3 |
| 27. | They forced or pressured me to take nude or almost nude photos or videos. | 0 | 1 | 2 | 3 |
| 28. | They forced me to do something sexual. | 0 | 1 | 2 | 3 |
| 29. | They gave me alcohol or drugs in order to get sexual with me when I did not want to get sexual. | 0 | 1 | 2 | 3 |
| 30. | They showed or sent other people nude, or almost nude, photos or videos of me and I did not want them to do that. | 0 | 1 | 2 | 3 |
| 31. | They yelled, screamed, or swore at me. | 0 | 1 | 2 | 3 |
| 32. | They punched the wall, slammed the door, or threw something.  | 0 | 1 | 2 | 3 |
| 33. | They threatened to hit me, which scared or worried me. | 0 | 1 | 2 | 3 |
| 34. | They stopped talking to me and I felt punished, hurt, or scared. | 0 | 1 | 2 | 3 |
| Supplemental Questions (ages 16 – 21) |
| S1 | They didn’t let me use birth control or use condoms in the way we agreed on (such as, didn’t use a condom, messed with birth control pills). | 0 | 1 | 2 | 3 |
| S2 | They tried to make me pregnant, or pressured me to get pregnant. | 0 | 1 | 2 | 3 |
| S3 | They locked me out of my house or apartment. | 0 | 1 | 2 | 3 |

**Source:** Rothman, E.F., Paruk, J., Cuevas, C.A., Temple, J., Gonzales, K. (2020). The development of the Measure of Adolescent Relationship Harassment and Abuse (MARSHA): Input from Black and Multiracial, Latinx, Native American, and LGBTQ+ youth. Journal of Interpersonal Violence. <https://doi.org/10.1177/0886260520936367>

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**Subscales:** Privacy control: Items 1-10; Social control: Items 11-17; Physical abuse: Items 18-24; Sexual abuse: Items 25-30; Intimidation: Items 31-34

**Scoring**: Add points for each item (0 to 3) to create a total scale score as well as the score for each subscale. If a respondent skipped two more items for any of the subscales, that subscale should not be scored and considered incomplete. If a total of 10 or more questions are skipped in the full MARSHA, then it should be considered incomplete. A score of 0 means no dating abuse or unhealthy relationship behavior victimization. A score of 1 and higher indicates the presence of unhealthy relationship behavior experience. Higher scores indicate greater frequency of unhealthy relationship behavior experiences. Supplemental questions are added only on participants ages 16-21, however they should not be included in the final score if comparing to younger participant scores.