

Introduction

The RSS is a self-report measure designed to assess reassurance seeking in a variety of situations. Respondents are asked to rate the frequency with which they seek reassurance on a Likert scale ranging from 1 (“not at all”) to 5 (“extremely”). The RSS possesses good internal consistency and was moderately correlated with measures of anxiety, stress, and depression.

The RSS is comprised of three subfactors reflecting the need to seek excessive reassurance regarding: 1) uncertainty about decisions (**Decision Making**), 2) attachment and the security of relationships (**Social Attachment**), and 3) perceived general threat and anxiety (**General Threat**). The three-factor model demonstrated a good fit to the data (RMSR = .048). Scoring the RSS will give you 3 scores for each of the 3 subfactors.

Table 2
Properties of the Reassurance Seeking Scale.

Factor	Label	Total items	Range of loadings	Alpha	AIC
1	Decision-Making	13	.44 to .92	.93	.52
2	Social Attachment	8	.47 to .89	.88	.48
3	General Threat	9	.52 to .77	.88	.45

Note. AIC: average inter-item correlation. *N* = 283.

Table 3
Scale descriptives.

Scale	<i>M</i>	<i>SD</i>
Reassurance Seeking Scale		
Decision-Making	42.54	11.31
Social Attachment	24.13	7.33
General Threat	27.53	7.99
Depression Anxiety Stress Scale		
Anxiety	15.71	9.72
Stress	20.50	9.26
Depression	16.90	11.84
Beck Anxiety Inventory	20.25	12.22
Beck Depression Inventory-II	22.40	12.20

Scoring

Each item is scored in the direction of heightened reassurance. Simply sum the items within each of the 3 subfactors. The organization and factor loadings for each of the 30 items are reported below.

RSS-Decision Making

7	Before exploring something new?	.52
10	Prior to making a change in some areas of your life (e.g., career, academic, relationships)?	.60
11	Prior to making a decision?	.92
12	When you doubt your decision?	.84
13	When you have to do something on your own?	.75
14	When you have to choose among alternative options?	.91
15	To whether you have considered all the possible details prior to making a decision?	.82
16	To avoid feeling responsible for the outcome of decisions in major areas of your life?	.50
17	When you have a lot of responsibility about something?	.55
18	When you think you have made the wrong decision?	.66
19	To decrease your “sense of personal responsibility?”	.44
20	Before initiating or doing things?	.71
22	To gain more certainty about a situation or something that is uncertain?	.64

RSS - Social Attachment

4	To get approval from others?	.69
5	To whether you are loved or cared for?	.89
8	When you are not getting enough “attention”?	.78
9	To get support from others?	.72
21	To whether you are a lovable/caring person?	.78
23	To whether you have received a negative evaluation?	.50

28	To whether others are upset with you?	.47
30	To feel close to others?	.65

RSS - General Threat

1	To whether something bad is going to happen to you?	.76
2	To make sure you are okay?	.76
3	To feel more relaxed?	.58
6	To gain more peace and serenity within yourself?	.52
24	To whether you are safe?	.66
25	To prevent the occurrence of a catastrophic event?	.77
26	To feel better inside?	.56
27	When you think a negative event is likely to occur?	.69
29	To turn off your anxiety feelings?	.53