

FAMILY ENVIRONMENT SCALE (THIRD EDITION)

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Construct:	Child and Family Health, Formal and Informal Sources of Support and Community Involvement, Family Relationships
Standardized:	Yes
Instrument Type(s):	<p>The pre-, post- and repeated measure survey includes ninety items to measure ten subscales.</p> <p>The Family Environment Scale examines, through self-report on three separate forms, the social climate of a family in three ways:</p> <ul style="list-style-type: none">• family members' perceptions of their family as it is (real);• family members' perceptions of their family as it would be in a perfect situation (ideal): and• family members' perceptions of their family in new situations (expected).
Uses of Information:	<p>The Family Environment Scale (FES) is appropriately used to facilitate family counseling and psychotherapy in clinical settings; to plan and monitor family change; as a teaching tool to train clinicians and program evaluators about family systems; and to evaluate intervention progress and outcomes</p>
Environment:	<p>The FES may be used in clinical counseling settings, for home and family-based services, and for family support programs.</p>
Description:	<p>The FES is comprised of ten subscales measuring three underlying dimensions of the family environment:</p> <ul style="list-style-type: none">• Relationship: Cohesion – the degree of commitment, help and support family members provide for one another. Expressiveness – the extent to which family members are encouraged to express their feelings directly. Conflict – the amount of openly expressed anger and conflict among family members.• Personal Growth: Independence – the extent to which family members are assertive, self-sufficient and make their own decisions. Achievement orientation – how much activities (such as school and work) are cast into an achievement-oriented or competitive framework. Intellectual-cultural orientation – the level of interest in political,



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	<p>intellectual and cultural activities.</p> <p>Active-recreational orientation – the amount of participation in social and recreational activities.</p> <p>Moral-religious emphasis – the emphasis on ethical and religious issues and values.</p> <ul style="list-style-type: none">• System Maintenance:<p>Organization – the degree of importance of clear organization and structure in planning family activities and responsibilities.</p><p>Control – how much set rules and procedures are used to run family life.</p>
References:	Moos, R., & Moos. B. (1983). Clinical applications of the Family Environment Scale. In E. Filsinger (Ed.), A sourcebook of marriage and family assessment (pp. 253-273). Beverly Hills, CA: Sage.
Cost:	The copyrighted scale and forms may be purchased on-line or in paper copy by mail. The manual is \$40.00, or a set that may be duplicated is \$120.00. The cost of forms depends upon the number purchased.
Availability of Test Manual:	Yes. Contact Mindgarden
Contact Information:	Mindgarden 855 Oak Grove Avenue, Suite 215 Menlo Park, CA 94025 650-322-6300 (phone) 650-322-6398 (fax) http://www.mindgarden.com/products/fescs.htm
Instructions:	The FES may be used upon intake diagnostically and for assessment of risk; periodically to monitor intervention progress; and pre-post intervention for research and program evaluation.
Administration:	The FES is comprised of ten subscales measuring three underlying dimensions of the family environment: Relationship; Personal Growth; and System Maintenance. To introduce the FES, the administrator reads the instructions aloud while the client follows along in the test booklet. Respondents complete the FES by reading the re-usable test booklet and scoring corresponding items on the test form. Administrators may clarify the meanings of words in test items, being careful not to influence the test –taker's response.
Qualification:	The FES should be administered and interpreted by trained psychologists, social workers or education and medical personnel knowledgeable in family systems theory. Before administering and interpreting the FES, one should be familiar with the FES Manual, and should be familiar with general assessment guidelines (such as providing a quiet, private, well-lit space) and how to provide support without influencing responses.



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Training Required:	Before administering and interpreting the FES, one should be familiar with the FES Manual, and should be familiar with general assessment guidelines (such as providing a quiet, private, well-lit space) and how to provide support without influencing responses.
Administration Time:	No time estimate for administration was provided.
Respondents:	The FES is a self-report assessment for use by parents and adolescent children. A Children's Version of the FES, a 30-item pictorial adaptation for use with children between the ages of 5 and 11, is also available.
Scales/Item Options:	<p>The three dimensions and 10 subscales are represented by 90 items in each of the Form Item test booklets (Real, Ideal and Expected). Items are scored true/false.</p> <p>Item examples:</p> <ul style="list-style-type: none">• "Family members often keep their feelings to themselves."• "We feel it is important to be the best at whatever you do."• "Family members have strict ideas about what is right and wrong."
Scoring:	Individual subscale scores and family mean scores may be converted to standard scores. Some investigators have used a multi-point rather than a two-point (true/false) format, but as much information is gained by using the two-point format and it avoids problems stemming from personal response styles. A Family Incongruence Score may also be calculated and used to describe the level of disagreement within a family.
Languages:	English, The FES has also been adapted and translated into Arabic, Chinese, Danish, Dutch, French, Greek, Hebrew, Hindi, Italian, Japanese, Korean, Polish, Portuguese (Portugal) Spanish, and Swedish. Published manuals provide psychometric and normative information on the Dutch and Spanish translations.
Psychometric Properties:	<p>A total of over 1,000 people in 285 families completed Form A in the normative sample. Some racial minority families were represented in the sample, but relative proportions were not reported. The FES Forms I (Ideal) and R (Real) were completed by 591 individuals from a varied group of families including both normal and distressed individuals. No separate norms are available for Form E (Expected). Internal consistency for Forms I and R range from .61 to .78 for the ten subscales and are within acceptable ranges. Inter-correlations among subscales indicate that the subscales measure distinct though somewhat related aspects of family environments. Test-retest reliability was acceptable at 1-week, 2-month and 4-month intervals.</p> <p>The authors include in the FES manual an extensive literature review tied to careful interpretation of the FES subscales.</p>

