

Interpersonal Communication Motives Scale

Rubin, R.B., Perse, E.M., & Barbato, C.A. (1988). Conceptualization and measurement of interpersonal communication motives. *Human Communication Research*, 14, 602-628.

Instructions: Here are several reasons people give for why they talk to other people. For each statement, please circle the number that best expresses your own reasons for talking with others.

- If the reason is EXACTLY like your own reason, circle a 5**
If the reason is A LOT like your own reason, circle a 4
If the reason is SOMEWHAT like your own reason, circle a 3
If the reason is NOT MUCH like your own reason, circle a 2
If the reason is NOT AT ALL like your own reason, circle a 1
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"I talk to people . . ."

<u>Pleasure</u>	Exactly	A Lot	Somewhat	Not Much	Not at all
1. Because it is fun	5	4	3	2	1
2. Because it is exciting	5	4	3	2	1
3. To have a good time	5	4	3	2	1
4. Because it is thrilling	5	4	3	2	1
5. Because it is stimulating	5	4	3	2	1
6. Because it is entertaining	5	4	3	2	1
7. Because I enjoy it	5	4	3	2	1
8. Because it peeps me up	5	4	3	2	1
 <u>Affection</u>					
9. To help others	5	4	3	2	1
10. To let others know I care about their feelings	5	4	3	2	1
11. To thank them	5	4	3	2	1
12. To show others encouragement	5	4	3	2	1
13. Because I am concerned about them	5	4	3	2	1
 <u>Inclusion</u>					
14. Because I need someone to talk to or be with	5	4	3	2	1
15. Because I need to talk about my my problems sometimes	5	4	3	2	1
16. Because it makes me feel less lonely	5	4	3	2	1
17. Because it's reassuring to know someone is there	5	4	3	2	1
 <u>Escape</u>					
18. To put off something I should be doing	5	4	3	2	1
19. To get away from what I am doing	5	4	3	2	1
20. Because I have nothing better to do	5	4	3	2	1
21. To get away from pressures and responsibilities	5	4	3	2	1
 <u>Relaxation</u>					
22. Because it relaxes me	5	4	3	2	1
23. Because it allows me to unwind	5	4	3	2	1