

The Rating of Emotional Abuse in Childhood (REACH) Questionnaire (Goodall & Sawrikar, 2023)

Instructions and scoring

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The REACH is a 23-item measure of childhood emotional abuse that encompasses a range of types of emotional abuse. In addition, it yields two sub-scales: a threat sub-scale which measures behaviours that can be likely to cause fear or fright, and a devaluing subscale that describes behaviours likely to engender the impression that a child is 'lesser than', disliked or worthless. It also yields a total score. The REACH is free to use, provided that a statement of copyright is included in any output.

Instructions: Thinking about your childhood, to what extent did a parent, step parent or carer in your family behave in the following way towards you. Rate your response on a scale of 1 -7, where 1 = never and 5 = a great deal.

	1. Never	2. Rarely	3. Occasionally	4. A moderate amount	5. A great deal
1. Get so angry with you that you felt afraid					
2. Scream or shout loudly at you					
3. Threaten to break or spoil your things					
4. Threaten you					
5. Threaten to hurt a person or animal close to you					
6. Lose their temper without warning					
7. Make you feel on edge in your own home					
8. Punish you through silence					
9. Ignore you when you tried to contribute to a conversation.					
10. Make you feel your thoughts and emotions were unimportant					
11. Laugh at things that you said or did in an unpleasant way					
12. Put you down or criticise you in front of others					
13. Call you insulting names, such as 'stupid' or 'ugly'					
14. Swear at you					
15. Single you out for negative attention					
16. Blame you for problems that you didn't cause					

17. Pick on you unfairly					
18. Make you feel that they disliked you					
19. Make you feel unwanted					
20. Compare you unfavourably to other people					
21. Make you feel like you were only acceptable if you acted or looked a certain way					
22. Had expectations of you that were unrelated to what you wanted					
23. Control your choice of hobbies, friends, or clothes at an age when you could choose yourself					

An additional dichotomous question may be used when administering the REACH:

In addition to the main caregiver was there at least one other person in your family who you felt was looking out for you?	YES	NO
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The REACH questionnaire yields a total score as well as factors of ‘threatening’ or ‘devaluing’. Threatening factors comprise deliberate acts or behaviours that are either threatening, or cause a child to feel unsafe (1-7). The remaining items characterise deliberate acts or behaviour that cause a child to feel ‘lesser than’ or devalued. These comprise items measuring ignoring (8, 9, 10), denigration (10-14), humiliation (11, 12, 13, 14), scapegoating (15, 16, 17), antipathy (18, 19), conditionality (20, 21), and over-control (22, 23).

The REACH total score is calculated by summing all items and dividing by 23.

Scoring:

Threatening sub-scale: Add ratings on items 1-7 and divide by 7.

De-valuing sub-scale: Add ratings on items 8-23 and divide by 16.

The dichotomous additional item may be scored as 0 (‘no’) or 1 (‘yes’) to utilise as a moderating (protective) factor to explore the protective impact of positive family relationships.