

CENTER for VICTIM RESEARCH

Building an evidence base for victim services

ORI [Obsessive Relational Intrusion] & Stalking Victimization Package

Author(s) of Instrument:

Brian H. Spitzberg
William R. Cupach

Key References:

 Publications related to this instrument.

De Fazio, L., Sgarbi, C., Moore, J., & Spitzberg, B. H. (2015). The impact of criminalization of stalking on Italian students: Adherence to stalking myths. *Journal of Aggression, Maltreatment & Trauma, 24*(10), 1106-1122, doi: 10.1080/10926771.2015.1079280Spitzberg,

Spitzberg, B. H. (2017). Acknowledgement of unwanted pursuit, threats, assault and stalking in a college population. *Psychology of Violence, 7*(2), 265-275. doi: 10.1037/a0040205

Spitzberg, B. H., & Cupach, W. R. (2014). *The dark side of relationship pursuit: From attraction to obsession and stalking* (2nd ed.). New York, NY: Routledge.

Spitzberg, B. H., Cupach, W. R., Hannawa, A. F., & Crowley, J. (2014). A preliminary test of a relational goal pursuit theory of obsessive relational intrusion and stalking. *Studies in Communication Sciences, 14*, 29-36. doi: 10.1016/j.scoms.2014.03.007

Primary Use/Purpose:

 This section describes what this instrument was designed to measure.

This is intended to be a relatively comprehensive survey measuring the acknowledgement of stalking and unwanted harassment, the effects of this victimization and the strategies enacted to cope with the victimization. It is the latest version derived from numerous studies and meta-analyses of research on stalking and obsessive relational intrusion, which is extensively reviewed in the Spitzberg & Cupach (2014) source.

Background and Development: How and why this instrument was developed.

The measure is published in the Spitzberg & Cupach (2014) source, and it is the product of studies investigating obsessive relational intrusion and stalking. Although this exact instrument has only been used a few times (Spitzberg, 2017), it is based on research that has consistently employed this same approach. With each few studies, the authors sought to enhance the next version by adapting the measure to better reflect tactics and strategies relevant to stalking and unwanted harassment.

Psychometrics (if applicable): Any testing of this instrument.

The survey employs a type of item referred to by the authors as “cluster” items, in which a core trunk is labeled as a general strategy, which is followed by parenthetical tactical exemplars. This allows more behavioral representation with fewer items. Given the almost infinite universe of behaviors that stalkers and unwanted pursuers enlist to their campaigns of harassment, such items economize on sampling that domain.

Reliabilities have generally been in the acceptable range for each strategy section, although the authors (Spitzberg & Cupach, 2014) make a detailed argument against employing factor analysis or requiring reliability analysis, as the behaviors can be viewed as an index rather than as scales.

Link to Instrument: Link to the instrument if available.

See attached.

Submitted by: Brian H. Spitzberg submitted this instrument to the CVR Instruments Collection and certified permission to publicly share this instrument.

ORI & Stalking Victimization Package

(B. H. Spitzberg & W. R. Cupach, 2011©)¹

People often pursue an intimate relationship with someone, even though the other person does not seem to want the same type of relationship, or even when the other person indicates they do not want any relationship at all. This pursuit may involve behaviors that do not appear in normal circumstances to be intimate, such as invading privacy, intruding into someone's personal life, making threats, or just refusing to let go. When a relationship is pursued despite the fact that the person does not want it, then it is a "persistent" type of unwanted pursuit or harassment. We are interested in finding out **TO WHAT EXTENT HAVE YOU EVER EXPERIENCED ANY OF THE FOLLOWING ACTIVITIES IN WHICH SOMEONE PURSUED INTIMACY WITH YOU, WITH WHOM YOU EXPRESSLY DID NOT WANT SUCH INTIMACY.** If this has happened to you by more than one person, please take a moment and think about the worst of those experiences, and the particular pursuer involved. Recall the events and progression of that particular time in your life, and refer to this person in responding to the following items.

Approximately how many months ago did you attempt to stop this pursuit? ____

Approximately how old was this person, in years: ____

Approximately how long did you know them, in months before their behavior became unwanted: ____

What type of relationship did you have, if any, prior to the time that the pursuit became unwanted?

- STRANGER
- ACQUAINTANCE
- COLLEAGUE, COWORKER OR SERVICE/PROFESSIONAL RELATIONSHIP
- FRIENDSHIP
- FAMILY MEMBER OR RELATIVE
- CASUALLY DATING RELATIONSHIP
- SERIOUSLY DATING RELATIONSHIP
- SPOUSE
- EX-SPOUSE, ESTRANGED OR SEPARATED SPOUSE
- OTHER (Please specify: _____)

As published in the Appendix of: Spitzberg, B. H., & Cupach, W. R. (2014). *The dark side of relationship pursuit: From attraction to obsession and stalking* (2nd ed.). New York, NY: Routledge.

| The next items ask you indicate whether you have experienced a certain type of unwanted pursuit by someone seeking greater intimacy with you than you wanted to return. ¹ | YES | NO |
|---|------|--------|
| <i>THE NATURE OF THE RELATIONSHIP*</i> | | |
| <p>1. Since the age of 16, have you experienced being persistently followed, and/or harassed, and/or pursued by someone in an unwanted way? [UNWANTED PURSUIT SCREEN]</p> <p>If you answered “no,” skip to _____. If you answered “yes” please answer the next 5 questions about your experience. If you have experienced such unwanted pursuit or harassment more than once or by more than one person, please respond in regard to the most serious or intense experience you have had.</p> | | |
| <p>2. Did this unwanted pursuit occur in a manner that you personally felt was threatening, or placed you in fear of your safety, or the safety of your family, friends, pets or property? [FEAR STANDARD]</p> | | |
| <p>3. Did this unwanted pursuit occur: [MEDIUM]</p> <ul style="list-style-type: none"> ○ Almost completely online, cyberspace, or through electronic media (e.g., Facebook, email, cellphone, etc.) ○ Almost completely in “real space” or face-to-face (e.g., following you, showing up in places, trespassing or invading your physical space, etc.) ○ Both online and in real space | | |
| <p>4. During this time of unwanted pursuit or harassment, did this person ever threaten you verbally or through their actions? [THREAT]</p> | | |
| <p>5. Taking the entire duration of the unwanted pursuit or harassment, did it occur in a manner that you would consider a form of stalking—that is, do you believe that you were “stalked”? [STALKED]</p> | | |
| <p>6. During this time of unwanted pursuit or harassment, did this person ever physically assault you (e.g., slap, kick, hit, strangle, restrain, etc.)? [VIOLENCE]</p> | | |
| <p>7. What is your sex?²¹</p> | MALE | FEMALE |
| <p>8. What was the sex of the person who pursued unwanted intimacy with you?</p> | MALE | FEMALE |

¹ This is a victimization survey. However, it is designed such that a thorough replacement of pronouns can generally convert it into a perpetration survey.

² Items 7 and 8 should reflect contemporary response options (e.g., nonbinary).

| The next items ask you to indicate whether you have experienced a certain type of relationship pursuit at some point in your life. If at any point your answer is “NO,” or the item does not apply to you, skip to the next item of the survey. ³ | YES | NO |
|--|-----|----|
| <i>THE NATURE OF THE RELATIONSHIP*</i> | | |
| 1. “Since the age of 16 I have experienced being followed and/or harassed and/or obsessively pursued by someone.” | | |
| 2. If “YES” to the previous statement, did it occur in a manner that you personally felt was threatening, or placed you in fear of your safety, or the safety and security of your family, friends, pets, or property? | | |
| 3. If “YES” to the first statement, did it occur: <ul style="list-style-type: none"> • Only online or through electronic media (e.g., Facebook, cell-phone, etc.) • Only in “real” space (e.g., following you, showing up in places, trespassing or invading your physical space, etc.) • Both online and in real-space | | |
| 4. If “YES” to the first statement, during the time of this unwanted harassment, did this person ever clearly threaten you verbally or through their behavior(s)? | | |
| 5. If “YES” to the first statements, during the time of this unwanted harassment, did this person ever assault you physically (e.g., slap, kick, hit with fist, strangle, physically restrain, etc.)? | | |
| 6. If “YES” to the first statement, did the harassment occur in a manner that you would consider a form of “stalking.” That is, did this person “stalk” you? | | |

³ This set of items is intended to distinguish acknowledgement of legal standard stalking from ordinary harassment. Respondents who answer “YES” to 1, 2, 4 or 5 meets most legal criteria for stalking, and respondents who answer “YES” to 6 “acknowledge” stalking victimization. Thus, respondents who do not meet the legal standard but acknowledge stalking victimization may be considered false victims, and those who meet the legal standard but answer “NO” to 6 are unacknowledged stalking victims.

| FOR EACH ITEM, INDICATE THE EXTENT TO WHICH: This person persistently pursued greater intimacy with me in a way I expressly did not want by... | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 | > 25 Times | |
|---|---------------------------|---------------------------|-------------------------|--|-----------------------------|-------------------------------|-----------------------|-------------------|
| I. HYPER-INTIMACY⁴ | | | | | | | | |
| 9. Leaving unwanted gifts (e.g., flowers, stuffed animals, photography, jewelry, etc.) | | | | | | | | |
| 10. Synchronizing activities (e.g., joining the same clubs or activities as you, demonstrating similar interests, etc.) | | | | | | | | |
| 11. Verbally flirting (e.g., asked out on a date, engage in small talk, making sexually suggestive remarks, etc.) | | | | | | | | |
| 12. Nonverbal flirting (e.g., smiling, making suggestive eye contact, engaging in persistent touching, etc.) | | | | | | | | |
| 13. Making exaggerated expressions of affection (e.g., saying "I love you" after limited interaction, pledging premature commitment, etc.) | | | | | | | | |
| 14. Being especially nice or ingratiating yourself (e.g., performed un-requested favors, offered to do things for you, etc.) | | | | | | | | |
| 15. Leaving unwanted messages of affection in person (e.g., romantically-oriented notes, cards, letters, messages with friends, etc.) | | | | | | | | |
| 16. Demonstrating persistence (e.g., showed affection by frequently or constantly sending messages of affection, never giving up, etc.) | | | | | | | | |
| 17. Trying to repair or deepen the relationship (e.g., asked to be friends, asked for forgiveness, begged to be taken back, etc.) | | | | | | | | |
| For the next three items, please respond regarding just the experiences on this page, if any, to which you indicated you experienced in this relationship: | | | | | | | | |
| 18. How afraid did these experiences make you feel? | | Terrified | Very Afraid | Moderately Afraid | Somewhat Afraid | Slightly Afraid | Only + Concerned | Not Afraid At All |
| 19. How threatened did these experiences make you feel? | Extremely Threatened | Very Threatened | Moderately Threatened | Somewhat Threatened | Slightly Threatened | Close to Feeling Threatened | Not At All Threatened | All Threatened |
| 20. To what extent do you think these experiences amounted to "stalking"? | DEFINATELY WAS "stalking" | Definitely was "stalking" | Probably was "stalking" | Unsure of whether or not it was "stalking" | Probably was not "stalking" | Definitely was not "stalking" | DEFINATELY WAS NOT | |

⁴ Each of the following sections designated by Roman numerals represents its own strategy cluster of stalking tactics. These are designed to be summed across the items within the section. The final three items in each section represent potential validators of acknowledged or unacknowledged stalking victimization. Since there is a general set of items that begin the survey to assess legal and acknowledgement of stalking, these internal section triplets of items can be excluded if survey length is a concern.

| <p>FOR EACH ITEM, INDICATE THE EXTENT TO WHICH:</p> <p>This person persistently pursued greater intimacy with me in a way I expressly did not want by...</p> | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 | > 25 Times |
|---|-------|------|-----------|-----------|------------|-------|------------|
| II. MEDIATED CONTACT⁵ | | | | | | | |
| 21. Leaving affectionate electronic messages (e.g., expressed attraction or affection left on voice-mail, e-mail, instant messages, fax, etc.) | | | | | | | |
| 22. Sending excessively disclosive messages (e.g., inappropriately giving private information about his/her life, body, family, hobbies, sexual experiences, etc.) | | | | | | | |
| 23. Sending excessively “needy” or demanding messages (e.g., pressuring to see you, assertively requesting you go out on date, arguing with you to give him/her “another chance”, etc.) | | | | | | | |
| 24. Sending pornographic/obscene images or messages (e.g., photographs or cartoons of nude people, or people or animals engaging in sexual acts, etc.) | | | | | | | |
| 25. Sending sexually harassing messages (e.g., describing hypothetical sexual acts between you, making sexually demeaning remarks, etc.) | | | | | | | |
| 26. Leaving aggressive electronic messages (e.g., expressed insults or demands on voice-mail, e-mail, instant messages, fax, etc.) | | | | | | | |
| 27. Constantly monitoring, tagging, or gifting your social network site (e.g., tagging your photos, inviting your joining or reciprocity of groups, writing on your wall, asking about your posts, etc.) | | | | | | | |
| 28. Monitoring you using computer spyware or “Trojan Horse” software to infect your computer or other communication technologies. | | | | | | | |
| 29. Monitoring you using GPS or tracking devices | | | | | | | |
| 30. Monitoring you using listening devices (i.e., “bugs” or hidden microphones or voice-recording devices) | | | | | | | |
| 31. Monitoring you using covert video or digital camera devices | | | | | | | |
| 32. ‘Bugging’ your car, home, or office (e.g., planting a hidden listening or recording device, etc.) | | | | | | | |
| 33. Pretending to be someone she or he wasn’t (e.g., falsely representing him- or herself as a different person or gender, claiming a false identity, status or position, pretending to be you, etc.) | | | | | | | |
| 34. Altering your electronic identity or persona, that is, your <i>avatar</i> (e.g., breaking into your system and changing your signature, personal information, or how you portray yourself electronically, etc.) | | | | | | | |
| 35. Harassing your avatar in a group cyber-activity (e.g., spoiling your avatar’s identity, following you, interfering with your, or other bothersome activities in a synthetic computer space, etc.) | | | | | | | |
| 36. Taking over your electronic identity or persona (e.g., representing him or herself to others as you in chatrooms, bulletin boards, pornography or singles sites, etc.) | | | | | | | |
| 37. Contacting you ‘live’ through electronic media (e.g., harassed you on the phone, exchanged chat or instant messages, tweets/Twitter, etc.) | | | | | | | |

⁵ Given that technologies evolve rapidly, these items should be reviewed and adapted accordingly to remove any archaic technologies and insert any trending technologies.

| <p>FOR EACH ITEM, INDICATE THE EXTENT TO WHICH:</p> <p>This person persistently pursued greater intimacy with me in a way I expressly did not want by...</p> | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 | > 25 Times |
|---|---------------------------|---------------------------|-------------------------|--|-----------------------------|-------------------------------|-----------------------|
| III. PROXY PURSUIT | | | | | | | |
| 54. Involving others in contacting you (e.g., asked friends about you, talked to your colleagues or family to get information, etc.) | | | | | | | |
| 55. Enlisting the aid or assistance of friend(s) or family member(s) to pursue, spy, follow, or otherwise harass you. | | | | | | | |
| 56. Enlisting the aid or assistance of third-parties or professionals (e.g., private investigator) to pursue, spy, follow, or otherwise harass you | | | | | | | |
| 57. Lie to or deceive persons who know you to obtain information about you or access to you, your property, or your social network | | | | | | | |
| 58. Intruding upon friends, family or coworkers (e.g., tried to befriend your friends, family or coworkers; sought to be invited to social events, sought employment at your workplace, etc.) | | | | | | | |
| For the next three items, please respond regarding just the experiences on this page, if any, to which you indicated you experienced in this relationship: | | | | | | | |
| 59. How afraid did these experiences make you feel? | | Terrified | Very Afraid | Moderately Afraid | Somewhat Afraid | Slightly Afraid | Only "Concerned" |
| 60. How threatened did these experiences make you feel? | Extremely Threatened | Very Threatened | Moderately Threatened | Somewhat Threatened | Slightly Threatened | Close to Feeling Threatened | Not At All Threatened |
| 61. To what extent do you think these experiences amounted to "stalking"? | DEFINITELY WAS "stalking" | Definitely was "stalking" | Probably was "stalking" | Unsure of whether or not it was "stalking" | Probably was not "stalking" | Definitely was not "stalking" | DEFINITELY WAS NOT |

| <p>FOR EACH ITEM, INDICATE THE EXTENT TO WHICH:</p> <p>This person persistently pursued greater intimacy with me in a way I expressly did not want by...</p> | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times | |
|--|-----------------------------|---------------------------|-------------------------|--|-----------------------------|-------------------------------|-----------------------------|-----------------------|
| IV. INTERACTIONAL CONTACT | | | | | | | | |
| 62. Having arguments or conflicts with you (e.g., argued about relationship, complained, involved you in conversation at work or school, etc.) | | | | | | | | |
| 63. Approaching you (i.e., physically approached you in attempt to initiate conversation but without actually talking) | | | | | | | | |
| 64. Making appearances (e.g., showed up at your work, school, gym, place of worship, etc.) | | | | | | | | |
| 65. Intruding uninvited into interactions (e.g., "hovered" around your conversations, interrupted an ongoing conversation with someone else, etc.) | | | | | | | | |
| 66. Invading personal space (e.g., getting too close to you in conversation, touching person, etc.) | | | | | | | | |
| For the next three items, please respond regarding just the experiences on this page, if any, to which you indicated you experienced in this relationship: | | | | | | | | |
| 67. How afraid did these experiences make you feel? | | Terrified | Very Afraid | Moderately Afraid | Somewhat Afraid | Slightly Afraid | Only "Concerned" | Not Afraid At All |
| 68. How threatened did these experiences make you feel? | | Extremely Threatened | Very Threatened | Moderately Threatened | Somewhat Threatened | Slightly Threatened | Close to Feeling Threatened | Not At All Threatened |
| 69. To what extent do you think these experiences amounted to "stalking"? | DEFINIMATELY WAS "stalking" | Definitely was "stalking" | Probably was "stalking" | Unsure of whether or not it was "stalking" | Probably was not "stalking" | Definitely was not "stalking" | DEFINIMATELY WAS NOT | |

| <p>FOR EACH ITEM, INDICATE THE EXTENT TO WHICH:</p> <p>This person persistently pursued greater intimacy with me in a way I expressly did not want by...</p> | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times | |
|--|---------------------------|---------------------------|-------------------------|--|-----------------------------|-------------------------------|-----------------------|-------------------|
| V. HARASSMENT & INTIMIDATION | | | | | | | | |
| 70. Involving you in unwanted activities (e.g., enrolled you in programs, put on mailing lists, used your name as a reference, etc.) | | | | | | | | |
| 71. Negatively influencing reputation (e.g., spread untrue or negative rumors about you, ruined reputation or status with friends, family, colleagues, etc.) | | | | | | | | |
| 72. Engaging in regulatory harassment (e.g., filed official complaints obtained a restraining order on you, etc.) | | | | | | | | |
| 73. Publically embarrassing you (e.g., made fun of, mocked, or criticized you in front of others) | | | | | | | | |
| 74. Hurting you verbally (e.g., called you names; used ridicule, insults, or sarcasm to make you feel bad) | | | | | | | | |
| 75. Turning others against you (e.g., tried to get others to ignore, shun, or ostracize you) | | | | | | | | |
| For the next three items, please respond regarding just the experiences on this page, if any, to which you indicated you experienced in this relationship: | | | | | | | | |
| 76. How afraid did these experiences make you feel? | | Terrified | Very Afraid | Moderately Afraid | Somewhat Afraid | Slightly Afraid | Only "Concerned" | Not Afraid At All |
| 77. How threatened did these experiences make you feel? | Extremely Threatened | Very Threatened | Moderately Threatened | Somewhat Threatened | Slightly Threatened | Close to Feeling Threatened | Not At All Threatened | All Threatened |
| 78. To what extent do you think these experiences amounted to "stalking"? | DEFINATELY WAS "stalking" | Definitely was "stalking" | Probably was "stalking" | Unsure of whether or not it was "stalking" | Probably was not "stalking" | Definitely was not "stalking" | DEFINATELY WAS NOT | |

| <p>FOR EACH ITEM, INDICATE THE EXTENT TO WHICH:</p> <p>This person persistently pursued greater intimacy with me in a way I expressly did not want by...</p> | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times |
|--|-----------------------------|---------------------------|-------------------------|--|-----------------------------|-------------------------------|-----------------------|
| VI. SURVEILLANCE | | | | | | | |
| 79. Coordinating activities around you (e.g., altered schedule to be more like yours, went to places at times you tended to be at, etc.) | | | | | | | |
| 80. Loitering or hanging around (e.g., waited around places in the hope of encountering or seeing you, etc.) | | | | | | | |
| 81. Following you around (e.g., followed to or from work, school, home, gym, daily activities, etc.) | | | | | | | |
| 82. Watching you (e.g., drove by home or work, watched from a distance, gazed at you in public places, etc.) | | | | | | | |
| 83. Monitoring you or your behavior (e.g., called at all hours to check whereabouts, checked up on you through mutual friends, etc.) | | | | | | | |
| For the next three items, please respond regarding just the experiences on this page, if any, to which you indicated you experienced in this relationship: | | | | | | | |
| 84. How afraid did these experiences make you feel? | Terrified | Very Afraid | Moderately Afraid | Somewhat Afraid | Slightly Afraid | Only "Concerned" | Not Afraid At All |
| 85. How threatened did these experiences make you feel? | Extremely Threatened | Very Threatened | Moderately Threatened | Somewhat Threatened | Slightly Threatened | Close to Feeling Threatened | Not At All Threatened |
| 86. To what extent do you think these experiences amounted to "stalking"? | DEFINIMATELY WAS "stalking" | Definitely was "stalking" | Probably was "stalking" | Unsure of whether or not it was "stalking" | Probably was not "stalking" | Definitely was not "stalking" | DEFINIMATELY WAS NOT |

| <p>FOR EACH ITEM, INDICATE THE EXTENT TO WHICH:</p> <p>This person persistently pursued greater intimacy with me in a way I expressly did not want by...</p> | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times |
|--|---------------------------|---------------------------|-------------------------|--|-----------------------------|-------------------------------|-----------------------|
| VII. INVASION | | | | | | | |
| 87. Covertly obtaining private information (e.g., listened to your message machine, took photos of you without your knowledge, stole your mail or e-mail, etc.) | | | | | | | |
| 88. Approaching or surprising you in public places (e.g., showed up at places such as stores, work, gym; lying in wait around corners, etc.) | | | | | | | |
| 89. Invading your possessions or personal property (e.g., broke into person's car, desk, backpack or briefcase; handled person's possessions, etc.) | | | | | | | |
| 90. Invading your living space (e.g., broke into home, trespassed on lawn or property, etc.) | | | | | | | |
| For the next three items, please respond regarding just the experiences on this page, if any, to which you indicated you experienced in this relationship: | | | | | | | |
| 91. How afraid did these experiences make you feel? | Terrified | Very Afraid | Moderately Afraid | Somewhat Afraid | Slightly Afraid | Only "Concerned" | Not Afraid At All |
| 92. How threatened did these experiences make you feel? | Extremely Threatened | Very Threatened | Moderately Threatened | Somewhat Threatened | Slightly Threatened | Close to Feeling Threatened | Not At All Threatened |
| 93. To what extent do you think these experiences amounted to "stalking"? | DEFINITELY WAS "stalking" | Definitely was "stalking" | Probably was "stalking" | Unsure of whether or not it was "stalking" | Probably was not "stalking" | Definitely was not "stalking" | DEFINITELY WAS NOT |

| <p>FOR EACH ITEM, INDICATE THE EXTENT TO WHICH:</p> <p>This person persistently pursued greater intimacy with me in a way I expressly did not want by...</p> | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times | |
|--|-----------------------------|---------------------------|-------------------------|--|-----------------------------|-------------------------------|-----------------------|-------------------|
| VIII. COERCION/THREAT | | | | | | | | |
| 94. Leaving or delivering threatening objects or artifacts (e.g., bizarre, personal, or uniquely crafted items intended to scare you; highly personal but damaged items, etc.) | | | | | | | | |
| 95. Leaving unwanted threatening messages (e.g., made hang-up calls; left notes, cards, letters, voice-mail, e-mail, messages with friends, implying harm or potential harm, etc.) | | | | | | | | |
| 96. Threatening to hurt you (e.g., made vague threats that something bad would happen to you, threatened to commit suicide, etc.) | | | | | | | | |
| 97. Threatening others you care about (e.g., threatened harm to or made vague warnings about romantic partners, friends, family, pets, etc.) | | | | | | | | |
| 98. Verbally threatening personally (e.g., made threats or vague warnings that something bad would happen to you, threatened personally to hurt you, etc.) | | | | | | | | |
| 99. Leaving or sending threatening objects (e.g., pornography, weapons, marked up photographs, photographs taken of you without your knowledge, etc.) | | | | | | | | |
| 100. Physically threatening you (e.g., threw something in your direction, acted as if would hit you, ran finger across neck implying throat-slitting, etc.) | | | | | | | | |
| For the next three items, please respond regarding just the experiences on this page, if any, to which you indicated you experienced in this relationship: | | | | | | | | |
| 101. How afraid did these experiences make you feel? | | Terrified | Very Afraid | Moderately Afraid | Somewhat Afraid | Slightly Afraid | Only "Concerned" | Not Afraid At All |
| 102. How threatened did these experiences make you feel? | Extremely Threatened | Very Threatened | Moderately Threatened | Somewhat Threatened | Slightly Threatened | Close to Feeling Threatened | Not At All Threatened | All Threatened |
| 103. To what extent do you think these experiences amounted to "stalking"? | DEFINIMATELY WAS "stalking" | Definitely was "stalking" | Probably was "stalking" | Unsure of whether or not it was "stalking" | Probably was not "stalking" | Definitely was not "stalking" | DEFINIMATELY WAS NOT | |

| FOR EACH ITEM, INDICATE THE EXTENT TO WHICH: | | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times |
|---|--|---------------------------|---------------------------|-------------------------|--|-----------------------------|-------------------------------|-----------------------|
| This person persistently pursued greater intimacy with me in a way I expressly did not want by... | | | | | | | | |
| IX. AGGRESSION/VIOLENCE | | | | | | | | |
| 104. Physically restraining you (e.g., grabbed arm, blocked progress, held the car door while you were in car, etc.) | | | | | | | | |
| 105. Stealing or damaging valued possessions (e.g., vandalized property/things; took, damaged, or hurt things that only this you had access to such as prior gifts, pets, etc.) | | | | | | | | |
| 106. Sexually coercing you (e.g., forcefully attempted/succeeded in kissing, feeling, or disrobing person, exposed them self, forced sexual behavior, etc.) | | | | | | | | |
| 107. Physically hurting you (e.g., pushed or shoved, slapped, hit with fist, hit with an object, etc.) | | | | | | | | |
| 108. Kidnapping or physically constraining you (e.g., by force or threat of force, trapped in a car or room; bound person; took you places against your will; etc.) | | | | | | | | |
| 109. Physically endangering your life (e.g., strangled, tried to run you off the road, displayed a weapon in front of you, used a weapon to subdue you, etc.) | | | | | | | | |
| For the next three items, please respond regarding just the experiences on this page, if any, to which you indicated you experienced in this relationship: | | | | | | | | |
| 110. How afraid did these experiences make you feel? | | Terrified | Very Afraid | Moderately Afraid | Somewhat Afraid | Slightly Afraid | Only "Concerned" | Not Afraid At All |
| 111. How threatened did these experiences make you feel? | | Extremely Threatened | Very Threatened | Moderately Threatened | Somewhat Threatened | Slightly Threatened | Close to Feeling Threatened | Not At All Threatened |
| 112. To what extent do you think these experiences amounted to "stalking"? | | DEFINITELY WAS "stalking" | Definitely was "stalking" | Probably was "stalking" | Unsure of whether or not it was "stalking" | Probably was not "stalking" | Definitely was not "stalking" | DEFINITELY WAS NOT |

COPING

(Spitzberg, 2011[®])

If you have ever in your adult life experienced someone who has obsessively intruded upon, pursued, harassed, or stalked you in an unwanted way, please respond to the items below. The items represent several types of responses that you may or may not have used in an effort to cope with this unwanted pursuit. For each behavior, please indicate the extent to which you used it, if at all, according to the response scale provided. Please circle only one answer per item. If you have not been obsessively pursued, please skip to the last page.

| TO WHAT EXTENT DID YOU ENGAGE IN ANY OF THE FOLLOWING ACTIVITIES TO COPE WITH, MANAGE, OR TRY TO DEAL WITH THE PERSON'S UNWANTED PURSUIT? | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times |
|---|-------|------|-----------|-----------|------------|-------------|------------|
| MOVING INWARD: | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 1. IGNORE THE PROBLEM (e.g., wait, assume problem will go away on its own, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 2. MINIMIZE THE PROBLEM IN YOUR OWN MIND (e.g., rationalize that the problem is less significant or serious than it actually is, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 3. DENY THE PROBLEM (e.g., refuse to acknowledge the problem at all; rationalize alternative explanations for experiences, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 4. BLAME YOURSELF (e.g., attribute responsibility for problems to my own actions or perceptions, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 5. SEEK THERAPIES (e.g., invest time and effort into hobbies, drugs, exercise, medicine, therapeutic activities such as massage, meditation, exercise, watching television, internet, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 6. SEEK MEANING IN GENERAL (e.g., invest time and effort into making sense of your situation, trying to find a reason, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 7. SEEK MEANING IN CONTEXT (e.g., invest time and effort into religion, philosophy, education, literature, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 8. ENGAGE IN SELF-DESTRUCTIVE ESCAPISM (e.g., using drugs or alcohol, doing addictive things, attempting suicide, etc.) | | | | | | | |

| TO WHAT EXTENT DID YOU ENGAGE IN ANY OF THE FOLLOWING ACTIVITIES TO COPE WITH, MANAGE, OR TRY TO DEAL WITH THE PERSON'S UNWANTED PURSUIT? | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times |
|--|-------|------|-----------|-----------|------------|-------------|------------|
| MOVING OUTWARD: | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 9. SEEK SYMPATHY FROM OTHERS (e.g., cry, explain personal problems caused by the pursuer, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 10. ENGAGE SOCIAL SUPPORT (e.g., seek or obtain emotional and/or instrumental support from friends, family, counselor, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 11. ENGAGE DIRECT INVOLVEMENT OF OTHERS (e.g., seek or obtain protection or deterrence through signals of relationships with or by friends, family, colleagues, etc) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 12. ENGAGE LEGAL/LAW ENFORCEMENT INPUT (e.g., seek or obtain input from victims advocate, report to public attorney, police, domestic violence unit, social worker, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 13. ENGAGE INDEPENDENT/PRIVATE ASSISTANCE (e.g., private investigator, bodyguard, protection service, etc.) | | | | | | | |
| TO WHAT EXTENT DID YOU ENGAGE IN ANY OF THE FOLLOWING ACTIVITIES TO COPE WITH, MANAGE, OR TRY TO DEAL WITH THE PERSON'S UNWANTED PURSUIT? | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times |
| MOVING AGAINST: | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 19. ATTEMPT TO DETER FUTURE BEHAVIOR (e.g., carry air horn or mace, show weapon, get self-defense training, put security stickers on car and home windows, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 34. USING ELECTRONIC RETALIATORY RESPONSES (e.g., sabotaging pursuer's website, "spamming" pursuer's e-mail, sending viruses to pursuer's e-mail, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 20. USE PROTECTIVE RESPONSES TO CURRENT BEHAVIOR (e.g., call police, seek restraining order, press charges, sue, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 21. USE ELECTRONIC PROTECTIVE RESPONSES (e.g., contact on-line service to block or investigate e-mail access, enhance firewalls in computer, sabotaging pursuer's website, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 22. ISSUE VERBAL WARNINGS/THREATS (e.g., articulate punishments or sanctions that the pursuer will experience if pursuit continues, threaten the police, violence, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 23. USE PHYSICAL VIOLENCE (e.g., hit, shove, use a weapon, throw an object, blackmail, restrain, beat up, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 24. BUILD A LEGAL CASE (e.g., save voice mail/e-mail, save gifts/notes, keep log of phone calls, try to entrap them) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 40. PURSUE A LEGAL CASE (e.g., sue, swear out a complaint, hire a lawyer, pursue indictment on harassment or stalking laws, etc.) | | | | | | | |

| TO WHAT EXTENT DID YOU ENGAGE IN ANY OF THE FOLLOWING ACTIVITIES TO COPE WITH, MANAGE, OR TRY TO DEAL WITH THE PERSON'S UNWANTED PURSUIT? | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times |
|---|-------|------|-----------|-----------|------------|-------------|------------|
| MOVING AWAY: | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 14. BEHAVE CAUTIOUSLY (e.g., make plans of action and escape, become more aware of environment, become more conservative or careful in daily routine, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 15. IGNORE THE PERSON'S BEHAVIOR (e.g., avoid eye contact, be non-responsive to pursuer's talk and behaviors) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 16. CONTROL THE INTERACTION (e.g., avoid asking questions, use closed body orientation, stand/sit closer with others during conversation, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 17. DISTANCE YOURSELF (e.g., maintain or increase physical distance, lean away during conversation, walk away, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 18. DETATCH OR DEPERSONALIZE (e.g., act impersonal, unemotional, uninvolved, avoid jokes or intimate communication, behave ritualistically, act strictly polite, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 25. REDIRECT OR DIVERT ATTENTION OF PURSUER (e.g., get pursuer interested in other activities, hobbies, or another person with whom she or he might be more compatible, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 26. USE VERBAL "ESCAPE" TACTICS (e.g., make excuses, claim prior commitments, existing relationship, role restrictions, etc.) | | | | | | | |
| <i>While this persona was pursuing you, did you ever...</i> 27. RESTRICT YOUR ACCESSABILITY (e.g., change schedule, arrive or leave earlier, shift activities to more public venues, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 28. BLOCK YOUR PHYSICAL ACCESSABILITY (e.g., arrange environment to avoid contact: close office doors, harden home security, caller ID, *69, hang up when called, change locks, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 29. BLOCK YOUR ELECTRONIC OR MEDIA ACCESSABILITY (e.g., get caller ID, *69, change e-mail address, contact ISP or internet provider to block certain contact sources, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 30. RELOCATE (e.g., change jobs, change address, change classes, change hobby/ recreational locations, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 31. ATTEMPT TO END THE RELATIONSHIP (e.g., claim relationship is over, provide relationship ultimatum or define boundaries, etc.) | | | | | | | |

| TO WHAT EXTENT DID YOU ENGAGE IN ANY OF THE FOLLOWING ACTIVITIES TO COPE WITH, MANAGE, OR TRY TO DEAL WITH THE PERSON'S UNWANTED PURSUIT? | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 Times | > 25 Times |
|--|-------|------|-----------|-----------|------------|-------------|------------|
| MOVING TOWARD: | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 32. DIMINISH THE SERIOUSNESS OF THE SITUATION (e.g., tease or joke with the pursuer, make light of the pursuer's actions, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 33. DECIEVE THEM (e.g., flirt or hint at interest to get out of immediate situation, arrange or suggest future meetings with no intent to keep date, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 34. USE PROBLEM SOLVING NEGOTIATION (i.e., confront pursuer with responsibility for actions and alternative approaches to achieve objectives, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 35. NEGOTIATE RELATIONSHIP DEFINITION (i.e., discuss pursuer's own preferred relationship objectives to arrive at a mutual definition; e.g., just be friends, just be colleagues, reconciliation of previous relationship, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 36. BARGAIN (e.g., offer compromises, promises, or other rewards to get pursuer to alter behavior, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 37. ACCEPT PROMISES (e.g., believe or hope that discussions that pursuer will behave more appropriately will work, etc.) | | | | | | | |
| <i>While this person was pursuing you, did you ever...</i> 38. USE VERBAL AND/OR NONVERBAL AGGRESSION (e.g., yell at, criticize, insult, make fun of, show anger, annoyance, frustration, use harsh or hostile voice, write a strongly worded e-mail, etc.) | | | | | | | |

| SYMPTOMS (Brief Version) | | | | | |
|--|--|--|--|--|------------|
| (Spitzberg, 2011©) | | | | | |
| <p>People vary considerably in the extent to which they can withstand, cope with, or otherwise manage the effects of experiencing unwanted events in their life. In regard to the worst case in which someone has pursued intimacy or a relationship with you, on more than one occasion or in more than one particular situation, that you expressly did not want to share with this person. Having experienced such unwanted pursuit of intimacy, and taking the entire time in which this person pursued you into account, and the time since, we would like to know to what extent you experienced any of the following <i>as a direct result of your experience with this person.</i></p> | | | | | |
| <p>TO WHAT EXTENT DID YOU EXPERIENCE ANY OF THE FOLLOWING, AS A DIRECT RESULT OF THE PERSON’S UNWANTED PURSUIT?</p> | | | | | NEVER |
| | | | | | ONCE |
| | | | | | 2-3 TIMES |
| | | | | | 4-5 TIMES |
| | | | | | 6-10 TIMES |
| | | | | | >10 TIMES |
| TRAUMA SYMPTOMS: | | | | | |
| 1. <i>As a result of the unwanted pursuit, I experienced...</i> | | | | | |
| BEHAVIORAL SYMPTOMS (e.g., having to change my daily routine, change my job, change my schedule, change my exercise habits or gym, change my place of worship, change my eating habits, change my hobbies, etc.) | | | | | |
| 2. <i>As a result of the unwanted pursuit, I experienced...</i> | | | | | |
| ECONOMIC SYMPTOMS (e.g., loss of income, loss of job or career, expenditure of money on security or legal actions, loss of time spent on managing this situation, etc.) | | | | | |
| 3. <i>As a result of the unwanted pursuit, I experienced...</i> | | | | | |
| MENTAL SYMPTOMS (e.g., trouble remembering things or concentrating, difficulty making decisions, mind going ‘blank,’ thinking unkind or critical things about others, heightened alertness to your surroundings, not understanding what others say, thinking optimistically about everything, heightened awareness of yourself as an object, blaming yourself for things, obsessing about things, etc.) | | | | | |
| 4. <i>As a result of the unwanted pursuit, I experienced...</i> | | | | | |
| EMOTIONAL SYMPTOMS (e.g., crying easily, feeling depressed, feeling sad, loss of interest in sex, loneliness, feeling jealous, feeling angry, feeling frustrated, helpless, feeling anxious, feeling afraid, etc.) | | | | | |
| 5. <i>As a result of the unwanted pursuit, I experienced...</i> | | | | | |
| ANXIETY SYMPTOMS (e.g., panic attacks, or feeling tense, or paranoia, or general fear of others, or shyness, or nightmares, or distrust of others, or a sense of lack of control over my life, or lack of confidence in myself, etc.) | | | | | |
| 6. <i>As a result of the unwanted pursuit, I experienced...</i> | | | | | |
| SOCIAL SYMPTOMS (e.g., being overly critical of others, putting myself down in front of others, fits of expressing unjustified anger or rage at others, overreacting to what others say or do, displaying unjustified jealousy or possessiveness toward others, shutting yourself off from others, avoiding social situations, etc.) | | | | | |
| 7. <i>As a result of the unwanted pursuit, I experienced...</i> | | | | | |
| SPIRITUAL SYMPTOMS (e.g., Loss of faith: in society, in the police and law enforcement, in my religion, in my family, in my friends or family relationships, in my actual romantic partner, in my career or job or coworkers, etc.) | | | | | |
| 8. <i>As a result of the unwanted pursuit, I experienced...</i> | | | | | |
| SELF-DESTRUCTIVE SYMPTOMS (e.g., thoughts about ending my life, making plans about ending my life, actually attempting to end my life, etc.) | | | | | |

ORI-STALKING SHORT VERSION⁶

| | | |
|--|----|-----|
| <p>1. Since the age of 18, have you experienced being persistently followed and/or harassed in a manner in which you clearly made it known that such attention or intrusions were unwanted? [ORI ACKNOWLEDGEMENT]</p> | No | Yes |
| <p>If you answered “no,” skip to _____. If you answered “yes” please answer the next 15 questions about your experience. If you have experienced such unwanted pursuit or harassment more than once or by more than one person, please respond in regard to the most serious or intense experience you have had.</p> | | |

| <p>FOR EACH ITEM, INDICATE THE EXTENT TO WHICH: This person persistently pursued greater intimacy with you in a way you expressly did not want, by or through ...</p> | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 | > 25 Times |
|---|-------|------|-----------|-----------|------------|-------|------------|
| <p>2. ... face-to-face excessive or inappropriate expressions of desire for relational enhancement or escalation, such as verbal or nonverbal messages of desire or highly sexualized suggestion, unsolicited compliments or offers of assistance, and suggestions of preferred greater intimacy [HYPER-INTIMACY]</p> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <p>3. ... contact through various communication technologies and modalities, such as email, telephone, social media, GPS, spoofing, trolling, identity theft or impersonation, sexting, ghosting, or otherwise harassment through technological means of communication. [MEDIATED CONTACT]</p> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <p>4. ... attempted or actual communication through direct, face-to-face interaction, approaches, appearances, intrusions into conversations, personal space invasions, or attempts to join conversations through the introductions of others. [INTERACTIONAL CONTACT]</p> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <p>5. ... covert efforts at monitoring you and/or obtaining information about you through synchronizing activities, loitering nearby, watching or observing from a distance, following, or driving-by location. [SURVEILLANCE]</p> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| <p>6. ... attempted or actual efforts to introduce challenges into your life. These challenges may imply contingent preferences for you to change behavior, or merely intended to decrease your quality of life through actions, gestures images or photos, verbal notes or graffiti, spoiling reputation or otherwise harassing or alienating your social network, engaging regulatory or economic harassment, leaving bizarre items to be found, or engages in unrelenting persistence in attempting contact. [HARASSMENT]</p> | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

⁶ Data have not been collected using this short version—it is a draft having undergone several rounds of review by Spitzberg & Cupach, but has yet to have demonstrated validity or reliability.

| FOR EACH ITEM, INDICATE THE EXTENT TO WHICH: This person persistently pursued greater intimacy with you in a way you expressly did not want, by or through ... | Never | Once | 2-3 Times | 4-5 Times | 6-10 Times | 11-25 | > 25 Times |
|--|--------------|-------------|------------------|------------------|-------------------|--------------|----------------------|
| 7. ... a violation of formal/legal or informal/social privacy boundaries extending to property not directly damaging to the property, such as information or property theft, invasion of personal property, or engaging in surveillance that intrudes into your personal space or property. [INVASION] | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. ... implicit or explicit messages in any medium (letter, telephone, computer, verbal or nonverbal, etc.) implying harms to occur contingent on your behavior, such as threats against reputation, property, economic security, friends, colleagues or family, threats of suicide, brandishing weapon, or threats of sexual or physical violence. [COERCION] | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. ... actions intended to harm you or other(s) contextually relevant to their relationship with you, including actual acts of vandalism, physical or sexual assault, kidnapping or physical restraint, attempted or actual attack with weapon, or injury. [AGGRESSION] | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. ... means of employing, using, deceiving or otherwise using intermediaries or third-parties to accomplish any of the tactics listed above. [PROXY PURSUIT] | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | | | |
|---|----|-----|--|
| 11. Did this unwanted pursuit occur: [MEDIUM] | | | |
| <input type="checkbox"/> Almost completely online, cyberspace, or through electronic media (e.g., Facebook, Instagram, Twitter, text messages, email, cellphone, etc.) <input type="checkbox"/> Almost completely in “real space” or face-to-face (e.g., following you, showing up in places, trespassing or invading your physical space, etc.) <input type="checkbox"/> Both online and in real space | | | |
| 12. Taking the entire duration of the unwanted pursuit or harassment, did it occur in a manner that you would consider a form of stalking—that is, do you believe that you were “stalked”? [STALKING ACKNOWLEDGEMENT] | No | Yes | |
| 13. Did this unwanted pursuit occur in a manner that you personally felt was threatening, or placed you in fear of your safety, or the safety of your family, friends, pets or property? [FEAR STANDARD] | No | Yes | |
| 14. During this time of unwanted pursuit or harassment, did this person ever threaten you verbally or through their actions? [THREAT] | No | Yes | |
| 15. During this time of unwanted pursuit or harassment, did this person ever physically assault you (e.g., slap, kick, hit, strangle, restrain, etc.)? [VIOLENCE] | No | Yes | |