

**BELL RELATIONSHIP INVENTORY
FOR ADOLESCENTS**

BRIA

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INTRODUCTION

General Description

This supplement to the *Bell Object Relations and Reality Testing Inventory* (BORRTI) manual describes the redevelopment of the Object Relations subscales from the original test for use with adolescents. The new form is called the *Bell Relationship Inventory for Adolescents* (BRIA). The Reality Testing subscales are not included in this redevelopment. Thus the BRIA is a version of the BORRTI Form O, adapted for use with adolescents aged 11 to 17. The general background and principles guiding the administration and interpretation of the BRIA are the same as those presented in the BORRTI manual (WPS Product No. W-283B). Additional development background and guidance for test use that is specific to the BRIA are provided in this manual supplement. Those who wish to use the BRIA should thus familiarize themselves with the information in both the BORRTI manual and this manual supplement. Professionals will recognize that object relations constructs underlie the scale names on the BRIA, and scientific discussion should emphasize the derivation of the BRIA from the BORRTI. Yet the title *Bell Relationship Inventory* offers simplicity and transparency to the general public.

The BORRTI has enjoyed wide use in research and clinical practice since 1986 as a self-report instrument that measures deficits in object relations and reality testing ego functioning (Bell, Billington, & Becker, 1986). As described in the BORRTI manual, Form O of the inventory includes the 45 object relations items on the instrument and provides a quick and reliable assessment of four aspects of object relations: Alienation (ALN), Insecure Attachment (IA), Egocentricity (EGC), and Social Incompetence (SI). ALN indicates a lack of basic trust, serious difficulties with intimacy, and feelings of alienation. IA measures sensitivity to rejection, fears of separation and abandonment, and vulnerability to feeling hurt by others. EGC assesses lack of empathy and a tendency toward being self-protective, controlling, and exploitative. SI indicates social discomfort, shyness, and difficulty making friends.

The BORRTI Form O was developed for adults 18 and older, but the constructs measured by its subscales apply to younger individuals as well. Thus the 50 BRIA items are closely related to the BORRTI Form O items, yielding scores on the same four dimensions and one additional score that reflects healthy object relations: Positive Attachment (POSAT). A Response Bias (RBIAS) validity score is also

provided on the BRIA, instead of the INC, FREQ, and INFREQ validity scores found on the BORRTI. A list of the BRIA scales and the number of items in each scale are displayed in Table 1. Table 1 also includes representative BRIA items paired with their original Form O counterparts for comparison of language and content. The development of the BRIA items is described in detail in chapter 4 of this manual.

Guidelines for Use

The BRIA is designed to be a valuable instrument in schools and clinical settings for quickly and accurately assessing object relations ego functioning in children and adolescents. Alternative approaches for such assessment require the use of projective techniques that are time consuming, have error variance due to problems in administration and scoring, and require specialized training.

As a self-report instrument, the BRIA can be administered in group format to identify those children at high risk for experiencing psychological disturbances and difficulties with interpersonal relationships. In a school setting this instrument may be especially helpful in the assessment of children and adolescents with a nonverbal learning disability, Asperger's Disorder, or other social and emotional disturbances where quality of relatedness is a central problem. In clinical settings, the BRIA can be used to reveal characteristic patterns of object relations deficits that may help to distinguish between Conduct Disorder, Borderline Personality Disorder, mood disorders, and psychotic disorders.

Despite the fact that the BRIA is derived from complex theoretical constructs, the scales themselves describe commonsense features of human experience that are easily understood by parents, teachers, and other laypersons. By transforming psychoanalytic ego psychology into everyday language, the BRIA will help those who work with children to attend to the inner experience of relatedness as a critically important aspect of children's lives. With the BRIA, the effectiveness of interventions can also be assessed for their impact on object relations ego functioning. In addition, the continuity of the BRIA with the adult instrument will make it possible to do repeated evaluations that cross developmental stages. With such a method available, clinicians and researchers can learn a great deal about the persistence of object relations deficits and the resiliency of children.

Table 1
Sample Items From the BRIA Scales Paired With
Corresponding Items From the BORRTI Form O

BRIA	BORRTI Form O
Positive Attachment (POSAT; 14 items)	
I am happy with the amount of affection in my life.	n/a
When my family and I don't agree, I can settle things so that nobody gets mad.	
Alienation (ALN; 13 items)	
It is my fate to lead a lonely life.	It is my fate to lead a lonely life.
I'm a loner.	(New item with no comparable BORRTI Form O item.)
I'd like to live alone far away from people.	I would like to be a hermit forever.
I have a friend who likes me and will always help me.	I have at least one stable and satisfying relationship.
Insecure Attachment (IA; 13 items)	
I want to be so close with someone that we feel like one person.	I yearn to be completely "at one" with someone.
If a good friend hurts me, I may hate myself for letting it happen.	If I become close with someone and he or she proves untrustworthy, I may hate myself for the way things turned out.
It bothers me a lot if someone I like doesn't like me anymore.	I am sensitive to possible rejection by important people in my life.
I feel lonely and empty when I'm by myself.	(New item with no comparable BORRTI Form O item.)
Egocentricity (EGC; 10 items)	
The best way to get others to do what I want is to trick them into it.	Manipulating others is the best way to get what I want.
I feel hurt or angry when someone close to me won't do what I want.	When I cannot make someone close to me do what I want, I feel hurt or angry.
A good mother should always please her children.	I believe that a good mother should always please her children.
I'll do anything to get my way.	(New item with no comparable BORRTI Form O item.)
Social Incompetence (SI; 11 items)	
<i>For boys:</i> I often feel nervous around girls.	I often feel nervous when I am around members of the opposite sex.
<i>For girls:</i> I often feel nervous around boys.	
<i>For boys:</i> I don't know how to meet or talk with girls.	I do not know how to meet or talk with members of the opposite sex.
<i>For girls:</i> I don't know how to meet or talk with boys.	
I feel shy when I talk with a boy or girl I don't know.	I feel shy about meeting or talking with members of the opposite sex.
I feel that I have to please everyone or else they may reject me.	I feel that I have to please everyone or else they might reject me.