

INVENTORY OF INTERPERSONAL PROBLEMS (IIP)

Reference:

Horowitz, L. M., Rosenberg, S. E., Baer, B. A., Ureno, G., & Villasenor, V S. (1988). Inventory of interpersonal problems: Psychometric properties and clinical applications. *Journal of Consulting and Clinical Psychology*, 56, 885-892.

Description of Measure:

A 127-item measure designed to help both clients (patients) and therapists determine sources of interpersonal distress. The measure is a self-report inventory that asks participants to rate a variety of interpersonal problems that may cause distress. The items are divided into two groups: (1) interpersonal inadequacies or inhibitions (78 items), (2) excesses or compulsions (49 items). The items in the first group all start with the phrase "It is hard for me to...", whereas the items in the second group involve the phrase "too much". Participants rate each item on a scale from 0 to 4 on how much difficulty/distress they feel regarding the item.

Abstracts of Selected Related Articles:

Horowitz, L. M., Rosenberg, S. E., & Bartholomew, K. (1993). Interpersonal problems, attachment styles, and outcomes in brief dynamic psychotherapy. *Journal of Consulting and Clinical Psychology*, 61, 549-560.

The Inventory of Interpersonal Problems (IIP) has been used to identify dysfunctional patterns in interpersonal interactions. Interpersonal problems can be organized in two dimensions, and the two-dimensional space can be divided into eight equal sectors (octants). Subscales of the IIP describe each of these octants. The instrument has been used to identify (a) interpersonal problems that are discussed most often in a brief dynamic psychotherapy and (b) problems that are treated most easily. The results show that problems in the "exploitable" octant improve most frequently, whereas problems in the "dominating," "vindictive," and "cold" octants do not improve as readily. Attachment styles in adulthood were examined (following a model proposed by Bowlby), and different attachment styles were found to correspond to different types of interpersonal problems. Finally, these variables were related to the ability to describe other people clearly. The article also discusses implications for brief dynamic psychotherapy.

Alden, L. E., Wiggins, J. S., & Pincus, A. L. (1990). Construction of circumplex scales for the Inventory of Interpersonal Problems. *Journal of Personality Assessment*, 55, 521-536.

We constructed a set of circumplex scales for the Inventory of Interpersonal Problems (IIP; Horowitz, Rosenberg, Baer, Ureno, & Villasenor, 1988). Initial scale construction used all 127 items from this instrument in two samples of university undergraduates (n = 197; n = 273). Cross-sample stability of item locations plotted against the first two principal components was high. A final set of eight 8-item circumplex scales was derived

from the combined sample (n = 470) and cross-validated in a third university sample (n = 974). Finally, we examined the structural convergence of the IIP circumplex scales with an established measure of interpersonal dispositions, the Revised Interpersonal Adjective Scales (IAS-R; Wiggins, Trapnell, & Phillips, 1988). Although both circumplex instruments were derived independently, they shared a common circular space. Implications of these results are discussed with reference to current research methods for the study of interpersonal behavior.

Gurtman, M. B. (1996). Interpersonal problems and the psychotherapy context: The construct and validity of the Inventory of Interpersonal Problems. *Psychological Assessment*, 8, 241-255.

This research investigated the construct validity of the Inventory of Interpersonal Problems (IIP; L. M. Horowitz, S. E. Rosenberg, B. A. Baer, G. Ureno, & V. S. Villaseñor, 1988) in the context of psychodynamic psychotherapy. The interpersonal circumplex was used to categorize patients reporting interpersonal distress into 1 of 4 problem quadrants: Friendly Dominant, Hostile Dominant, Hostile Submissive, and Friendly Submissive. At several points in treatment, therapists assessed their patients' personality disturbances, global functioning, and assets and liabilities for therapy. Patients described their in-session experiences using the Therapy Session Report (D. E. Orlinsky & K. I. Howard, 1975). The 4 problem types each had a coherent and distinctive set of correlates. Patients' interpersonal problems were articulated in therapists' perceptions and evaluations, and in the kinds of interpersonal and intrapsychic themes (wants, hopes, feelings, behaviors, etc.) that characterized patients' retrospective accounts of the therapy sessions. The results add to knowledge about the IIP, interpersonal problems, and the psychotherapy context.

Scale:

The IIP is available for purchase only.

Here are some example items:

Part I. The following are things you find hard to do with other people.

It is hard for me to:	(not at all)					(extremely)				
1. trust other people.	0	1	2	3	4					
2. say "no" to other people.	0	1	2	3	4					
3. join in on groups.	0	1	2	3	4					
4. keep things private from other people.	0	1	2	3	4					
5. let other people know what I want.	0	1	2	3	4					
6. tell a person to stop bothering me.	0	1	2	3	4					