

Multiple Relationships Maintenance Scale (MRMS)

Purpose

The Multiple Relationships Maintenance Scale (MRMS) assesses relationship maintenance practices in consensual non-monogamy (CNM), including communication about jealousy, attraction disclosure, compersion, sexual health maintenance, resource distribution, partner hierarchy, and related interpersonal processes.

Administration Instructions

Below is a series of statements about romantic and sexual relationships. Please rate how well each statement generally describes you and your relationship practices.

Response Scale

- 1 = Does not describe me at all
 - 7 = Describes me extremely well
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Final MRMS Scale

Attraction Disclosure

- 2.** Throughout a relationship, I discuss with my partner(s) whether we may have sexual or romantic interactions with other people.
 - 4.** I talk with my partner(s) about my attractions to other people.
 - 5.** I tell my partner(s) about my intimate or flirtatious interactions with other people.
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Jealousy Regulation

- 3.** I avoid talking to my partner(s) about the exclusiveness of our relationship (i.e., whether my partner and I may fall in love or have sex with other people). *(Reverse-scored)*
- 10.** My partner(s) and I share and discuss our experiences with jealousy.
- 11.** My partner(s) and I can talk openly with each other about jealousy.
- 12.** My partner(s) and I do not communicate well about jealousy. *(Reverse-scored)*

Childcare Willingness

- 22.** I would be willing to help my partner(s) care for their children.
- 23.** I would be able to treat my partner(s)' children as if they were my own.
- 24.** I would be willing to share my time and resources (e.g., money, housing space) with my partner(s)' children.

Compersion

- 7.** I would enjoy it if my partner(s) were having sex with other people.
- 8.** I would enjoy it if my partner(s) were romantically intimate with someone else.

Shared Extra-Pair Sexuality

- 19.** I would prefer to involve my current partner(s) in my sexual interactions with other people.
- 21.** My sexual fantasies about other people include my partner(s).

Partner Hierarchy

- 13.** I tend to give some romantic or sexual partner(s) priority in my life.
- 14.** I give some romantic or sexual partner(s) more influence over my life decisions.
- 15.** I avoid treating some romantic or sexual partners as superior. *(Reverse-scored)*

Resource Distribution

- 28.** I think about how satisfied my partner(s) are with the amount of effort and attention I give them.
 - 29.** I consider how fairly I share material resources (e.g., money, food, shelter) with my partner(s).
 - 30.** I do not often think about how much time I spend with my partner(s). *(Reverse-scored)*
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Sexual Health Maintenance

16. I use safer sex tools (e.g., condoms, hormonal birth control) with my partner(s) to avoid unwanted sexual outcomes (e.g., unintended pregnancy, sexually transmitted infection).

18. I would be willing to have unprotected sex with my partner(s) even if I were not completely sure that they were free of sexually transmitted infection or if an unwanted pregnancy might occur. *(Reverse-scored)*

Reputation Management

26. I tend to hide my romantic or sexual involvement with my partner(s) from other people.

27. I openly talk about my relationships with other people. *(Reverse-scored)*

Reverse-Scored Items

Items 3, 12, 15, 18, 27, and 30 are reverse-scored.

Subscale Structure

- Attraction Disclosure: 2, 4, 5
- Jealousy Regulation: 3(R), 10, 11, 12(R)
- Childcare Willingness: 22, 23, 24
- Compersion: 7, 8
- Shared Extra-Pair Sexuality: 19, 21
- Partner Hierarchy: 13, 14, 15(R)
- Resource Distribution: 28, 29, 30(R)
- Sexual Health Maintenance: 16, 18(R)
- Reputation Management: 26, 27(R)

(R) = Reverse-scored item.

Citation

Mogilski, J. K., Miller, G. F., Jonason, P. K., Grunt-Mejer, K., Valentova, J. V., Balzarini, R., Rodrigues, D. L., Sheff, E., Al-Shawaf, L., et al. (2026). How do people maintain consensual non-monogamy? An international development and validation of the Multiple Relationships Maintenance Scale. *Archives of Sexual Behavior*.

Notes

This document summarizes the finalized 24-item validated version of the MRMS reported in the original publication. Researchers using this measure should consult the full paper for psychometric details, validation analyses, and additional methodological information.