

Cambridge Friendship Questionnaire

Please complete the following background information about yourself and then turn over to fill out the rest of the questionnaire.

Name:.....Sex:.....

Date of birth:..... Today's date:.....

Occupation (please give most recent if not currently working):.....
.....

How old were you when you left school?.....

Do you have a degree? YES NO

Who else lives in your home? (e.g. partner, mother, flatmate, husband,
stepson):
.....
.....
.....

This questionnaire has 35 questions. Please answer every question.

For each of the following questions, tick the box next to the statement which most applies to you.

1. a I have one or two particular best friends.
- b I have several friends who I would call best friends.
- c I don't have anybody who I would call a best friend.

2. a The most important thing about a friendship is having somebody to confide in.
- b The most important thing about a friendship is having somebody to have fun with.

3. a If I had to pick, I would rather have a friend who enjoys doing the same things as me than a friend who feels the same way about life as I do.
- b If I had to pick, I would rather have a friend who feels the same way about life as I do, than a friend who enjoys doing the same things as me.

4. a I like to be close to people.
- b I like to keep my distance from people.

5. a When I talk with friends on the phone, it is usually to make arrangements rather than to chat.
- b When I talk with friends on the phone, it is usually to chat rather than to make arrangements.

6. a I tend to think of an activity I want to do and then find somebody to do it with.
- b I tend to arrange to meet somebody and then think of something to do.

7. a I prefer meeting a friend for a specific activity, e.g. going to the cinema, playing golf.
- b I prefer meeting a friend for a chat, e.g. at a pub, at a café.

8. a If I moved to a new area, I would put more effort into staying in touch with old friends than making new friends.
- b If I moved to a new area, I would put more effort into making new friends than staying in touch with old friends.
9. a My friends value me more as someone who is a support to them than as someone to have fun with.
- b My friends value me more as someone to have fun with than as someone who is a support to them.
10. a If a friend had a problem, I would be better at discussing their feelings about the problem than coming up with practical solutions.
- b If a friend had a problem, I would be better at coming up with practical solutions than discussing their feelings about the problem.
11. a If a friend was having personal problems, I would wait for them to contact me as I wouldn't want to interfere.
- b If a friend was having personal problems, I would contact them to discuss the problem.
12. a When I have a personal problem, I feel that it is better to work it out on my own.
- b When I have a personal problem, I feel that it is better to share it with a friend.
- c When I have a personal problem, I feel that it is better to try and forget about it.
13. a If I have to say something critical to a friend, I think it's best to broach the subject gently.
- b If I have to say something critical to a friend, I think it's best to just come right out and say it.

14. If I fell out with a good friend and I thought that I hadn't done anything wrong, I would

- a do whatever it takes to repair the relationship.
- b be willing to make the first move, as long as they reciprocated.
- c be willing to sort out the problem, if they made the first move.
- d not feel able to be their close friend anymore.

15. My ideal working space would be

- a in an office on my own, without any visitors during the day.
- b in an office on my own, with an occasional visitor during the day.
- c in an office with one or two others.
- d in an open plan office.

For the next set of questions, please tick the box to indicate your answer.

16. How easy do you find discussing your feelings with your friends?

- Very easy Quite easy Not very easy
Quite difficult Very difficult

17. How easy would you find it to discuss your feelings with a stranger?

- Very easy Quite easy Not very easy
Quite difficult Very difficult

18. In terms of personality, how similar to your friends do you tend to be?

- Very similar Quite similar
Not very similar Very dissimilar

19. In terms of interests, how similar to your friends do you tend to be?

- Very similar Quite similar
Not very similar Very dissimilar

20. How important is it to you what your friends think of you?

Of no importance Of little importance Fairly important
Very important Of upmost importance

21. How important is it to you what strangers think of you?

Of no importance Of little importance Fairly important
Very important Of upmost importance

22. How easy do you find it to admit to your friends when you're wrong?

Very easy Quite easy Not very easy
Quite difficult Very difficult

23. How easy do you find it to tell a friend about your weaknesses and failures?

Very easy Quite easy Not very easy
Quite difficult Very difficult

24. How easy do you find it to tell a friend about your achievements and successes?

Very easy Quite easy Not very easy
Quite difficult Very difficult

25. How interested are you in the everyday details (e.g. their relationships, family, what's currently going on in their lives) of your close friends' lives?

Completely disinterested Not very interested
Quite interested Very interested

26. How interested are you in the everyday details (e.g. their relationships, family, what's currently going on in their lives) of your casual friends' lives?

Completely disinterested Not very interested
Quite interested Very interested

27. When you are in a group, e.g. at work, school, church, parent group etc., how important is it for you to know the “gossip” e.g. who dislikes who, who’s had a relationship with who, secrets.

Of no importance Of little importance Fairly important
Very important Of great importance

28. Do you work harder at your career than at maintaining your relationships with friends?

Yes No Equal

29. How often do you make plans to meet with friends?

Once or twice a year
Once every 2 or 3 months
Once a month
Once every couple of weeks
Once or twice a week
3 or 4 times a week
More than any of the above

30. How would you prefer to keep in touch with friends?

*(Please put: 1 in the box next to your most preferred method
2 in the box next to your second preference
3 in the box next to your third preference)*

Face to face contact
Email/letters
Telephone calls

31. How easy to do you find it to make new friends?

Very easy

Quite easy

Not very easy

Quite difficult

Very difficult

32. What would be the minimum social contact you would need to get through a day?

No contact – I don't get lonely

Just being near to people, even if I am not talking to them

A casual chat, e.g., with a shop assistant or hairdresser

A chat with a friend

Two or three chats with friends during the day

More than any of the above

33. What would be the minimum social contact you would need to get through a week?

None – I don't get lonely

Being around people, even if I wasn't talking to them

Casual chats, e.g. with a shop assistant or hairdresser

One chat with a friend

Two or three chats during the week with friends

One chat every day with a friend

Two or three chats every day with a friend

More than any of the above

34. When talking with friends, what proportion of your time do you spend talking about the following:

*(Please put: 1 in the box next to the topic that you talk most about,
2 in the box next to the topic you talk next most about, etc, through to
7 in the box next to the topic you talk least about.*

Use each number only once i.e. there should be no ties.)

- | | |
|---|--------------------------|
| Politics and current affairs | <input type="checkbox"/> |
| Hobbies and interests (eg. sport, TV, music,
cinema, fashion, holidays, gardening, DIY etc.) | <input type="checkbox"/> |
| Personal matters (e.g. life choice decisions,
arguments, feelings) | <input type="checkbox"/> |
| Work | <input type="checkbox"/> |
| Family and friends | <input type="checkbox"/> |
| The weather | <input type="checkbox"/> |
| What you've been doing since last time you spoke | <input type="checkbox"/> |

35. At social occasions, when you meet someone for the first time, how likely are you to talk about the following.

*(Please put: 1 in the box next to the topic that you talk most about,
2 in the box next to the topic you talk next most about, etc, through to
7 in the box next to the topic you talk least about.*

Use each number only once i.e. there should be no ties.)

- | | |
|--|--------------------------|
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arguments, feelings) | <input type="checkbox"/> |
| Work | <input type="checkbox"/> |
| Family and friends | <input type="checkbox"/> |
| The weather | <input type="checkbox"/> |
| What you've been doing recently | <input type="checkbox"/> |

Thank you for completing this questionnaire