Technology-Facilitated Abuse in Relationships (TAR) Scale

Practitioner Information Only

- The Technology-facilitated abuse in relationships (TAR) Scale is a tool that measures the victimisation and emotional impact of self-reported technology-facilitated abuse in relationships.
- The scale consists of 30 items, requiring respondents to answer in relation to the last 12 months and targets the dimensions of Humiliation, Monitoring and Control, Sexual Coercion and Threats. It is not a risk assessment.
- The TAR scale may be used by Domestic, Family and Sexual Violence practitioners to help identify client victimisation and impacts. While it does not reflect a rating of severity or risk, it may be useful to start conversations about tech-facilitated abuse and the impact these experiences are having on individuals.
- The TAR Scale was developed using best-practice scale development protocols among a sample of 527 Australian men and women aged 16 to 24 years and should only be used with individuals in this age group.
- A full description of the development and validation of the TAR Scale can be found in the publication: Brown, C., & Hegarty, K. (2021). Development and validation of the TAR Scale: A measure of technology-facilitated abuse in relationships. Computers in Human Behavior Reports, 3. doi:10.1016/j.chbr.2021.100059
- A systematic review recommended the TAR Scale as a leading instrument for analysing technology-facilitated abuse in relationships: Martínez Soto, A., & Ibabe, I. (2022). Recommended Instruments for Analyzing Cyber Dating Violence: A Systematic Review. The Spanish Journal of Psychology, 25, e4. doi:10.1017/SJP.2021.50
- Questions target the following dimensions: Monitoring & Control (1-7), Threats (8-12), Humiliation (13-22) and Sexual Coercion (23-30)

Definitions

Dating Relationship: Two or more people in an emotionally and/or physically intimate relationship. The relationship may or may not be sexual. It may be casual or serious, short-term or long-term, straight, gay, monogamous or open. Terms used to describe these kinds of relationships include: married, husband, wife, de facto spouse, boyfriend, girlfriend, going out, hanging out, hooking up, seeing each other, friends with benefits, and unofficially dating.

Digital Devices: A digital device includes any type of modern-day technology used to interact with other people. Examples include (but are not limited to) mobile phones, smartphones, computers, tablets, laptops, notepads, internet, social media, GPS devices, software, apps.

Client to Complete

Client's Name: _____ **Client's Gender:** _____ **Client's DOB:** _____

Have you been in a dating relationship in the last 12 months?

Are you currently in a dating relationship?

When you answered the previous questions, did you answer in relation to: *(please select all that apply)*

Spouse ○ de facto ○ boyfriend ○ girlfriend ○ transgender partner ○ Other ○ *(please specify)* _____

The TAR Scale

		How often have the following behaviours happened to you in the last 12 months?						How distressed were you by each behaviour?					How afraid did each behaviour make you feel?				
		Not at all	Once	A few times	Monthly	Weekly	Daily/ Almost Daily	Not at all distressed	Slightly Distressed	Moderately Distressed	Very Distressed	Extremely Disstressed	Not at all afraid	Slighly afraid	Moderately afriad	Very afraid	Extremely afraid
1	Made me remove or add contact(s) on my digital device	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2	Made me stop interacting with another person(s) on my digital device	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
3	Pressured me to share my password(s) with them	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
4	Made me disclose digital conversation(s) I've had with another person(s) to them	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
5	Checked to see who I was communicating with on my digital device in a way that made me feel uncomfortable	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
6	Logged onto my digital device without my permission	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
7	Monitored where I am via tracking software	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
8	Sent me threatening messages on a digital device	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
9	Threatened on a digital device to emotionally hurt me	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
10	Threatened on a digital device to damage things that are important to me	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
11	Made me feel threatened if I ignored their calls or messages	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
12	Threatened on a digital device to physically hurt themselves if I didn't do what they wanted	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
13	Signed me onto a pornography site without my permission	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
14	Started a social networking page for posting negative information about me	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

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15	Threatened to distribute nude image(s) of me	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
16	Told me on a digital device to harm myself	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
17	Edited a photo or video of me in an offensive manner and sent it to me	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
18	Threatened on a digital device to physically hurt me	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
19	Changed an aspect of my online profile without my permission	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
20	Posted something negative through my account without my permission	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
21	Threatened on a digital device to physically hurt my family or friends	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
22	Shared a hurtful meme about me on a digital device	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
23	Pressured me to send nude image(s) of myself	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
24	Pressured me on a digital device to send sexually explicit messages	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
25	Pressured me to engage in phone sex	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
26	Pressured me on a digital device to engage in sexual acts	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
27	Pressured me on a digital device to discuss sexual issues	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
28	Pressured me to engage in sexual activity via live video	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
29	Sent me unwelcome nude images	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
30	Shared a nude photo or video of me without my permission	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

NOTE: Clients' answers to the TAR scale may differ over time depending on a number of factors. In the context of domestic violence, different responses do not necessarily indicate decreased threat or unreliable reporting by clients.