



## UNC CFAR Social and Behavioral Science Research Core SABI Database

**INSTRUMENT TITLE:** Checklist of Controlling Behaviors

**SOURCE ARTICLE:** Lehmann, P., Simmons, C. A., & Pillai, V. K. (2012). The validation of the Checklist of Controlling Behaviors (CCB): assessing coercive control in abusive relationship. *Journal of Family Violence*, 24(2), 133-143.

**POPULATION:** Women, patients

**RESPONSE OPTIONS:** (1) Never, (2) Rarely, (3) Occasionally, (4) Frequently, and (5) Very frequently

**SCORING:** Scores from each item are summed for each subsection. Then the subsection totals are summed to a CCB sum. The sum corresponds to a range that indicates the range of frequency of controlling behaviors. A sum of 82 indicates never, 83-164 indicates rarely, 165-246 indicates occasionally, 247-328 indicates frequently, and 327-410 indicates very frequently.

### **SURVEY ITEMS:**

[This instrument has already been formatted by the author. Please see attached.]

**RELIABILITY INFORMATION:** Cronbach's  $\alpha = .943$ ; Split-half reliability = .969

**VALIDITY INFORMATION:** The following methods were used to assess validity:  
Construct validity

### **TERMS OF USE:**

Individuals may use this information for research or educational purposes only and may not use this information for commercial purposes. When using this instrument, please cite:

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When presenting results using any survey information you obtained from the SABI, please acknowledge the University of North Carolina at Chapel Hill Center for AIDS Research (CFAR), an NIH funded program P30 AI50410.



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- Strong correlations were found between subscales
- Strong factor loadings within each subscale

### **FACTOR ANALYSIS:**

Factor analysis yielded 10 factors.

Economic abuse  
Sexual abuse  
Physical abuse  
Emotional abuse  
Isolation  
Intimidation  
Minimization  
Male privilege  
Blaming  
Threat

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## Appendix A

### Checklist of Controlling Behaviors

Instructions: For each of the statements below, please circle in the number that best explains the abusive behavior that you or your partner may have experienced within the relationship that has brought you here today.

Physical abuse	Never	Rarely	Occasionally	Frequently	Very frequently
1. Threw something at me.....	--1--	--2--	--3--	--4--	--5--
2. Pushed or grabbed me.....	--1--	--2--	--3--	--4--	--5--
3. Pulled my hair.....	--1--	--2--	--3--	--4--	--5--
4. Choked me.....	--1--	--2--	--3--	--4--	--5--
5. Pinned me to the wall, floor, bed.....	--1--	--2--	--3--	--4--	--5--
6. Hit, kicked, or punched me...	--1--	--2--	--3--	--4--	--5--
7. Hit or tried to hit me with something.....	--1--	--2--	--3--	--4--	--5--
8. Threatened me with a knife, gun, or other weapon.....	--1--	--2--	--3--	--4--	--5--
9. Spit at me.....	--1--	--2--	--3--	--4--	--5--
10. Tried to block me from leaving.....	--1--	--2--	--3--	--4--	--5--
Sexual abuse	Never	Rarely	Occasionally	Frequently	Very frequently
1. Physical forced me to have sexual intercourse	--1--	--2--	--3--	--4--	--5--
2. Pressured me to have sex when I said no.....	--1--	--2--	--3--	--4--	--5--
3. Pressured or forced me into other unwanted sexual acts (oral, anal, etc.).....	--1--	--2--	--3--	--4--	--5--
4. Treated me like a sex object..	--1--	--2--	--3--	--4--	--5--
5. Inflicted pain on me during sex.....	--1--	--2--	--3--	--4--	--5--
6. Pressured me to have sex after a fight.....	--1--	--2--	--3--	--4--	--5--

(continued)

## Appendix A (continued)

Sexual abuse	Never	Rarely	Occasionally	Frequently	Very frequently
7. Was insensitive to my sexual needs.....	--1--	--2--	--3--	--4--	--5--
8. Made jokes about parts of my body.....	--1--	--2--	--3--	--4--	--5--
9. Blames me because others found me attractive.....	--1--	--2--	--3--	--4--	--5--
Emotional abuse	Never	Rarely	Occasionally	Frequently	Very frequently
1. Insulted me in front of others.....	--1--	--2--	--3--	--4--	--5--
2. Put down my sexual attractiveness.....	--1--	--2--	--3--	--4--	--5--
3. Made out I was stupid.....	--1--	--2--	--3--	--4--	--5--
4. Criticized my care of children or home.....	--1--	--2--	--3--	--4--	--5--
5. Swore at me.....	--1--	--2--	--3--	--4--	--5--
6. Told me I was crazy.....	--1--	--2--	--3--	--4--	--5--
7. Told me I was irrational.....	--1--	--2--	--3--	--4--	--5--
8. Blamed me for his problems..	--1--	--2--	--3--	--4--	--5--
9. Made untrue accusations.....	--1--	--2--	--3--	--4--	--5--
Economic abuse	Never	Rarely	Occasionally	Frequently	Very frequently
1. Did not allow me equal access to the family money..	--1--	--2--	--3--	--4--	--5--
2. Told me or acted as if it was "his money, his house, his car, etc.".....	--1--	--2--	--3--	--4--	--5--
3. Threatened to withhold money from me.....	--1--	--2--	--3--	--4--	--5--
4. Made me ask for money for the basic necessities.....	--1--	--2--	--3--	--4--	--5--
5. Used my fear of not having access to money to control my behavior.....	--1--	--2--	--3--	--4--	--5--
6. Made me account for the money I spent.....	--1--	--2--	--3--	--4--	--5--
7. Tried to keep me dependant on him for money.	--1--	--2--	--3--	--4--	--5--

(continued)

## Appendix A (continued)

Intimidation	Never	Rarely	Occasionally	Frequently	Very frequently
1. Moved toward me when he was angry.....	--1--	--2--	--3--	--4--	--5--
2. Pounded his fists on table....	--1--	--2--	--3--	--4--	--5--
3. Hit the wall.....	--1--	--2--	--3--	--4--	--5--
4. Smashed or broke something.	--1--	--2--	--3--	--4--	--5--
5. Threw or kicked something..	--1--	--2--	--3--	--4--	--5--
6. Used angry facial gestures....	--1--	--2--	--3--	--4--	--5--
7. Drove angrily or recklessly..	--1--	--2--	--3--	--4--	--5--
Threats to:	Never	Rarely	Occasionally	Frequently	Very frequently
1. Hit or kill me.....	--1--	--2--	--3--	--4--	--5--
2. Turns others against me.....	--1--	--2--	--3--	--4--	--5--
3. Take the children away.....	--1--	--2--	--3--	--4--	--5--
4. Make sure I didn't have money.....	--1--	--2--	--3--	--4--	--5--
5. Show up unexpectedly or to always be watching me.....	--1--	--2--	--3--	--4--	--5--
6. Come after me if I left.....	--1--	--2--	--3--	--4--	--5--
7. Have me committed.....	--1--	--2--	--3--	--4--	--5--
Minimizing/denying	Never	Rarely	Occasionally	Frequently	Very frequently
1. Denied that he had abused me.....	--1--	--2--	--3--	--4--	--5--
2. Told me I was lying about being abused.....	--1--	--2--	--3--	--4--	--5--
3. Insisted that what he did was not so bad.....	--1--	--2--	--3--	--4--	--5--
4. Told me to forget about what he did and leave it in the past.	--1--	--2--	--3--	--4--	--5--
5. Told me that abuse was a normal part of relationships..	--1--	--2--	--3--	--4--	--5--
6. Told me he couldn't remember hurting me.....	--1--	--2--	--3--	--4--	--5--
7. Told me I hurt myself when I fell.....	--1--	--2--	--3--	--4--	--5--
Blaming	Never	Rarely	Occasionally	Frequently	Very frequently
Blamed me for his abusive behavior by saying:					
1. It was my fault.....	--1--	--2--	--3--	--4--	--5--
2. I deserved it.....	--1--	--2--	--3--	--4--	--5--
3. He has to teach me a lesson.	--1--	--2--	--3--	--4--	--5--
4. I provoked him.....	--1--	--2--	--3--	--4--	--5--

(continued)

## Appendix A (continued)

Blaming	Never	Rarely	Occasionally	Frequently	Very frequently
5. It "takes two to tango".....	--1--	--2--	--3--	--4--	--5--
6. I hurt him first.....	--1--	--2--	--3--	--4--	--5--
7. I asked/dared him to hit me..	--1--	--2--	--3--	--4--	--5--
Isolation	Never	Rarely	Occasionally	Frequently	Very frequently
1. Told me I couldn't do something.....	--1--	--2--	--3--	--4--	--5--
2. Forbade or stopped me from seeing someone...	--1--	--2--	--3--	--4--	--5--
3. Monitored my time or made me account for where I was.	--1--	--2--	--3--	--4--	--5--
4. Restricted my use of the car.	--1--	--2--	--3--	--4--	--5--
5. Restricted my use of the telephone.....	--1--	--2--	--3--	--4--	--5--
6. Listened to my telephone conversations.....	--1--	--2--	--3--	--4--	--5--
7. Pressures me to stop contacting my family or friends.....	--1--	--2--	--3--	--4--	--5--
8. Made it difficult for me to get a job or pursue a vocation.	--1--	--2--	--3--	--4--	--5--
9. Kept me from getting medical attention.....	--1--	--2--	--3--	--4--	--5--
10. Tried to turn people against me..	--1--	--2--	--3--	--4--	--5--
Male privilege	Never	Rarely	Occasionally	Frequently	Very frequently
1. Demanded obedience.....	--1--	--2--	--3--	--4--	--5--
2. Treated me like a servant....	--1--	--2--	--3--	--4--	--5--
3. Treat me like an inferior....	--1--	--2--	--3--	--4--	--5--
4. Expected me to meet his sexual needs regardless of my needs.....	--1--	--2--	--3--	--4--	--5--
5. Treated me like I was helpless or incapable.....	--1--	--2--	--3--	--4--	--5--
6. Told me I couldn't get along without him.....	--1--	--2--	--3--	--4--	--5--
7. Had or demanded the final say in decisions.....	--1--	--2--	--3--	--4--	--5--
8. Did not allow me to do the things that he thought he had a right to do because he was a man.....	--1--	--2--	--3--	--4--	--5--
9. Treated me like a servant...	--1--	--2--	--3--	--4--	--5--

<Thank you for completing this form>