How to Create a Thoughtful Relationship Communication Quiz

Relationship Quizzes · about 23 minutes · 2026-11-06

Design a relationship communication quiz that prompts useful reflection instead of assigning pop-psychology labels. These 20 steps cover purpose, question writing, response scales, transparent scoring, privacy, pilot testing, and actionable feedback.

Things you will need

- One-sentence reflection purpose and intended-audience statement
- Three or four observable communication themes
- Question and response-scale draft
- Transparent scoring and missing-answer rules
- Privacy notice and voluntary-sharing design
- Pilot-feedback notes and a version log

Defining the Purpose, Audience, and Ethical Limits

1. **State one reflection purpose for the quiz**
   Define one reflection purpose before writing any questions.
2. **Name the audience and completion context**
   Identify the intended audience and completion context.
3. **Pick a few observable communication themes**
   Choose a few observable communication behaviors to explore.
4. **Review sources, instruments, and permissions**
   Review relevant research, existing instruments, and usage permissions.
5. **Publish the purpose and its limits plainly**
   Publish the intended use and limitations in plain language.

Writing Clear Questions and Response Options

6. **Ask one idea per question item**
   Ask only one idea per item.
7. **Anchor items to behavior and timeframe**
   Anchor items to a specific behavior and time frame.
8. **Write neutral wording without loaded cues**
   Write neutral wording that does not advertise the desirable answer.
9. **Vary the situations across your items**
   Use varied, realistic situations across the item set.
10. **Check accessibility, dignity, and skip options**
    Review every item for accessibility, dignity, and a safe way to skip it.

Designing Transparent Scoring and Protecting Privacy

11. Choose one consistent response scale

Choose one consistent response scale with clearly labeled anchors.

12. Set scoring rules before collecting answers

Write the scoring rules before looking at anyone's answers.

13. Specify reverse scoring and missing answers

Specify reverse scoring and missing-answer handling precisely.

14. Report patterns instead of verdicts

Report behavior patterns rather than rankings or relationship verdicts.

15. Collect less data and explain privacy

Minimize data collection and explain privacy before participation.

Piloting the Quiz and Publishing Useful Feedback

16. Pilot with a small representative group

Pilot the draft with a small group resembling the intended audience.

17. Revise items and read patterns cautiously

Revise confusing items and inspect response patterns cautiously.

18. Offer one modest next step per result

Turn every result into a modest, optional next step.

19. Test privacy and voluntary sharing end to end

Test the complete experience for accessibility and voluntary sharing.

20. Publish a version record and review date

Publish a version record and schedule a content review.

Sources

1. Questionnaire Design — clear wording, bias, and pretesting
   https://www.pewresearch.org/methods/u-s-survey-research/questionnaire-design/
2. Computer-Based and Internet Delivered Testing — test-taker information and privacy
   https://www.intestcom.org/files/guideline_computer_based_testing.pdf
3. Research-Based Quizzes — examples of self-reflection assessments
   https://greatergood.berkeley.edu/quizzes
4. Open Source Psychometrics Project — measures, source information, and licensing starting points
   https://openpsychometrics.org/
5. Personality — approaches to traits, patterns, and assessment
   https://www.apa.org/topics/personality

Written as a checklist from https://www.howcompass.com/how-to/Create-a-Thoughtful-Relationship-Communication-Quiz. Corrections: https://w