

# Male Role Norms Inventory (MRNI)

Name:

Date of birth:

Contact information (optional):

Gender:

## Instructions

Read each statement carefully and choose the response that best reflects your level of agreement.

Use the 7-point scale below:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Slightly Disagree
- 4 = Neutral
- 5 = Slightly Agree
- 6 = Agree
- 7 = Strongly Agree

Avoidance of femininity	1	2	3	4	5	6	7
1. Housework is women's work.							
2. Jobs like firefighter and electrician should be reserved for men.							
3. Boys should prefer to play with trucks rather than dolls.							
4. A man should prefer football to needlecraft.							
5. Boys should not throw baseballs like girls.							
6. A man should avoid holding his wife's purse at all times.							
7. Men should be allowed to wear bracelets.*							
8. It is too feminine for a man to use clear nail polish on his fingernails.							
Restrictive emotionality	1	2	3	4	5	6	7
9. Men should be detached in emotionally charged situations.							
10. Nobody likes a man who cries in public.							

**7- point scale:**

1 = Strongly Disagree  
2 = Disagree

3 = Slightly Disagree  
4 = Neutral

5 = Slightly Agree  
6 = Agree

7 = Strongly Agree

<b>Restrictive emotionality</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
11. It's not particularly important for a man to control his emotions.*							
12. If a man is in pain, it's better for him to let people know than to keep it to himself.*							
13. A man should never reveal worries to others.							
14. Fathers should teach their sons to mask fear.							
15. One should not be able to tell how a man is feeling by looking at his face.							
16. Men should not be too quick to tell others that they care about them.							
17. Men should be allowed to kiss their fathers.*							
18. Being a little down in the dumps is not a good reason for a man to act depressed.							
<b>Aggression</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
19. A man should not force the issue if another man takes his parking space.*							
20. Boys should be encouraged to find a means of demonstrating physical prowess.							
21. A man who has no taste for adventure is not very appealing.							
22. Men should get up to investigate if there is a strange noise in the house at night.							
23. A boy should be allowed to quit a game if he is losing.*							
24. When physically provoked, men should not resort to violence.*							
25. It is important for a man to take risks, even if he might get hurt.							
26. When the going gets tough, men should get tough.							

**7- point scale:**

1 = Strongly Disagree  
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<b>Achievement/status</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
27. If necessary, a man should sacrifice personal relationships for career advancement.							
28. It's not important for men to strive to reach the top.*							
29. In a group, it's up to the men to get things organized and moving ahead.							
30. A man should do whatever it takes to be admired and respected.							
31. It's o.k. for a man to buy a fast, shiny sports car if he wants, even if he may have to stretch beyond his budget.							
32. A man should always be the major provider in his family.							
33. It's o.k. for a man to ask for help changing a tire.*							
34. A man should try to win at any sport he participates in.							
35. Men should have goals and be determined to achieve them.							
36. Men should make the final decision involving money.							
<b>Self-reliance</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
37. A man should never count on someone else to get the job done.							
38. A man should think things out logically and have good reason for what he does.							
39. Men should always be realistic.							
40. A man should be level-headed							
41. A man should never doubt his own judgment.							
42. A man must be able to make his own way in the world.							
43. A man who takes a long time and has difficulty making decisions will usually not be respected.							

**7- point scale:**

1 = Strongly Disagree  
2 = Disagree

3 = Slightly Disagree  
4 = Neutral

5 = Slightly Agree  
6 = Agree

7 = Strongly Agree

<b>Homophobia</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
44. Being called "faggot" is one of the worst insults to a man or boy.							
45. A man should not continue a friendship with another man if he finds out that the other man is homosexual.							
46. A man should be able to openly show affection to another man.*							
47. There are some subjects which men should not talk about with other men.							
48. It is disappointing to learn that a famous athlete is gay.							
<b>Attitudes toward sex</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
49. A man should always be ready for sex.							
50. A man doesn't need to have an erection in order to enjoy sex.*							
51. It is important for a man to be good in bed.							
52. A man should love his sex partner.*							
53. Men should always take the initiative when it comes to sex.							
54. A man shouldn't have to worry about birth control.							
55. For a man, sex should be a spontaneous, rather than pre-planned activity.							
56. For men, touching is simply the first step toward sex.							
57. Hugging and kissing should always lead to intercourse.							
58. A man shouldn't bother with sex unless he can achieve an orgasm.							

<b>Subscales score:</b>	
Avoidance of femininity:	Restrictive emotionality:
Aggression:	Achievement/status:
Self-reliance:	Homophobia:
Attitudes toward sex:	
<b>Total score:</b>	
<b>Scoring instructions</b>	
<b>Reverse scoring:</b>	
Items marked with an asterisk (*) should be reverse scored (i.e., 1 = 7, 2 = 6, etc.)	
<b>Subscales scores:</b>	
Group scores into the following subscales:	
<ol style="list-style-type: none"> <li>1. Avoidance of femininity (Questions 1–8)</li> <li>2. Restrictive emotionality (Questions 9–18)</li> <li>3. Aggression (Questions 19–26)</li> <li>4. Achievement/status (Questions 27–36)</li> <li>5. Self-reliance (Questions 37–43)</li> <li>6. Homophobia (Questions 44–48)</li> <li>7. Attitudes toward sex (Questions 49–58)</li> </ol>	
<b>Total score:</b>	
Sum all responses (after reverse scoring) to calculate the total MRNI score.	
<b>Interpretation</b>	
Higher scores reflect stronger adherence to traditional male role norms. Meanwhile, lower scores indicate less adherence to these norms or more egalitarian beliefs.	

**Reference:** Levant, R. F., Hirsch, L. S., Celentano, E., Cozza, T. M., et al. (1992). The male role: An investigation of contemporary norms. *Journal of Mental Health Counseling*, 14(3), 325–337.