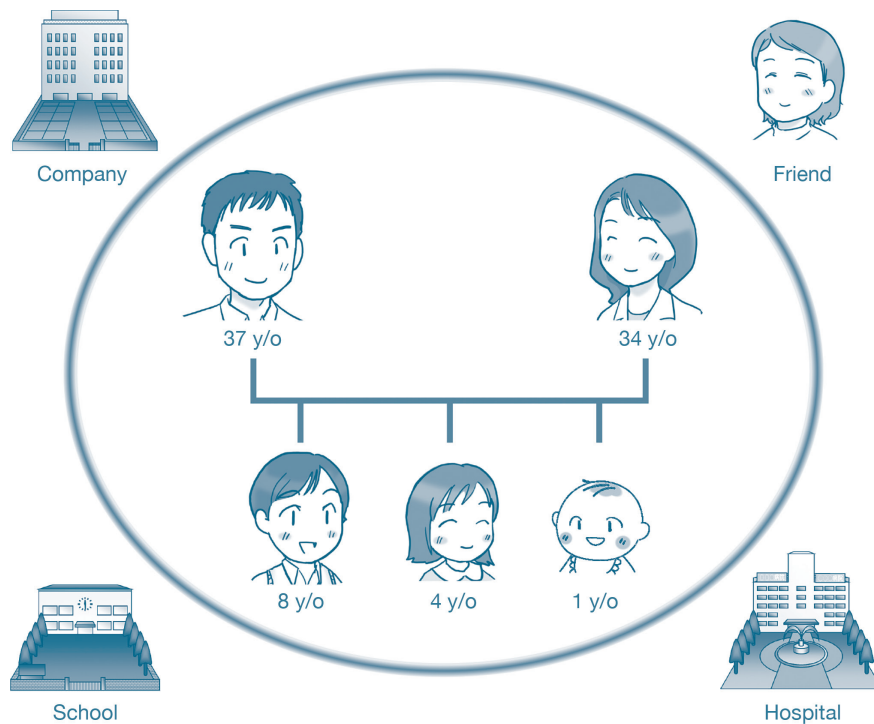


Family ID number: _____

Today's date: _____ day _____ month _____ year

FEM-EN (Family Environment Map)



The English Version of the Family Environment Map (FEM-EN)

© Naohiro Hohashi

Request concerning mapping of the FEM





This Family Environment Map is a tool for creating a diagram to indicate the structure of your family; the relationships between family members; the relationships between family members and people outside the family; facilities or systems utilized by family members; differentiation between a family and a non-family, and so on. I will produce a Family Environment Map together with you. Now I am going to ask you some questions, so [while discussing the questions among yourselves, please reply in a way that reflects your entire family's opinion.](#)

[“Your family” applies to individuals who you consider to be members of your family, including yourself.](#) For example these might include your parents, your spouse by marriage or partner (including cohabitation, common-law marriage, and de facto marriage), any children, and so on. Family members can include those who live together with you and those who live apart. However, please do not include as family members individuals who have passed away, yet-unborn infants (in the case of a current pregnancy) or animals (pets).



























Number of family members: _____ people

Supplementary explanations and additional information:

Legend

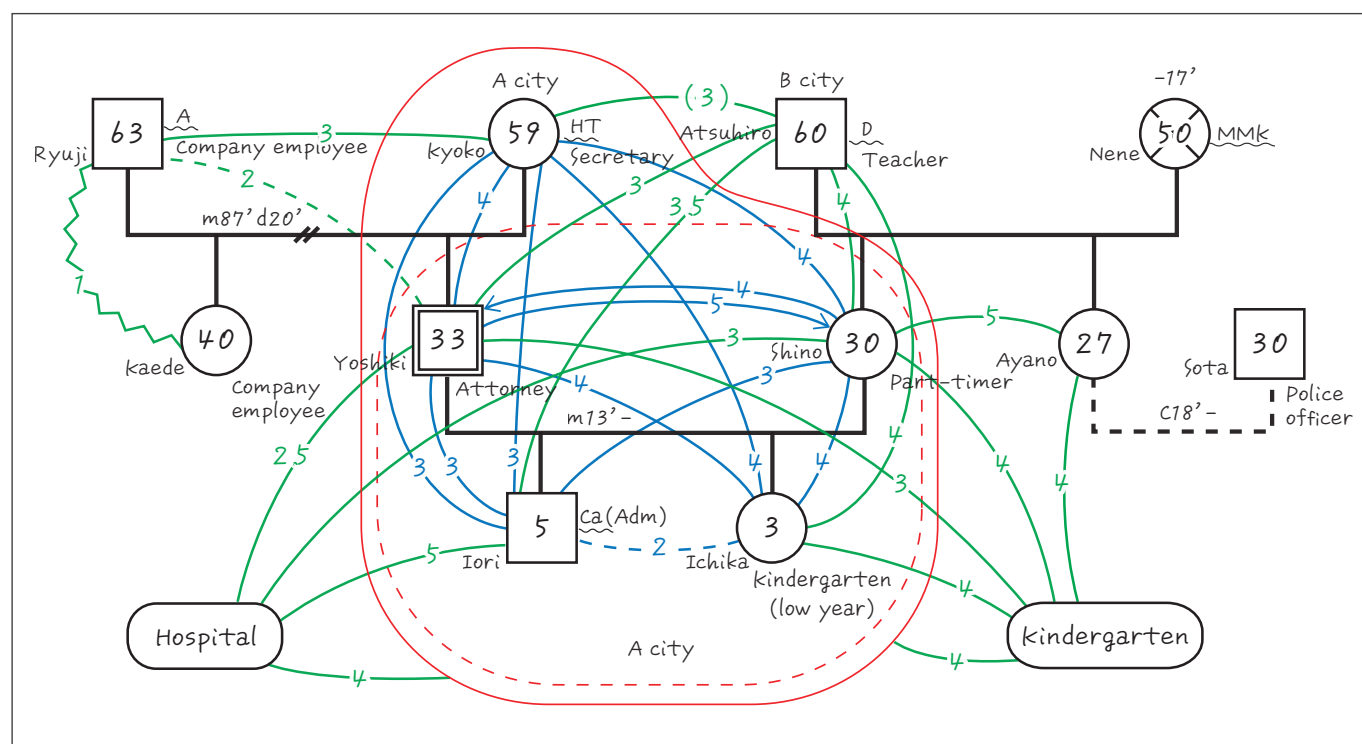
Symbol	Meaning	Symbol	Meaning
	Male		Range of cohabitants (to be filled in red dotted line)
	Female		Location of family's interface membrane (to be filled in red solid line)

Diagramming method of relationship lines

Relation to family internal environment/ relation to family external environment	Diagramming method (relation to family internal environment drawn in blue, relation to family external environment drawn in green) ^{a)}	
Level 5. Relationships proceeding very well/ Appropriate distance is maintained		
		
Level 4. Relationships proceeding fairly well/ Suitable distance is maintained		
		
Level 3. Neither one nor the other/ Distance maintained to some degree		
		
Level 2. Relationships not proceeding well/ Distance maintained is unsuitable		
		
Level 1. Relationships not proceeding at all well/ Distance maintained is inappropriate		
		
Note: The direction of the relationship (unidirectional relationship) can be indicated by writing an arrowhead at the ends of the abovementioned relationship lines.	(Example)  	
	 	
	 	

a) The relationship level estimated by the nurse, not the family's subjective judgment, should be entered in parentheses.
Also, the relationship line between family external environments should be colored green.

Example of FEM mapping

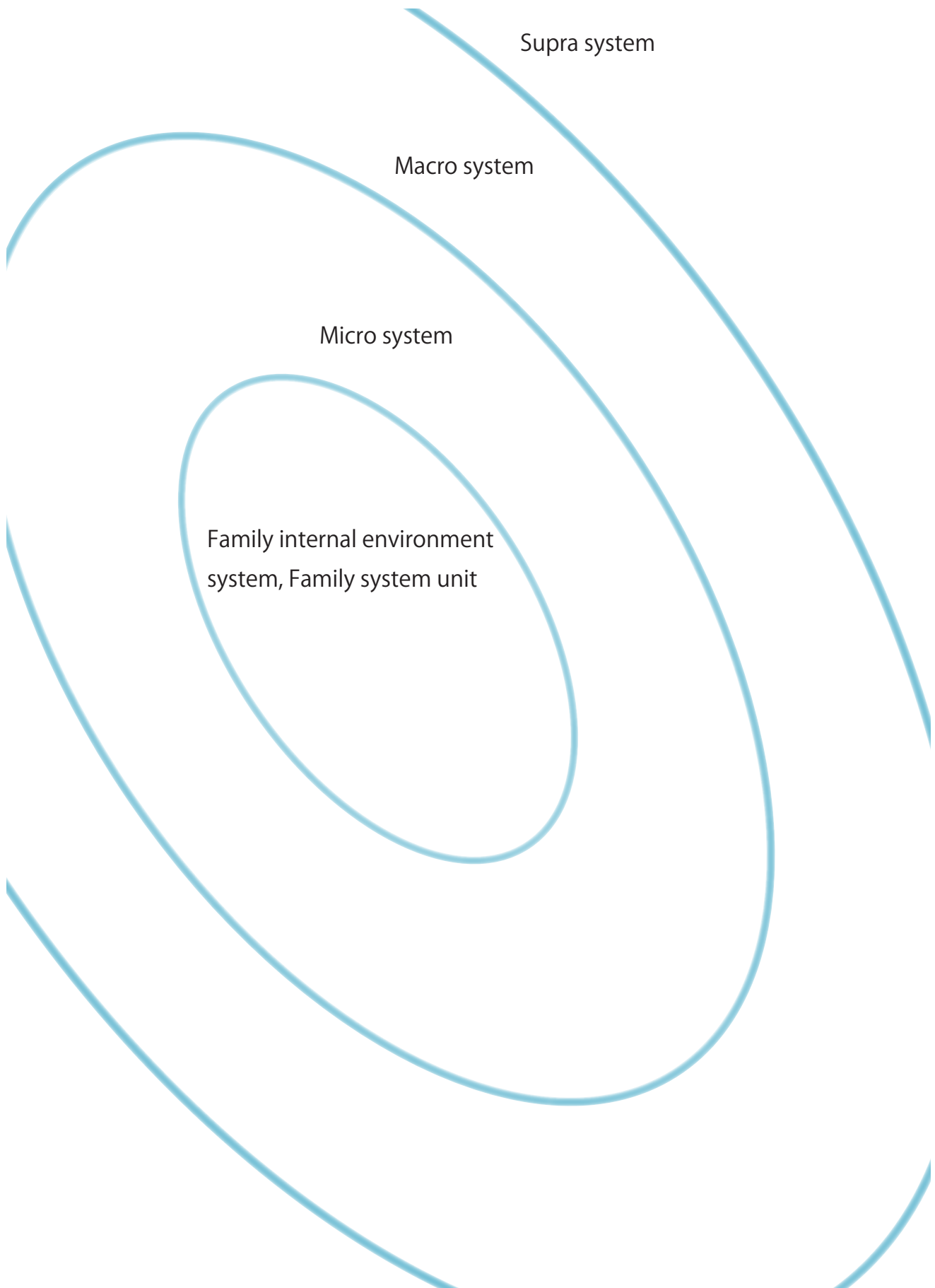


Note: For details on the mapping method, please refer to the Assessment Guide. The family external environment should be written separately in a rounded rectangle (a square with four rounded corners) and placed outside the family's interface membrane. The name of the illness/disability (using medical abbreviations where necessary) should be clearly indicated by a wavy underline.

Items that can be entered in FEM

Residences of family members, lineal ascendants, and lineal descendants	Enter the residence at the city, town, or village level, not just the prefecture, and enter the distance (structural distance) between the residence and the residences of family members, lineal ascendants, and lineal descendants in the family external environment. If necessary, also enter the duration of residence (in years and months).
Related institutions (things) connected to the family/family members	Indicates health, medical, and welfare facilities (community comprehensive support centers, day services [nursing care for older adults], day care [day rehabilitation], etc.), educational and childcare institutions, lifelong learning facilities, and convenience facilities (post offices, banks, supermarkets/convenience stores, etc.). Enter the locations of these facilities at the city, town, or village level, not just the prefecture, and enter the distance from the family's residence, how frequently the family/family members use them, and the means of transportation utilized.
Systems (things) used by family members/family members	Indicates the long-term care insurance system, visiting nursing, visiting care, short stays (short-term in-house care, short-term residential care), meal delivery services, etc. Enter the locations of the relevant institutions that provide these systems at the city, town, or village level, as well as the prefecture, and also enter the distance from the family's residence and the frequency with which the family/family members use them (structural distance).
People connected to family/family members	This refers to relatives (including distant relatives), friends, neighbors, coworkers (colleagues, superiors, etc.), nurses, care managers, visiting care workers (home helpers, helpers), social workers, care workers, mental health and welfare workers, welfare commissioners, etc. The locations of these people should be entered at the city, town, or village level, not just the prefecture, and the distance from the family's residence, the frequency of contact between the family/family members (structural distance), and the means of transportation utilized to meet them.

Structural distance diagram (Physical relationship diagram):

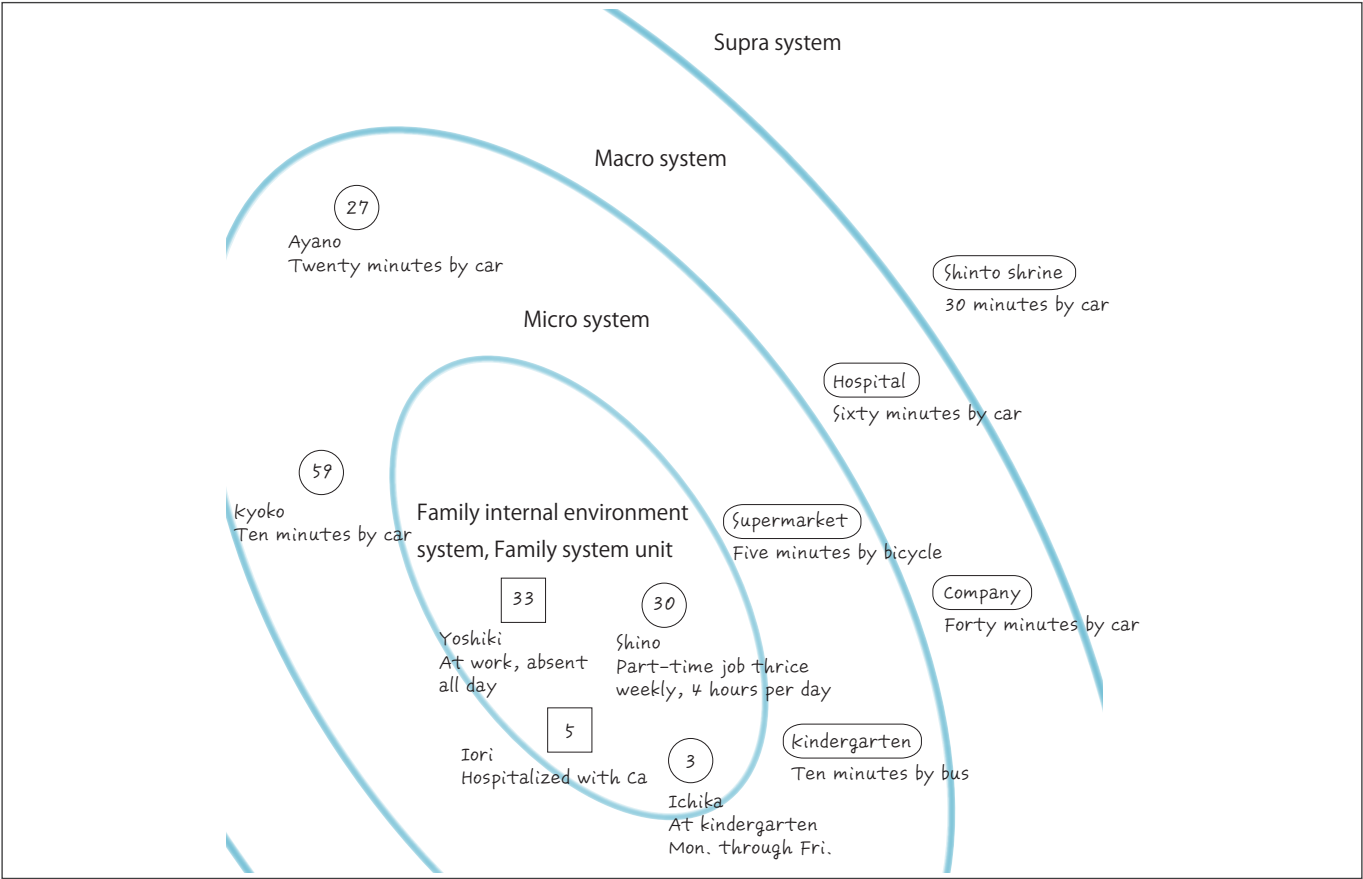


Key point: Family environments and family resources that cannot be fully mapped into FEM can be visualized using structural distance diagrams to visually indicate structural distances, related frequencies, etc.

Functional distance diagram (psychological relationship diagram):

Key point: If the FEM relationship line level is 2 or less and you are concerned about a particular relationship, use a functional distance diagram to further assess that relationship.

Example of structural distance mapping (observing lack/enrichment of family resources, etc.)

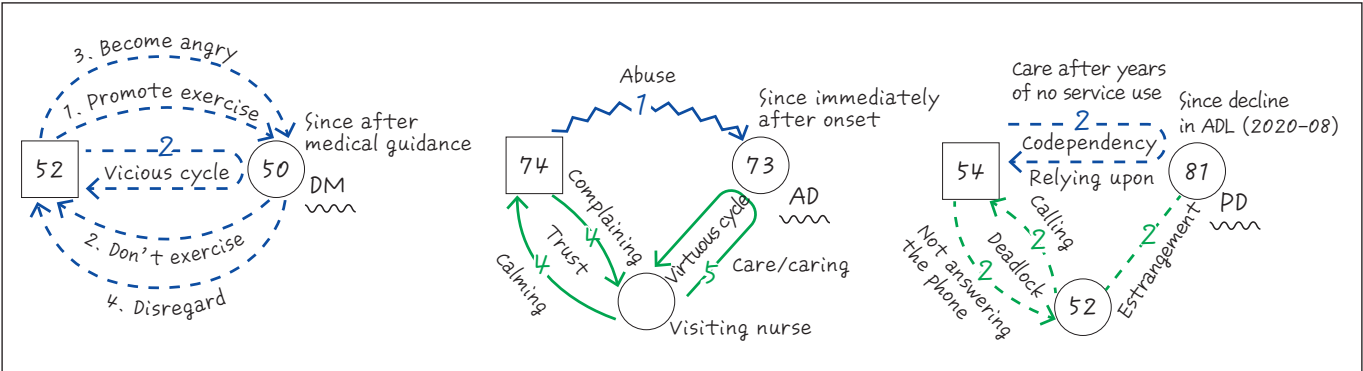


How to illustrate functional distance (psychological relationships)

Relationships not only between two people, but between three or more people can also be illustrated. Enter the time when the illustrated relationship occurred (date, etc.), its duration, and the event that caused the relationship.

Relationship	Symbol (blue or green)	Relation patterns
One-sided relationships (causal relationships)	→	Abuse/protection, violence/compassion, interference/neglect, control/neglect, subordination/domination, worship/contempt, etc.
Two-way relationships	↔	Disharmony/harmony, distrust/trust, rebellion/obedience, hostility/friendship, conflict/cooperation, etc.
Circular relationships	↻	Vicious cycle (negative spiral)/virtuous cycle (positive spiral), codependency, etc.

Example of functional distance mapping (observing vicious circle patterns, etc.)



Notice concerning use: When utilizing the FEM-EN for purposes of research, practice or training, you can use it freely at no charge on condition that it be cited as the source.

FEM-EN (Family Environment Map) version 3.2EN

Naohiro Hohashi, PhD, RN, PHN, FAAN

Division of Family Health Care Nursing, Graduate School of Health Sciences, Kobe University, Japan

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