

**Conceptualizing and Measuring “Healthy Marriages”
For Empirical Research and Evaluation Studies:
A Compendium of Measures- Part II
(Task One)**

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EXECUTIVE SUMMARY

Introduction

Marriage and couple relationships constitute an area of considerable focus for researchers as well as policy makers. One of the goals of Child Trends' work on healthy marriages and healthy relationships is to provide empirical evidence regarding the *measurement* of aspects of the quality of marital relationships. Attempts to measure aspects of the quality of marital relationships began more than 50 years ago, and measures continue to be developed and refined.

This compendium represents a compilation of existing measures/tools used in several large scale and smaller scale studies designed to measure couple relationships across a broad range of categories. This compendium is just one of several products of the Healthy Marriages project.

What This Compendium Contains and How It Was Compiled

The "Healthy Marriages" Compendium is divided into two parts. This is **Part Two**. **Part Two** contains measurement instruments that have been developed and widely used in the field of marriage research. We have not included all instruments in existence, but rather those believed to be the ones most commonly used. We believe that the instruments that we have identified cover most of the domains of marriage. However, we must stress that other measures are also available. We selected and located these instruments using a standardized process.

First, we identified instruments that have been frequently used in databases with established reliability and validity. Like many measures in the behavioral and social sciences, some of those included here may have more convincing reliability, validity, than others. This is not to imply that these measures are not important, just that more information is needed on their psychometric properties.

Second, in order to locate instrument tools, we used several databases containing marriage research articles to complete a literature search. The data bases used include PsycINFO, Sociofile, EBSCO, and Web of Science. This literature search allowed us to identify several well-known journals that contained articles on marriage and marital relationships. Some of the journals used in this search include the *Journal of Marriage and the Family*, *Demography*, *The Journal of Family Issues*, *Social Forces*, *the American Journal of Sociology*, *the American Sociological Review*, and *Family Relations*. Most of the articles provide information on reliability and validity of the measures. The measures used in these articles were identified, sourced, and incorporated into the compendium.

Third, whenever possible, we included more than one instrument to measure a particular domain of marriage, not only to provide a choice, but because different instruments tap different aspects of the same domain. The measures have been organized around the following domains:

- Attitudes to Marriage/Relationships
- Marriage and Pregnancy
- Relationship/Marital Quality
- Relationship/Marital Conflict
- Relationship/Marital Violence
- Separation/Divorce
- Gender Roles

- Marital Support
- Sexual Intimacy
- Attitudes to Marriage and Work
- Attitudes to Marriage and Religion
- Commitment
- Communication
- Intimacy
- Love
- Marriage and Financial Management
- Marriage and Stressful Life Events
- Military Families
- Relationship/Marital Satisfaction
- Trust
- Widowhood

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Attitudes to Marriage/Relationships Measures

Measures:

- ENRICH Idealistic Distortion Scale (Olson, Fournier, & Druckman, 1985)
- General Relationship Attitudes Scale (Hazan & Shaver, 1987)
- Role Perception Scale (RPS; Richardson & Alpert, 1980)

Domain: Attitudes to Relationships/Marriage
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Idealistic Distortion Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Idealistic Distortion

- 21. We are as well adjusted as any two persons in this world can be.
- 34. My partner and I understand each other completely.
- 39. If my partner has any faults, I am not aware of them.
- 42. My partner completely understands and sympathizes with my every mood.
- 49. Every new thing I have learned about my partner has pleased me.
- 54. There are times when I do not feel a great deal of love and affection for my partner.
- 63. I don't think any couple could live together with greater harmony than my partner and I.
- 64. My relationship is not a perfect success.
- 68. I don't think anyone could possibly be happier than my partner and I when we are with one another.
- 70. I have some needs that are not being met by my relationship.
- 73. There are times when my partner does things that make me unhappy.
- 77. If every person in the world of the opposite sex had been available and willing to marry me, I could not have made a better choice.
- 87. My relationship could be happier than it is.
- 104. I have never regretted my relationship with my partner, not even for a moment.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Attitudes to Relationships/Marriage
Measure: Role Perception Scale (RPS; Richardson & Alpert, 1980)

[The instrument is intended to be used in conjunction with a projective technique where the respondent first writes brief stories in response to the roles of work, marriage, parenting, the combination of work and marriage roles, and the combination of the work and parenting roles. Respondents are given the first sentence and instructed to write a brief story (in 5 minutes or less) which addresses four concerns: what led up to the event in the story, a description of what is happening at the moment, a description of what the character is thinking and feeling at the moment, and the outcome of the story. (Corcoran & Fischer, 2000)]

Please indicate whether each statement is True or False for the main character in your story. Record your answer in the space to the left of each statement by writing “T” if it is true of the main character of “F” if the statement is false for the main character.

1. She (he) has very little to say about how her (his) day is spent.
2. What she (he) does is different on different days.
3. Her (his) activities from day to day are varied.
4. She (he) is not able to do unusual things.
5. She (he) is expected to follow set rules.
6. She (he) seldom tries out new ideas.
7. She (he) thinks up unusual activities for others to do.
8. She (he) thinks about different ideas every day.
9. She (he) can choose what she (he) will do each day.
10. She (he) is involved in the same kind of activities every day.
11. She (he) seldom feels bored.
12. She (he) probably wouldn't be there if she (he) didn't have to be.
13. She (he) is often curious.
14. She (he) puts a lot of energy into what she (he) does.
15. She (he) only does what she (he) has to do.
16. She (he) wants to do what she (he) is doing.
17. She (he) seldom daydreams.
18. She (he) is thinking about something else.
19. She (he) would rather be doing something other than what she (he) is doing.
20. She (he) doesn't really care.
21. She (he) feels discouraged.
22. She (he) enjoys her (his) life.
23. She (he) feels happy.
24. She (he) often feels like smiling.
25. She (he) is often thinking “it's unfair”.
26. She (he) thinks it's hopeless.
27. Something is troubling her (him).
28. She (he) often thinks that her (his) life is good.
29. She (he) seldom has headaches.
30. She (he) often feels like arguing.

31. She (he) tries hard to be best.
32. Winning is very important to her (him).
33. She (he) doesn't mind losing.
34. She (he) seldom competes with others.
35. She (he) tries to do things better than other people.
36. She (he) doesn't care about whether others get things done first.
37. She (he) usually tries to get things done before others.
38. She (he) compares what she (he) does with what others do.
39. She (he) doesn't care if she (he) wins or loses.
40. She (he) doesn't feel pressured to compete.

Note: Parentheses indicate changes for male form.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for Clinical Practice: A Sourcebook* (Vol. 2). New York, NY: The Free Press.

Marriage and Pregnancy Measures

Measures:

- ENRICH Children and Marriage Scale (Olson, Fournier, & Druckman, 1985)

Domain: Marriage and Pregnancy
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Children and Marriage Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Children and Marriage

- 5. In our family, the father does not spend enough time with the children.
- 19. I am satisfied with how we share the responsibilities of raising our children.
- 34. We agree on how to discipline our children.
- 49. Children seem to be a major source of problems in our relationship.
- 50. We agree on the number of children we would like to raise.
- 58. It bothers me that my partner seems to place more importance on the children than on our marriage.
- 67. Having children has brought us closer together as a couple.
- 87. My partner and I have different views on the religious education for our children.
- 93. Since having children, we seldom have time together as a couple.
- 102. Conflict about how much we should do for our children is a problem for us.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Relationship/Marital Quality Measures

Measures:

- Beck Codependence Assessment Scale (BCAS; Beck, 1991)
- Competitiveness Scale (CS; Laner, 1986)
- Dominance-Accommodation Scale (DA; Hoskins, 1986)
- Dyadic Adjustment Scale (DAS; Spanier, 1976)
- The Dyadic Trust Scale (Larzelere & Huston, 1980)
- ENRICH Leisure Activities Scale (Olson, Fournier, & Druckman, 1985)
- Equity/Inequity Scale (E/I; Traupman, Peresen, Utne, & Hatfield, 1981)
- Family Adaptability and Cohesion Evaluation Scales (FACES II; Olson, Bell, & Portner, 1991)
- Global Measure of Equity/Inequity (Hatfield, Utne, & Traupmann, 1978)
- Global Measure of Equity/Inequity (Sprecher, 1986)
- Gottman Sound Relationship House Questionnaires- The Quality of the Couple's Friendship Measures (Gottman, 1999)
- Gottman Sound Relationship House Questionnaires- The Shared Meanings Questionnaire (Gottman, 1999)
- How Well Do You Know Your Partner? (Gottman, 2001)
- Hypothetical, Jealousy-Producing Events Scale (HJPE; Hansen, 1982)
- Kansas Marital Goals Orientation Scale (KMGOS; Eggeman, Moxley, & Schumm, 1985)
- The Locke-Wallace Marital Adjustment Test (LWMAT; Locke & Wallace, 1959)
- Love/Hate Checklist (Parish, 1988)
- Miller Marital Locus of Control Scale (MMLOC; Miller, Lefcourt, & Ware, 1983)
- The Multidimensional Relationship Questionnaire (MRQ; Snell, 1996)
- Norton's Quality of Marriage Index (QMI; Norton, 1983)
- Relationship Assessment Scale (RAS; Hendrick, 1988)
- The Relationship Closeness Inventory (RCI, Berscheid, Snyder & Omoto, 1989)
- Relationship Events Scale (RES; King & Christensen, 1983)
- Relationship Rating Form (RRF; Davis & Todd, 1985)
- The Stevens Relationship Questionnaire (SRQ; Stevens, & Stevens, 1994)

Domain: Relationship/Marital Quality
Measure: Beck Codependence Assessment Scale (BCAS; Beck, 1991)

Please mark how often each statement describes you by checking the appropriate box. Some statements express a thought. In that case your choice would indicate how often you have that thought. Other statements describe feelings or situations, and in each case, you would mark the choice describing the frequency with which the statement describes you or the situation in which you have been involved.

Please remember to answer each question.

	Almost never	Rarely	Sometimes	Frequently	Almost always
1. I feel that my significant other does not understand me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I let others make their own choices even when I think they are wrong.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. As a child, I was encouraged to express myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel frustrated because I cannot keep my significant other from behaving self-destructively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. If my friend or significant other wants to get drunk or take drugs, it's not my problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. If my parents fought, I felt it was my fault.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When growing up, I felt no one really understood me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I have sex when I don't want to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. There was a lot of tension in my family when I was growing up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. One or both of my parents told me I was worthless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. It's not my responsibility to take care of other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I say what I hope will make people do as I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I feel loved and accepted by my family.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. As a child, I was anxious.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. If other people get mad, it's not my problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. My significant other is sick.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I let everyone make their own choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- | | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 18. My parents let me down as a child. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. I do not like to do for other people what they can do for themselves. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. In my family, I had to learn not to show my emotions. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. I can't control other people. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. I have used guilt to make other people do what I wanted. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. It was not OK to talk about problems in my family. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Because I feel responsible for other people, I try to control what they do. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. My parents were angry. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. If my friend drinks too much, I don't worry about it. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. In my family, it was not acceptable to express my feelings. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. If two friends don't like each other, it's not my problem. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. As a child, I expected something terrible to happen. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. I try to keep my friends and family out of trouble. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. I know what's best for other people. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. When I have been in trouble, I knew I could go to my parents for help. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. I think I know best how people should behave. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. I had to be careful to avoid making my parents angry. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 35. I don't know how I do it, but I find myself involved in other people's business. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Quality
Measure: Competitiveness Scale (CS; Laner, 1986)

Please think carefully about the behaviors, traits, or qualities that your partner displays in your relationship to get his or her own way. For each of the items shown below, place an X in the column that comes closest to describing your partner’s traits, qualities, or behaviors toward you.

This trait/quality/behavior is:

Quite Typical

Used only occasionally

Never Used

To get his/her own way, my partner:

1. Displays brute strength
2. Cheats
3. Shows flexibility
4. Shows tenacity (sticks to things)
5. Uses silence (is uncommunicative)
6. Uses physical violence
7. Lies
8. Perseveres
9. Is industrious (works hard)
10. Behaves stoically (is uncomplaining)
11. Is ruthless
12. Is cunning, shrewd
13. Displays intelligence, wit, knowledgeability
14. Bullies, threatens, intimidates
15. Displays courage
16. Uses charm
17. Behaves recklessly
18. Uses “smooth talk”
19. Displays endurance (tolerance)
20. Uses cajolery (flattery, coaxing)
21. Inspires fear and/or anxiety
22. Acts flamboyantly (“flashy”)
23. Stresses past achievements
24. Uses humor, irony
25. Displays expertise, competence
26. Is insulting, abusive, rude
27. Acts snobbishly
28. Displays stamina, energy
29. Acts like a “good sport”
30. Displays patience
31. Acts haughty, superior
32. Uses satire, ridicule
33. Acts exuberant, enthusiastic
34. Displays power, authority, influence, string-pulling

35. Acts sophisticated, “worldly-wise”
36. Displays anger
37. Is sarcastic
38. Is careful, a planner
39. Inspires guilt
40. Is boastful
41. Uses guile (subterfuge)
42. Shows self-awareness
43. Challenges, confronts
44. Is deceitful
45. Is self-reliant
46. Pretends weakness (acts like a martyr)
47. Acts calmly (shows equanimity)
48. Pretends love
49. Pretends stupidity
50. Is diplomatic, tactful

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Quality
Measure: Dominance-Accommodation Scale (DA; Hoskins, 1986)

SA – Strongly agree
 A - Agree
 U – Undecided
 D – Disagree
 SD – Strongly disagree

1. I know my partner takes me seriously when I'm concerned about conditions in today's world.
2. Even if I could sleep late, I usually get up because my partner wants me to.
3. When I need help from my partner in the house, I insist on it.
4. My partner is good about getting together with my friends even though he/she may not like them as well as I do.
5. I usually give in for the sake of peace if my partner explains why he/she thinks my views are wrong.
6. I insist on having my say about how much free time we spend with friends.
7. If my partner wakes me up, I try to be pleasant even if I don't feel that way.
8. Even though my partner has work to do, I know he/she will put it aside if I need to have time together.
9. When it's my partner's turn to clean up after dinner, I don't do it.
10. If my partner didn't understand my need to have some money of my own, I wouldn't make an issue over it.
11. If I try to go along with my partner's ideas for weekend activities even if I have other thoughts.
12. We spend money according to whether we both agree that we can afford it.
13. If I feel like eating before my partner gets home, I do.
14. My partner usually decides when it is time for us to call it a day and retire.
15. My partner considers my interest as much as his/hers when planning for leisure time.
16. If I don't have to be up in the morning, I expect my partner to get going by himself/herself.
17. When we disagree over some aspect of our sex life, I express my views.
18. When our ideas for the weekend are different, I say so.
19. When I make plans with friends, my partner will adjust his/her schedule.
20. If my partner is late getting home, he/she can get his/her own dinner.
21. If my partner awakens me when I want to sleep, I let him/her know about it.
22. Because our basic values are similar, I am satisfied with our life style.
23. If my partner makes love in a way that I find disagreeable, I don't go along with it.
24. When I let my partner know I need to be close, I know he/she will take time for it.
25. Even though I can tell when my partner wants sex, I don't feel I have to accommodate him/her.
26. I don't quit what I'm doing and go to bed just because my partner is ready.
27. My partner doesn't seriously consider my worries about social conditions.
28. I try to maintain friendships even if my partner isn't interested.

29. If my partner objects to my telling a waitress that she charged too little, I don't do it.
30. My partner's interests come first when planning leisure time.
31. When we disagree on what to eat, my partner gives in as much as I do.
32. I prefer to back off if my partner doesn't respond to me sexually.
33. I am comfortable talking about life and its meaning with my partner because he/she shows respect for my beliefs.
34. If I need to be close, I can't count on my partner to put other demands aside.
35. I feel obligated to serve dinner even if my partner is late.
36. I am often reluctant to spend money without consulting my partner.
37. Even if I get hungry before my partner gets home, I feel better if I wait.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Quality
Measure: Dyadic Adjustment Scale (DAS; Spanier, 1976)

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement and disagreement between you and your partner for each item on the following list using the response continuum:

- 0 = Always disagree
- 1 = Almost always disagree
- 2 = Frequently disagree
- 3 = Occasionally disagree
- 4 = Almost always agree
- 5 = Always agree

1. Handling family finances
2. Matters of recreation
3. Religious matters
4. Demonstrations of affection
5. Friends
6. Sex relations
7. Conventionality (correct or proper behavior)
8. Philosophy of life
9. Ways of dealing with parents or in-laws
10. Aims, goals and things believed important
11. Amount of time spent together
12. Making major decisions
13. Household tasks
14. Leisure time interests and activities
15. Career decisions

Subjects are asked to answer the following questions using a 5-point response continuum:

- 0 = All the time
- 1 = Most of the time
- 2 = More often than not
- 3 = Occasionally
- 4 = Rarely
- 5 = Never

16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?
17. How often do you or your mate leave the house after a fight?
18. In general, how often do you think that things between you and your partner are going well?
19. Do you confide in your mate?
20. Do you ever regret that you married (or lived together)?
21. How often do you and your partner quarrel?
22. How often do you and your mate “get on each other’s nerves?”

Subjects are asked to answer the following questions using a 5-point response continuum:

- 4 = Every day
- 3 = Almost every day
- 2 = Occasionally
- 1 = Rarely
- 0 = Never

23. Do you kiss your mate?

Subjects are asked to answer the following questions using the following response continuum:

- 4 = All of them
- 3 = Most of them
- 2 = Some of them
- 1 = Very few of them
- 0 = None of them

24. Do you and your mate engage in outside interests together?

How often would you say the following events occur between you and your mate?

- 0 = Never
- 1 = Less than once a month
- 2 = Once or twice a month
- 3 = Once or twice a week
- 4 = Once a day
- 5 = More often

25. Have a stimulating exchange of ideas

26. Laugh together

27. Calmly discuss something

28. Work together on a project

There are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no.)

29. Being too tired for sex.

30. Not showing love.

Domain: Relationship/Marital Quality
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Leisure Activities Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Leisure Activities

- 1. My partner and I seem to enjoy the same type of parties and social activities.
- 16. My partner does not seem to have enough time or energy for recreation with me.
- 17. I'd rather do almost anything than spend an evening by myself.
- 28. I am concerned that my partner does not have enough interests or hobbies.
- 30. I seldom feel pressured to attend social functions without my partner.
- 32. I always feel good about where and how we spend our holidays with our families.
- 60. I feel good about the kinds of trips and vacations we take.
- 70. I am concerned that my partner and I do not spend enough of our leisure time together.
- 82. I seldom have fun unless I am with my partner.
- 114. My partner and I have a good balance of leisure time together and separately.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Quality
Measure: Equity/Inequity Scale (E/I; Traupman, Peresen, Utne, & Hatfield, 1981)

Detailed Measure of Equity/Inequity

Here is a list of some critical areas in any relationship. The headings give you a sense of the ground that will be covered: you and your partner's personal concerns, your emotional concerns, your day-to-day concerns, and a little about the things the two of you feel you gain or lose – simply by being married. Read each statement and rate it using the following scale. Record your ratings in the space to left of each statement.

Considering what you put into you (dating relationship) (marriage) in this area, compared to what you get out of it, and what your partner puts in, compared to what (s)he gets out of it, how does your (dating relationship) (marriage) “stack up”?

- +3 = I am getting a much better deal than my partner
- +2 = I am getting a somewhat better deal
- +1 = I am getting a slightly better deal
- 0 = We are both getting an equally good ... or bad ... deal
- 1 = My partner is getting a slightly better deal
- 2 = My partner is getting a somewhat better deal
- 3 = My partner is getting a much better deal than I am.

Areas involved in the give and take:

Personal Concerns

1. Social grace: Some people are sociable, friendly, relaxed in social settings. Others are not.
2. Intelligence: Some people are intelligent and informed.
3. Physical attractiveness: Some people are physically attractive.
4. Concern for physical appearance and health: Some people take care of their physical appearance and conditioning, through attention to such things as their clothing, cleanliness, exercise, and good eating habits.

Emotional Concerns

5. Liking: Some people like their partners and show it. Other do not express their feelings.
6. Love: Some people feel and express love for their partners.
7. Understanding and concern: Some people know their partner's personal concerns and emotional needs and respond to them.
8. Accepting and encouraging role flexibility: Some people let their partner try out different roles occasionally, for example, letting their partner be a “baby” sometimes, a “mother,” a colleague, or a friend, an aggressive as well as a passive lover, and so on.
9. Expression of appreciation: Some people openly show appreciation for their partner's contributions to the relationship; they don't take their partner for granted.
10. Showing affection: Some people are openly affectionate, touching, hugging, kissing.

11. Sexual pleasure: Some people participate in the sexual aspect of a relationship: working to make it mutually satisfying and fulfilling.
12. Sexual fidelity: Some people live up to (are “faithful” to) their agreements about extramarital relations.
13. Commitments: Some people commit themselves to their partner and to the future of their relationship together.
14. Respecting partner’s needs to be a free and independent person: Some people allow their partners to develop as an individual in the way that they choose: for example, they allow their partners freedom to go to school or not, to work at the kind of job or career they like, to pursue outside interests, to do things by themselves or with friends, to simply be alone sometimes.
15. Plans and goals for the future: Some people plan for and dream about their future together.

Day-to-day concerns

16. Day-to-day maintenance: Some people contribute time and effort to household responsibilities such as grocery shopping, making dinner, cleaning, and car maintenance. Others do not.
17. Finances: Some people contribute income to the couple’s joint account.
18. Easy-to-live-with: Some people are easy to live with on a day-to day basis; that is, they have a sense of humor, aren’t too moody, don’t get drunk too often, and so on.
19. Companionship: Some people are good companions, who suggest interesting activities for both of them to do together, as well as going along with their partner’s ideas about what they might do for fun.
20. Conversation: Some people tell their partner about the day’s events and what’s on their mind and are also interested in hearing about their partner’s concerns and daily activities.
21. Fitting in: Some people are compatible with their partner’s friends and relatives; they like the friends and relatives, and the friends and relatives like them.
22. Decision-making: Some people take their fair share of the responsibility for making and carrying out decisions that affect both partners.
23. Remembering special occasions: Some people are thoughtful about sentimental things, such as remembering birthdays, your anniversary, and other special occasions.

Opportunities Gained and Lost

24. Chance to be married: Marriage gives many people the opportunity to partake of the many life experiences that depend upon being married; for example, the chance to become a parent and even a grandparent, the chance to be included in “married couple” social events, and finally, having someone to count on in old age.
25. Opportunities foregone: Marriage necessarily requires people to give up certain opportunities in order to be in this relationship. The opportunities could have been other possible mates, a career, travel, etc.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Quality
Measure: Family Adaptability and Cohesion Evaluation Scales (FACES II; Olson, Bell, & Portner, 1991)

- 1 = Almost never
- 2 = Once in a while
- 3 = Sometimes
- 4 = Frequently
- 5 = Almost always

1. We are supportive of each other during difficult times.
2. In our relationship, it is easy for both of us to express our opinion.
3. It is easier to discuss problems with people outside the marriage than with my partner.
4. We each have input regarding major family decisions.
5. We spend time together when we are home.
6. We are flexible in how we handle differences.
7. We do things together.
8. We discuss problems and feel good about the solutions.
9. In our marriage, we each go our own way.
10. We shift household responsibilities between us.
11. We know each other's close friends.
12. It is hard to know what the rules are in our relationship.
13. We consult each other on personal decisions.
14. We freely say what we want.
15. We have difficulty thinking of things to do together.
16. We have a good balance of leadership in our family.
17. We feel very close to each other.
18. We operate on the principle of fairness in our marriage.
19. I feel closer to people outside the marriage than to my partner.
20. We try new ways of dealing with problems.
21. I go along with what my partner decides to do.
22. In our marriage, we share responsibilities.
23. We like to spend our free time with each other.
24. It is difficult to get a rule change in our relationship.
25. We avoid each other at home.
26. When problems arise, we compromise.
27. We approve of each other's friends.
28. We are afraid to say what is on our minds.
29. We tend to do more things separately.
30. We share interests and hobbies with each other.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Quality

Measure: Global Measure of Equity/Inequity (Hatfield, Utne, & Traupmann, 1978)

Considering what you put into your relationship, compared to what you get out of it, and what your partner puts into it compared to what he or she gets out of it, how does your relationship “stack up”?

1. I am getting a much better deal than my partner.
2. I am getting a somewhat better deal.
3. I am getting a slightly better deal.
4. We are both getting an equally good or bad deal.
5. My partner is getting a slightly better deal.
6. My partner is getting a somewhat better deal.
7. My partner is getting a much better deal than I.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Quality
Measure: Global Measure of Equity/Inequity (Sprecher, 1986)

Sometimes things get out of balance in a relationship and one partner contributes more to the relationship than the other. Consider all the times when the exchange in your relationship has become unbalanced and one partner contributed more than the other for a time. When your relationship becomes unbalanced, which of you is more likely to be the one who contributes more?

1. My partner is much more likely to be the one to contribute more.
2. My partner is somewhat more likely to be the one to contribute more.
3. My partner is slightly more likely to be the one to contribute more.
4. We are equally likely to be the one to contribute more.
5. I am slightly more likely to be the one to contribute more.
6. I am somewhat more likely to be the one to contribute more.
7. I am much more likely to be the one to contribute more.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Quality
Measure: Gottman Sound Relationship House Questionnaires- The Quality of the Couple's Friendship Measures (Gottman, 1999)

1. LOVE MAPS

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

1 = True

2 = False

1. I can name my partner's best friends.
2. I can tell you what stressors my partner is currently facing.
3. I know the names of some of the people who have been irritating in my partner's current life.
4. I can tell you some of my partner's life dreams.
5. I am very familiar with my partner's religious beliefs and ideas.
6. I can tell you about my partner's basic philosophy of life.
7. I can list the relatives my partner likes the least.
8. I know my partner's favorite music.
9. I can list my partner's three favorite movies.
10. My partner is familiar with what are my current stresses.
11. I know the three times that have been the most special in my partner's life.
12. I can tell you the most stressful thing that happened to my partner as a child.
13. I can list my partner's major aspirations and hopes in life.
14. I know my partner's major current worries.
15. My partner knows who my friends are.
16. I know what my partner would want to do if he or she suddenly won the lottery.
17. I can tell you in detail my first impressions of my partner.
18. Periodically, I update my knowledge of my partner's world.
19. I feel that my partner knows me pretty well.
20. My partner is familiar with my own hopes and aspirations.

2. FONDNESS AND ADMIRATION SYSTEM

Read each statement and place a check mark in the appropriate true or false box.

1 = True

2 = False

1. I can easily list the three things I admire most about my partner.
2. When we are apart I often think fondly of my partner.
3. I will often find some way to tell my partner "I love you."
4. I often touch or kiss my partner affectionately.

5. My partner really respects me.
6. I feel loved and cared for in this relationship.
7. I feel accepted and liked by my partner.
8. My partner finds me sexy and attractive.
9. My partner turns me on sexually.
10. There is fire and passion in this relationship.
11. Romance is something our relationship definitely still has in it.
12. I am really proud of my partner.
13. My partner really enjoys my achievements and accomplishments.
14. I can easily tell you why I am committed to my partner.
15. If I had it to do all over again I would be with the same person.
16. We rarely go to sleep without some show of love or affection.
17. When I come into a room my partner's face brightens.
18. My partner appreciates the things I do in this relationship.
19. My partner generally likes my personality.
20. Our sex life is generally satisfying.

3. TURNING TOWARD OR AWAY

Read each statement and place a check mark in the appropriate true or false box.

1 = True

2 = False

1. We enjoy doing even the smallest things together, like folding laundry or watching TV.
2. I look forward to spending my free time with my partner.
3. At the end of a day my partner is glad to see me.
4. My partner is usually interested in hearing my views on things.
5. I really enjoy discussing things with my partner.
6. My partner is one of my best friends.
7. I think my partner would consider me a very close friend.
8. We love just talking to each other.
9. When we go out, the time goes very quickly.
10. We always have a lot to say to each other.
11. We have a lot of fun together in our everyday lives.
12. We are spiritually very compatible.
13. We tend to share the same basic values in life.
14. We like to spend time together in similar ways.
15. We really have a lot of interests in common.
16. We have many of the same dreams and life goals.
17. We like to do a lot of the same things.
18. Even though our interests are somewhat different, I enjoy my partner's interests.
19. Whatever we do together we usually have a good time.
20. My partner tells me when he or she has had a bad day.

4. EMOTIONAL DISENGAGEMENT AND LONELINESS

Read each statement and place a check mark in the appropriate true or false box.

1 = True

2 = False

1. I often find myself disappointed in this relationship.
2. I have learned to expect less form my partner.
3. I will at times find myself quite lonely in this relationship.
4. It is hard for my deepest feelings to get much attention in this relationship.
5. I often try to avoid saying things I will later regret.
6. I feel like I have to be so careful it is like walking on eggshells.
7. Suddenly once again I find I have said the wrong thing.
8. There is not much intimacy in this relationship right now.
9. Our relationship problems are not really solvable.
10. Sometimes our relationship feels empty to me.
11. This relationship is not quite what I expected and I feel let down by it.
12. We are pretty separate and unconnected emotionally.
13. We don't really talk very deeply to each other.
14. There is not enough closeness between us.
15. I sometimes think I expect too much and should settle for less in my relationship.
16. I am coping with a lot of emotional stress but it will be okay eventually.
17. I have adapted to a lot in this relationship and I am not so sure it's a good idea.
18. There's certainly not a lot of romance in this relationship.
19. I can't really say that we are very good friends right now.
20. I am lonely in this relationship.

Source: Gottman, J. (1999). The marriage clinic. New York: W.W. Norton.

Domain: Relationship/Marital Quality
Measure: Gottman Sound Relationship House Questionnaires- The Shared Meanings Questionnaire (Gottman, 1999)

HONORING EACH OTHER'S DREAMS

We want you to think about how well you and your partner have been able to create a sense of shared meaning in your lives together. We think that when people become committed to one another they create a new culture, and some relationships also involve the union of two very different cultures. But even if two people are coming from the same regional, cultural, ethnic, and religious background, they will have been raised in two very different families, and their merging involves the creation of a new culture.

1 = True
2 = False

Your Rituals:

1. We see eye-to-eye about the rituals that involve family dinner times in our home.
2. Holiday meals (like Thanksgiving, Christmas, and Passover) are very special and happy times for us.
3. Reunions at the end of each day in our home are generally special times in my day.
4. We see eye-to-eye about the role of TV in our home.
5. Bedtimes are generally good times for being close.
6. During weekends we do a lot of things together that we enjoy and value.
7. We have the same values about entertaining in our home (having friends over, parties, etc.)
8. When I become sick I feel taken care of and loved by my partner.
9. I really look forward to and enjoy our vacations and the travel we do together.
10. The mornings together are special times for me.
11. When we do errands together we generally have a good time.
12. We have a way of becoming renewed and refreshed when we are burned out or fatigued.

Your Roles:

1. We share many similar values in our roles as lovers and partners.
2. (If relevant) We share many similar values in our roles as mother and father.
3. We have many similar views about what it means to be a good friend to others.
4. My partner and I have compatible views about the role of work in one's life.
5. My partner and I have similar philosophies about balancing work and family life.
6. My partner supports what I would see as my basic mission in life.
7. My partner shares my views on the importance of family and kin (sisters, brothers, moms, dads) in our life together.

Your Goals:

1. We share many of the same goals in our life together.

2. If I were to look back on my life in very old age, I would see that our paths in life had meshed very well.
3. My partner values my own accomplishments.
4. My partner honors my own very personal goals, unrelated to my relationship.
5. We share many of the same goals for others who are important to us (children, kin, friends, and community).
6. We have very similar financial goals.
7. We tend to have compatible financial disaster scenarios (ones we both want to avoid).
8. Our hopes and aspirations, as individuals and together, for our children, for our lives in general, and for our old age are quite compatible.
9. Our life dreams tend to be similar or compatible.
10. Even when different, we have been able to find a way to honor our life dreams.

Your Symbols:

1. We see eye-to-eye about what “home” means.
2. Our philosophies about what love ought to be are quite compatible.
3. We have similar values about the importance of “peacefulness” in our lives.
4. We have similar views about the meaning of “family.”
5. We have similar views about the role of sex in our lives.
6. We have similar views about the role of love and affection in our lives.
7. We have similar values about the meaning of being married.
8. We have similar values about the importance and meaning of money in our lives.
9. We have similar values about the importance of education in our lives.
10. We have similar values about the importance of “fun” and “play” in our lives.
11. We have similar values about the significance of adventure.
12. We have similar values about “trust.”
13. We have similar values about personal “freedom.”
14. We have similar values about “autonomy” and “independence.”
15. We have similar values about sharing “power” in our relationship.
16. We have similar values about being “interdependent,” of being a “we.”
17. We have similar values about the meaning of “having possessions,” of “owning things” (like cars, nice clothes, books, music, a house, and land).
18. We have similar values about the meaning of “nature,” and our relationship to the seasons.
19. We are both sentimental and tend to reminisce about things in our past.
20. We have similar views about what we want in retirement and old age.

Source: Gottman, J. (1999). *The marriage clinic*. New York: W.W. Norton.

Domain: Relationship/Marital Quality
Measure: How Well Do You Know Your Partner? (Gottman, 2001)

Answer “Yes” or “No”.

1. I can name my partner’s best friends
2. I know what stresses my partner is currently facing.
3. I know the names of some of the people who have been irritating my partner lately.
4. I can tell you some of my partner's life dreams.
5. I can tell you about my partner's basic philosophy of life.
6. I can list the relatives my partner likes the least.
7. I feel that my partner knows me pretty well.
8. When we are apart, I often think fondly of my partner.
9. I often touch or kiss my partner affectionately.
10. My partner really respects me.
11. There is fire and passion in this relationship.
12. Romance is definitely still part of our relationship.
13. My partner appreciates the things I do in this relationship.
14. My partner generally likes my personality.
15. Our sex life is mostly satisfying.
16. At the end of the day my partner is glad to see me.
17. My partner is one of my best friends.
18. We just love talking to each other.
19. There is lots of give and take (both people have influence) in our discussions.
20. My partner listens respectfully, even when we disagree.
21. My partner is usually a great help as a problem solver.
22. We generally mesh well on basic values and goals in life.

Source: The Gottman Institute (2001). *How Well Do You Know Your Partner?*
Retrieved August 19, 2003, from
http://www.gottman.com/marriage/relationship_quiz/quiz1/.

Domain: Relationship/Marital Quality

Measure: Hypothetical, Jealousy-Producing Events Scale (HJPE; Hansen, 1982)

By circling a number, please indicate how you would feel about your mate's behavior in each of the following hypothetical (imaginary) situations. In each case, "1" indicates that you would be extremely pleased with the situation while "11" indicates that you would be extremely disturbed or bothered by the situation.

1 2 3 4 5 6 7 8 9 10 11

1. Your mate has a job which requires him/her to work a normal 40 hours per week. In addition to working these 40 hours per week, your mate feels very committed to his/her job and devotes, on the average, an additional 10 hours per week to work-related activities which require him/her to go back to the office in the evenings and on weekends. Your mate does not receive extra pay for these activities.
2. Your mate enjoys a personal hobby such as painting, photography, etc., and devotes a large proportion of his/her leisure time (approximately 15 hours per week) to its pursuit. This hobby is one you do not share with your mate so he/she engages in it alone. (The hobby does not impose a financial burden on your family.)
3. You and your mate have just had a baby. Your mate is very devoted to the child and concerned about its welfare. As a result, of this devotion and concern, your mate devotes nearly all of his/her free time to playing with and taking care of the child, which has drastically reduced the amount of time you and your mate have for doing things alone with each other.
4. Your mate regularly enjoys playing cards or other types of games with his/her same-sex friends. Your mate's "night with boys/girls" occurs about once a week.
5. Your mate has become good friends with a co-worker of the opposite sex who you do not know very well. Your mate and his/her friend enjoy having lunch together, discussing their respective lives, and providing each other emotional support. (Their relationship does not have a sexual component.)
6. You and your mate live in the same town as his/her parents and siblings. Your mate has set aside Sunday afternoons for doing things (e.g. going fishing, playing golf, visiting) with his/her family members. You do not participate with your mate in these activities with his/her family.
7. Your mate returns from a business trip to a different city and informs you that he/she met a member of the opposite sex that he/she found very physically attractive. They ended up engaging in sexual relations. Your mate informs you that their relationship was purely physical (not emotional) and that they will never be seeing each other again.

8. Your mate has developed an ongoing emotional and sexual relationship with a member of the opposite sex. Your mate receives a high degree of satisfaction from this relationship and plans to continue it. Both you and your mate have been happy and pleased with your own relationship. Your mate views his/her outside relationship as a supplement to, not a substitute for, the relationship between the two of you.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Quality

Measure: Kansas Marital Goals Orientation Scale (KMGOS; Eggeman, Moxley, & Schumm, 1985)

- 1- Almost never
- 2- Once in a while
- 3- Sometimes
- 4- Frequency
- 5- Almost always

- ___ 1. How often do you and your husband discuss the way you would like your marriage to be five years from now?
- ___ 2. How often do you and your husband make deliberate, intentional changes in order to strengthen your relationship?
- ___ 3. How often do you and your husband make specific changes in your priorities in order to enhance your marriage?
- ___ 4. To what extent do you think you and your husband agree on long-term goals for your marriage?
- ___ 5. How often does your husband make a deliberate effort to learn more about you so he can be more pleasing to you?
- ___ 6. How often does your husband consider specific ways in which he can change in order to improve your relationship?
- ___ 7. How often do you and your husband discuss the primary objectives you have for your relationship/marriage?

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

12. In leisure time do you generally prefer:
To be "on the go,"
To stay at home?

Does your spouse generally prefer to be "on the go"; to stay at home?

13. Do you ever wish you had not married?
Frequently
Occasionally
Rarely
Never

14. If you had your life to live over, do you think you would:
Marry the same person
Marry a different person
Not marry at all.

15. Do you confide in your mate:
Almost never
Rarely
In most things
In everything

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Quality
Measure: Love/Hate Checklist (Parish, 1988)

Please read through this list and select exactly 25 words which seem to best describe how _____ acts toward _____. Indicate your selection by placing an X in the appropriate space next to each word.

- | | | |
|---|--|---|
| <input type="checkbox"/> Abrasively | <input type="checkbox"/> Elatedly | <input type="checkbox"/> Nastily |
| <input type="checkbox"/> Abusively | <input type="checkbox"/> Encouragingly | <input type="checkbox"/> Negatively |
| <input type="checkbox"/> Accusingly | <input type="checkbox"/> Endearingly | <input type="checkbox"/> Peacefully |
| <input type="checkbox"/> Adoringly | <input type="checkbox"/> Excitedly | <input type="checkbox"/> Playfully |
| <input type="checkbox"/> Affectionately | <input type="checkbox"/> Faithfully | <input type="checkbox"/> Pleasingly |
| <input type="checkbox"/> Angeringly | <input type="checkbox"/> Fantastically | <input type="checkbox"/> Pleasurably |
| <input type="checkbox"/> Antagonistically | <input type="checkbox"/> Favorably | <input type="checkbox"/> Praisingly |
| <input type="checkbox"/> Appreciatively | <input type="checkbox"/> Furiously | <input type="checkbox"/> Protectively |
| <input type="checkbox"/> Approvingly | <input type="checkbox"/> Generously | <input type="checkbox"/> Punishingly |
| <input type="checkbox"/> Argumentatively | <input type="checkbox"/> Gently | <input type="checkbox"/> Quarrelsomely |
| <input type="checkbox"/> Backbitingly | <input type="checkbox"/> Gleefully | <input type="checkbox"/> Radiantly |
| <input type="checkbox"/> Badly | <input type="checkbox"/> Glowingly | <input type="checkbox"/> Rejoicingly |
| <input type="checkbox"/> Belovedly | <input type="checkbox"/> Happily | <input type="checkbox"/> Respectfully |
| <input type="checkbox"/> Beneficially | <input type="checkbox"/> Harshly | <input type="checkbox"/> Rudely |
| <input type="checkbox"/> Blessedly | <input type="checkbox"/> Hostilely | <input type="checkbox"/> Scornfully |
| <input type="checkbox"/> Caringly | <input type="checkbox"/> Impolitely | <input type="checkbox"/> Sincerely |
| <input type="checkbox"/> Charmingly | <input type="checkbox"/> Inconsiderately | <input type="checkbox"/> Sneeringly |
| <input type="checkbox"/> Coldly | <input type="checkbox"/> Inhumanely | <input type="checkbox"/> Sweetly |
| <input type="checkbox"/> Combatively | <input type="checkbox"/> Insensitively | <input type="checkbox"/> Tenderly |
| <input type="checkbox"/> Cooperatively | <input type="checkbox"/> Insultingly | <input type="checkbox"/> Terribly |
| <input type="checkbox"/> Cruelly | <input type="checkbox"/> Intimately | <input type="checkbox"/> Thankfully |
| <input type="checkbox"/> Damnably | <input type="checkbox"/> Irritably | <input type="checkbox"/> Thoughtfully |
| <input type="checkbox"/> Deceitfully | <input type="checkbox"/> Lively | <input type="checkbox"/> Trustingly |
| <input type="checkbox"/> Deceptively | <input type="checkbox"/> Loyally | <input type="checkbox"/> Truthfully |
| <input type="checkbox"/> Degradingly | <input type="checkbox"/> Magnificently | <input type="checkbox"/> Unappreciatively |
| <input type="checkbox"/> Delightfully | <input type="checkbox"/> Maliciously | <input type="checkbox"/> Unreliably |
| <input type="checkbox"/> Devotedly | <input type="checkbox"/> Meanly | <input type="checkbox"/> Viciously |
| <input type="checkbox"/> Disagreeably | <input type="checkbox"/> Miserably | <input type="checkbox"/> Vindictively |
| <input type="checkbox"/> Discouragingly | <input type="checkbox"/> Mockingly | <input type="checkbox"/> Violently |
| <input type="checkbox"/> Ecstatically | <input type="checkbox"/> Monstrously | <input type="checkbox"/> Wonderfully |

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Quality
Measure: Miller Marital Locus of Control Scale (MMLOC; Miller, Lefcourt, & Ware, 1983)

The statements in this questionnaire express opinions on a number of issues in the marital relationship. You may find yourself agreeing strongly with some of the statements, disagreeing just as strongly with others and perhaps feeling uncertain about others. Your reactions reflect your own opinions and there are no right or wrong answers. Whether you agree or disagree with any statement, you can be sure that there are many people who feel the same way you do.

Mark each statement in the left margin according to how much you agree or disagree with it. Please mark every one.

Write +1, +2, 0, -1, -2 depending on how you feel in each case.

- +1 = I agree a little
- +2 = I agree very much
- 0 = Neither agree nor disagree
- 1 = I disagree a little
- 2 = I disagree very much

Remember that the best answer is whatever your personal opinion is and this is usually reflected in your *first* reaction to an item, rather than after long debates with yourself over particular experiences.

1. When I want my spouse to do something she/he hadn't planned on, there's little that I can do to bring her/him around to my way of thinking.
2. I am often at a loss as to what to say or do when I'm in disagreement with my spouse.
3. More often than not some effort on my part can help to resolve marital problems.
4. I can often help to bring about a reconciliation when my spouse and I have an argument.
5. My spouse's moods are often mysterious to me, in that I have little idea as to what may have set them off.
6. I often find my spouse's behavior to be unpredictable.
7. During disagreements I can often do or say something that will improve the situation.
8. My spouse's behavior is understandable to me.
9. Happy times in our marriage just seem to happen with little or no effort on my part.
10. Often my spouse's mood state will be in response to something I've said or done.
11. There are things I can do that will be in response to something I've said or done.
12. Circumstances of one sort or another play a major role in determining whether my marriage functions smoothly.

13. When we're in conflict my spouse will more often be the one to help us become reconciled.
14. Some effort is usually required on my part in order to bring about pleasant experiences in our marriage.
15. When we have unpleasant experiences in our marriage I can often see how I have helped to bring them about.
16. It's more often up to my spouse to make an argument end peaceably.
17. The unhappy times in our marriage just seem to happen regardless of what I am doing.
18. When we have difficulties in our marriage there seems to be little that my spouse and I are able to do to bring about a reconciliation.
19. I can often persuade my spouse to do something that he/she hadn't planned on doing.
20. Circumstances play a very limited role in causing marital satisfaction; it is largely effort and concern that matter.
21. I often find that men are more difficult to understand than are woman.
22. When I have difficulties in my interactions with men, I find that time is a better healer than anything I could do.
23. Men seem less predictable than women.
24. Women are more perplexing to me than men.
25. When I encounter problems in my interactions with women there seems to be little I can do to turn the situation around.
26. Women are more reliable in their interactions with me than are men.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Quality
Measure: The Multidimensional Relationship Questionnaire (MRQ; Snell, 1996)

Survey Instructions: Listed below are several statements that concern the topic of intimate relationships. For the purpose of this questionnaire, an intimate relationship should be thought of as a close relationship with a single partner in which there is some sexual attraction. Please read each of the following statements carefully and decide to what extent it is characteristic of you. Some of the items refer to a specific intimate relationship. Whenever possible, answer the questions with your current partner in mind. If you are not currently dating anyone, answer the questions with your most recent partner in mind. If you have never had an intimate relationship, answer in terms of what you think your responses would most likely be. Then, for each statement fill in the response on the answer sheet that indicates how much it applies to you by using the following scale:

- A = Not at all characteristic of me.
- B = Slightly characteristic of me.
- C = Somewhat characteristic of me.
- D = Moderately characteristic of me.
- E = Very characteristic of me.

NOTE: Remember to respond to all items, even if you are not completely sure. Your answers will be kept in the strictest confidence. Also, please be honest in responding to these statements.

1. I am confident about myself as an intimate partner.
2. I think about intimate relationships all the time.
3. My intimate relationships are something that I am largely responsible for.
4. I reflect about my intimate relationships a lot.
5. I'm very motivated to be involved in an intimate relationship.
6. Intimate relationships make me feel nervous and anxious.
7. I'm very assertive in my intimate relationships.
8. I feel depressed about my intimate relationship.
9. My intimate relationships are determined mostly by chance happenings.
10. I'm concerned about what other people think of my intimate relationships.
11. I am somewhat afraid of becoming intimately involved with a partner.
12. I am very satisfied with the way my intimate needs are currently being met.
13. I think of myself as a pretty good intimate partner.
14. I think about intimate relationships more than anything else.
15. My intimate relationships are determined in large part by my own behavior.
16. I usually spend time thinking about my intimate relationships.
17. I'm strongly motivated to devote time and effort to an intimate relationship.
18. I am somewhat awkward and tense in intimate relationships.
19. I'm very direct about voicing preferences in my intimate relationships.
20. I feel unhappy about my intimate relationship.
21. Most things that affect my intimate relationships happen to me by accident.
22. I'm concerned about the way my intimate relationships are presented to others.
23. I sometimes have a fear of intimate relationships.

24. I am very satisfied with my intimate relationship.
25. I am better at intimate relationships than most other people.
26. I tend to be preoccupied with intimate relationships.
27. I exert a great deal of control over my intimate relationships.
28. I'm always trying to understand by intimate relationships.
29. I have a strong desire to be involved in an intimate relationship.
30. I feel nervous when I interact with a partner in an intimate relationship.
31. I am somewhat passive about expressing my desires in intimate relationships.
32. I feel discouraged about my intimate relationship.
33. Luck plays a big part in influencing the nature of my intimate relationships.
34. I usually worry about the impression my intimate relationships have on others.
35. On occasion, I am fearful of intimate involvement with a partner.
36. My intimate relationship meets my original expectations.
37. I would rate myself pretty favorably as an intimate partner.
38. I'm constantly thinking about being in an intimate relationship.
39. The main thing which affects my intimate relationships is what I myself do.
40. I'm very alert to changes in my intimate relationships.
41. It's really important to me that I involve myself in an intimate relationship.
42. I am more anxious about intimate relationships than most people are.
43. I do not hesitate to ask for what I want in an intimate relationship.
44. I feel disappointed about my intimate relationship.
45. My intimate relationships are largely a matter of fortune (good or bad).
46. I'm usually alert to other's reactions to my intimate relationships.
47. I don't have very much fear about being involved in an intimate relationship.
48. My intimate relationship is very good compared to most.
49. I would be very confident in an intimate relationship.
50. I think about intimate relationships the majority of the time.
51. My intimate relationships are something that I myself am in charge of.
52. I'm very aware of the nature in my intimate relationships.
53. I strive to keep myself involved in an intimate relationship.
54. I feel inhibited and shy in an intimate relationship.
55. When it comes to intimate relationships, I usually ask for what I want.
56. I feel sad when I think about my intimate relationship.
57. The nature of my intimate relationships is really a matter of fate or destiny.
58. I usually notice the way that others react to my intimate relationships.
59. I'm not very afraid of becoming involved in an intimate relationship.
60. I am very satisfied with the intimate aspects of my life.
61. I responded to the above items based on:
 - (A) My current relationship.
 - (B) A past close relationship.
 - (C) An imagined close relationship.

Source: Snell, W. E. (1996). *The Multidimensional Relationship Questionnaire (MRQ)*. Retrieved September 10, 2003, from <http://www4.semo.edu/snell/scales/MRQ.htm>

Domain: Relationship/Marital Quality
Measure: Relationship Assessment Scale (RAS; Hendrick, 1988)

Please mark on the answer sheet the letter for each item which best answers that item for you.

1. How well does your partner meet your needs?

A	B	C	D	E
Poorly		Average		Extremely well

2. In general, how satisfied are you with your relationship?

A	B	C	D	E
Unsatisfied		Average		Extremely satisfied

3. How good is your relationship compared to most?

A	B	C	D	E
Poor		Average		Excellent

4. How often do you wish you hadn't gotten in this relationship?

A	B	C	D	E
Never		Average		Very often

5. To what extent has your relationship met your original expectations?

A	B	C	D	E
Hardly at all		Average		Completely

6. How much do you love your partner?

A	B	C	D	E
Not much		Average		Very much

7. How many problems are there in your relationship?

A
Very few

B

C
Average

D

E
Very many

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Quality

Measure: The Relationship Closeness Inventory (RCI, Berscheid, Snyder & Omoto, 1989)

We are currently investigating the nature of interpersonal relationships. As part of this study, we would like you to answer the following questions about your relationship with another person. Specifically, we would like you to choose the *one* person with whom you have the *closest, deepest, most involved, and most intimate relationship*, and answer the following questions with regard to this particular person. For some of you, this person may be a dating partner or someone with whom you have a romantic relationship. For others of you, this person may be a close, personal friend, family member, or companion. It makes no difference exactly who this person is as long as he or she is the one person with whom you have the closest, deepest, most involved, and most intimate relationship. *Please select this person carefully since this decision will affect the rest of this questionnaire.*

With this person in mind, please respond to the following questions:

1. Who is this person? (initial of first name only) _____
 - a. What is this person's age? _____
 - b. What is this person's sex? _____
 - c. What is your age? _____
 - d. What is your sex? _____

2. Which one of the following best describes your relationship with this person? (Check only one)
 - WORK:
 - _____ co-worker
 - _____ your boss/supervisor
 - _____ your subordinate
 - FAMILY:
 - _____ aunt/uncle
 - _____ sister/brother
 - _____ parent
 - _____ cousin
 - ROMANTIC:
 - _____ married
 - _____ engaged
 - _____ living together
 - _____ dating: date only this person
 - _____ dating: date this person and others
 - FRIEND:
 - _____ close friend (non-romantic)
 - _____ casual friend
 - OTHER:
 - _____ (please specify _____)

3. How long have you known this person? Please indicate the number of years and/or months (for example, 3 years, 8 months)
 _____ years, _____ months

We would like you to estimate the amount of time you typically spend alone with this person (referred to below as “X”) during the day. We would like you to make these time estimates by breaking the day into morning, afternoon, and evening, although you should interpret each of these time periods in terms of your own typical daily schedule. (For example, if you work a night shift, “morning” may actually reflect time in the afternoon, but it is nevertheless time immediately after waking.) Think back over the past week and write in the average amount of time, per day, that you spend *alone with X, with no one else around*, during each time period. If you did not spend any time with X in some periods, write 0 hour(s), 0 minutes.

4. DURING THE PAST WEEK, what is the average amount of time, per day, that you spent *alone with X* in the MORNING (e.g., between the time you wake and 12 noon)?
 _____ hour(s), _____ minutes
5. DURING THE PAST WEEK, what is the average amount of time, per day, that you spent *alone with X* in the AFTERNOON (e.g., between 12 noon and 6 pm)?
 _____ hour(s), _____ minutes
6. DURING THE PAST WEEK, what is the average amount of time, per day, that you spent *alone with X* in the EVENING (e.g., between 6 pm and bedtime)?
 _____ hour(s), _____ minutes

Compared with the “normal” amount of time you usually spend alone with X, how typical was the past week? (Check one)

_____ typical _____ not typical... if so, why? (Please explain)

The following is a list of different activities that people may engage in over the course of one week. For each of the activities listed, please check all of those that you have engaged in *alone with X in the past week*. Check only those activities that were done *alone with X* and *not* done with X in the presence of others.

In the past week, I did the following activities *alone with X*: (Check all that apply)

- did laundry
- prepared a meal
- watched TV
- went to an auction/antique show
- attended a non-class lecture or presentation
- went to a restaurant
- went to a grocery store
- went for a walk/drive
- discussed things of a personal nature
- went to a museum/art show
- planned a party/social event
- attended class
- went on a trip (e.g., vacation or weekend)
- cleaned house/apartment
- went to church/religious function
- worked on homework
- engaged in sexual relations
- discussed things of a non-personal nature
- went to a clothing store
- talked on the phone
- went to a movie
- ate a meal
- participated in a sporting activity
- outdoor recreation (e.g., sailing)
- went to a play
- went to a bar
- visited family
- visited friends
- went to a department, book, hardware store, etc.
- played cards/board game
- attended a sporting event
- exercised (e.g., jogging, aerobics)
- went on an outing (e.g., picnic, beach, zoo, winter carnival)
- wilderness activity (e.g., hunting, hiking, fishing)
- went to a concert
- went dancing
- went to a party
- played music/sang

The following questions concern the amount of influence X has on your thoughts, feelings, and behavior. Using the 7-point scale below, please indicate the extent to which you agree or disagree by writing the appropriate number in the space corresponding to each item.

1	2	3	4	5	6	7
I strongly agree						I strongly disagree

1. ____ X will influence my future financial security.
2. ____ X does *not* influence everyday things in my life.
3. ____ X influences important things in my life.
4. ____ X influences which parties and social events I attend.
5. ____ X influences the extent to which I accept responsibilities in our relationship.
6. ____ X does *not* influence how much time I spend doing household work.
7. ____ X does *not* influence how I choose to spend my money.
8. ____ X influences the way I feel about myself.
9. ____ X does not influence my moods.
10. ____ X influences the basic values that I hold.
11. ____ X does *not* influence the basic opinions I that I have of other important people in my life.
12. ____ X does *not* influence when I see, and the amount of time I spend with, my family.
13. ____ X does *not* influence when I see, and the amount of time I spend with, my friends.
14. ____ X does *not* influence which of my friends I see.
15. ____ X does *not* influence type of career I have.
16. ____ X influences or will influence how much time I devote to my career.
17. ____ X does *not* influence my chances of getting a good job in the future.
18. ____ X influences the way I feel about the future.
19. ____ X does *not* have the capacity to influence how I act in various situations.
20. ____ X influences and contributes to my overall happiness.
21. ____ X does *not* influence my present financial security.
22. ____ X influences how I spend my free time.
23. ____ X influences when I see X and the amount of time the two of us spend together.
24. ____ X does *not* influence the way I dress.
25. ____ X influences how I decorate my home (e.g., dorm room, apartment, house).
26. ____ X does *not* influence where I live.
27. ____ X influences what I watch on TV.

Now we would like you to tell us how much X affects your future plans and goals. Using the 7-point scale below, please indicate the degree to which your future plans and goals are affected by X by writing the appropriate number in the space corresponding to each item. If an area does not apply to you (e.g., you have no future plans or goals in that area), write a 1.

1	2	3	4	5	6	7
Not at all						A great extent

1. _____ my vacation plans
2. _____ my marriage plans
3. _____ my plans to have children
4. _____ my plans to make major investments (house, car, etc.)
5. _____ my plans to join a club, social organization, church, etc.
6. _____ my school-related plans
7. _____ my plans for achieving a particular financial standard of living

Source: Berscheid, E., Snyder, M., & Omoto, A.M. (1989). The Relationship Closeness Inventory: Assessing the closeness of interpersonal relationships. *Journal of Personality and Social Psychology*, 57(5), 792-807.

Domain: Relationship/Marital Quality
Measure: Relationship Events Scale (RES; King & Christensen, 1983)

Listed below are events that occur in many relationships. Mark the item T (true) if the event has ever happened in your relationship or F (false) if the event has not happened in your relationship.

1. My partner has called me an affectionate name (sweetheart, darling, etc.)
2. My partner has said "I love you" to me.
3. My partner does not date anyone other than myself.
4. We have discussed the possibility of getting married.
5. We have lived together or we live together now.
6. I have lent my partner more than \$20 for more than one week.
7. I have called my partner an affectionate name (sweetheart, darling, etc.)
8. We have felt comfortable enough with each other so that we could be together without talking or doing an activity.
9. I do not date anyone other than my partner.
10. We have spent a vacation together that lasted longer than three days.
11. I have said "I love you" to my partner.
12. I have referred to my partner as my boyfriend/girlfriend.
13. My partner has lent me more than \$20 for more than one week.
14. We have spent a whole day with just each other.
15. My partner has referred to me as his/her girlfriend/boyfriend.
16. We have arranged to spend time together without planning any activity.
17. We have discussed living together.
18. We have received an invitation for the two of us as a couple.
19. We are or have been engaged to be married.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/ Marital Quality
Measure: Relationship Rating Form (RRF; Davis & Todd, 1985)

1	2	3	4	5	6	7	8	9
Not at all								Completely or extremely

1. Do you accept this person as he/she is?
2. Are you willing to ignore this person's small sins because of the way you feel about him/her?
3. Is it easy for you to forgive this person?
4. Does this person disappoint you?
5. Do you respect this person?
6. Does this person make bad judgments on important matters?
7. Does this person bring out the best in you?
8. Is this person a good sounding board for your ideas and plans?
9. Do you trust this person?
10. Can you count on this person in times of need?
11. Does this person ever forget your welfare?
12. Does this person use things against you that he/she shouldn't?
13. Do you and this person openly discuss personal matters?
14. Do you confide in this person?
15. Do you feel that there are things about you that this person just would not understand?
16. Do you feel that some things about yourself are none of this person's business?
17. Do you know what kind of person s/he is?
18. Is this person's behavior surprising or puzzling to you?
19. Do you know this person's faults and shortcomings?
20. Do you know about this person's past?
21. Does this person dominate your thoughts?
22. Does it give you pleasure just to watch or look at this person?
23. Do you think about this person even when you are not with him/her?
24. Are there things that you do only with this person?
25. Do you have feelings about this person that you couldn't have about others?
26. Would you feel betrayed or hurt if this person had the same relationship with someone else that s/he now has with you?
27. Do you and this person have your own way of doing things?
28. Are you sexually intimate with this person?
29. Do you find this person sexually attractive?
30. Do you enjoy being touched by this person and touching him/her?
31. Can you count on this person to lend you a substantial sum of money?
32. Can you count on this person to risk personal safety to help you if you were in trouble?
33. Can you count on this person to give the utmost on your behalf?
34. Are you prepared to make a significant sacrifice on this person's behalf?
35. Can you count on this person to let you know how others feel about you?
36. Can you count on this person to support you in an argument or dispute with others?

37. Can you count on this person to champion your interests where there is a conflict between your interests and those of others?
38. Can you count on this person to come to your aid when you need help?
39. Can this person count on you for help when s/he is in need?
40. Can you count on this person to tell you what s/he really thinks about issues regardless of whether he or she agrees with you?
41. Do you tell this person exactly what you think about important issues regardless of whether he or she agrees with you?
42. Are you happy in your relationship with this person?
43. Has your relationship with this person satisfied your needs?
44. Has your relationship with this person been a success?
45. Do you enjoy doing things with this person more than with others?
46. Do you enjoy doing things with this person that you otherwise would not enjoy?
47. Do you enjoy this person's company?
48. Does your partner share the same feelings for you that you have for him/her?
49. Does this person really care about you as a person?
50. Do you feel that your partner cares for you as much as you care for him/her?
51. Does your partner make you feel worthwhile and special?
52. Does your partner make you feel proud of yourself?
53. Are you committed to staying in your relationship?
54. Does this person measure up to your ideals for a life partner?
55. How likely is it that your relationship will be permanent?
56. How committed is your partner to this relationship?
57. Do you fight and argue with this person?
58. Does this person treat you in unfair ways?
59. Is there tension in your relationship with this person?
60. Are you confused or unsure of your feelings towards this person?
61. Do you feel that this person demands too much of your time?
62. Do you feel trapped in this relationship?
63. Has your partner ever forced you to do something you did not want to do?
64. Have you ever forced your partner to do something that s/he did not want to do?
65. Do you talk with this person about your relationship?
66. Do you and this person try to work out difficulties that occur between you?
67. Are you trying to change things that you do to make the relationship better between the two of you?
68. Is your relationship one of equals?

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Quality
Measure: Stevens Relationship Questionnaire (SRQ; Stevens, & Stevens, 1994)

Rate the degree to which you agree with questions 1-72 using the following scale:

STRONGLY DISAGREE OR UNCHARACTERISTIC OF ME OR US STRONGLY AGREE OR CHARACTERISTIC OF ME OR US

=> -2 -1 0 1 2 <=

1. I do something different to surprise my partner such as buy flowers, leave a love note, or buy a present for no special event at least once a week.
2. It is NOT ok for one partner to go away for a weekend by themselves to think and be alone.
3. One should always consult with their partner before making even small decisions.
4. I frequently fantasize about my partner.
5. My partner and I celebrate special days together almost once a month.
6. If I am under more stress than usual, my partner will usually do extra things for me.
7. A long term commitment (would) cause(s) me to feel trapped.
8. I have told my partner almost everything about myself.
9. My partner has close friends of his/her same sex with whom he/she has frequent social contact outside work.
10. If my partner makes a decision concerning his/her own personal matters, and I do not agree with it, I almost always am supportive and encouraging to my partner.
11. It is ok for one partner to go out to lunch alone with an attractive friend of the opposite sex.
12. My partner and I go out to romantic places just to be alone together at least once a week.
13. I am extremely attracted to my partner sexually.
14. My partner and I both enjoy playfully teasing each other several times per week.
15. The (marriage) relationship is more important than the happiness of one partner.
16. A couple should almost never argue or disagree if they are to have a truly happy relationship.
17. I would end my relationship if staying in it meant that I could not grow as a person.
18. My partner and I strongly agree on most long term goals.
19. When my partner and I have a discussion or argument, we almost always stay on one issue at a time.
20. Overall, my partner and I are equal in how much influence we have in decisions.
21. When I discuss an important issue with my partner, I go ahead and tell my partner almost exactly what I am thinking and feeling--even though it might upset him/her. My partner does the same.
22. There are certain tasks that are MORE the man's responsibility, such as providing economic support, taking care of the car, etc.
23. There are certain tasks that are MORE the woman's responsibility, such as cleaning house, fixing meals, etc.
24. When I refer to myself, I frequently say "we" (meaning my partner and I).

25. One of us frequently worries about whether the other is really committed to this relationship.
26. My partner and I rarely argue about the same issue more than once.
27. One partner makes more of the decisions than the other.
28. My partner and I have some goals which are not the same.
29. My partner and I almost never make "threats" about what he/she will do if the other takes a certain action.
30. We usually discuss what is really bothering us (the "underlying" issues) instead of the "surface" issues.
31. In our conversations, one partner usually talks quite a bit more than the other.
32. One partner usually talks a long time before the other partner has a chance.
33. My partner and I both rarely use negative labels or call each other names (such as "dumb", "dependent", "weak", "selfish", "inconsiderate") even when we are angry with each other.
34. I do not really feel very comfortable telling my partner about my weaknesses or something I have done wrong.
35. When making an important decision, we almost always discuss it until we find a solution with which we are both happy.
36. Sometimes when we are trying to resolve a difficult problem, we may talk about it for many hours. However, we keep going until we reach a solution.
37. When we discuss an issue, one or both of us frequently uses words like "always", "never", or seems to act as if they know more than the other.
38. I frequently feel as if my partner is manipulating me.
39. When discussing important issues my partner and I usually repeat back a summary of what the other has said to make sure we understand it.
40. Even during a disagreement, my partner and I frequently laugh and praise each other.
41. If I did not have my partner, I would have little trouble finding another partner with whom I could be very happy.
42. My partner is extremely charming and romantic.
43. My partner and I are both very assertive(positive, firm, and diplomatic).
44. I find that I can't really enjoy myself very much if I go someplace without my partner.
45. Our communication is extremely open, nondefensive, and honest.
46. Almost every day my partner and I each share our FEELINGS about events happening that day.
47. Overall, my partner gives me a lot more criticism than praise.
48. I don't know how I could be happy if I didn't have my partner.
49. I hate to be alone for even a short time.
50. I respect my partner more than almost anyone else I know.
51. I feel free to do whatever I want at home whether or not my partner is there.
52. I would feel embarrassed if my partner did something considered more characteristic of the opposite sex in front of other people (such as a woman working on the car or a man crying).
53. My partner and I talk very openly and freely about specifically what we like and dislike in our sexual relations.
54. I want a relationship in which the man is stronger and more decisive than the woman.
55. My partner and I do NOT enjoy working at the same task together.

56. If one of us tries to teach the other something, we usually end up having some hard feelings.
57. If I ask my partner to do me a favor, he/she almost always does it cheerfully.
58. My partner and I "win" long disagreements/arguments about equally often.
59. My partner almost always does what he/she says he/she will do.
60. If I get angry at my partner, he/she usually gets angry back.
61. I frequently do not know what my partner really wants or feels.
62. I enjoy being alone awhile almost every day.
63. I am glad that my partner has some recreational activities and interests apart from me.
64. My partner and I each have our own funds from which to buy personal things without consulting the other.
65. The man and woman should be equally responsible for providing an income for the couple or family.
66. If the man and woman have a career conflict in which one has to quit his/her job, the woman should be the one to quit.
67. Overall, I criticize my partner quite a bit more than I praise him/her.
68. If I lose my temper at my partner, he/she will almost always tell me about it in a firm, diplomatic way without losing his/her temper. I do the same when she/he loses her/his temper.
69. I believe in traditional male-female differences in roles in most areas of the relationship.
70. Most people think that my partner is extremely physically attractive.
71. Overall, I have an extremely happy relationship with my partner.
72. Overall, I am extremely satisfied with my relationship with my partner.

Behavior Frequency Section

Instructions: During the past six months, answer approximately how often:

73. My partner and I have sexual intercourse:
 - a. At least 5 times or more per week.
 - b. At least 3-4 times per week.
 - c. At least 1-2 times per week.
 - d. At least 1-3 times per month.
 - e. Less than once per month.

74. My partner and I have arguments for at least several minutes:
 - a. At least 5 times or more per week.
 - b. At least 3-4 times per week.
 - c. At least 1-2 times per week.
 - d. At least 1-3 times per month.
 - e. Less than once per month.

Source: Stevens, T. G., & Stevens, S. B. (1994). *Stevens Relationship Questionnaire*. Retrieved September 10, 2003, from <http://front.csulb.edu/tstevens/srq95.htm>

Relationship/Marital Conflict Measures

Measures:

- Areas of Change Questionnaire (ACQ; Weiss, Hops, & Patterson, 1973)
- Beier-Sternberg Discord Questionnaire (DQ; Beier & Sternberg, 1977)
- Conflict Tactics Scale (CTS; Straus, 1979)
- Construction of Problems Scale (CPS; Heatherington, 1998)
- Dyadic Adjustment Scale (DAS; Spanier, 1976)
- ENRICH Conflict Resolution Scale (Olson, Fournier, & Druckman, 1985)
- ENRICH Personality Issues Scale (Olson, Fournier, & Druckman, 1985)
- Gottman Sound Relationship House Questionnaires- Constructive versus Destructive Conflict Measures (Gottman, 1999)
- Gottman Sound Relationship House Questionnaires- The Three Relationship Processes (Gottman, 1999)
- The Ineffective Arguing Inventory (IAI; Kurdek, 1994)
- Kansas Marital Conflict Scale (KMCS; Eggeman, Moxley, & Schumm, 1985)
- Life Distress Inventory (LDI; Thomas, Yoshioka, & Ager, 1993)
- The Locke-Wallace Marital Adjustment Test (LWMAT; Locke & Wallace, 1959)
- Miller Marital Locus of Control Scale (MMLOC; Miller, Lefcourt, & Ware, 1983)
- Non-physical Abuse of Partner Scale (NPAPS; Garner & Hudson, 1992)
- Partner Abuse Scale: Non-Physical (PASNP; Hudson, 1992)
- Spouse Treatment Mediation Inventories (STMI; Ager & Thomas, 1993)
- The Psychological Maltreatment of Women Inventory- Proposed Short Version (PMWI; Tolman, 1995)
- The Psychological Maltreatment of Women Inventory- Female Version (PMWI-F; Tolman, 1995)
- The Relationship Dynamics Scale (Stanley & Markman, 1996)

Domain: Relationship/Marital Conflict
Measure: Areas of Change Questionnaire (ACQ; Weiss, Hops, & Patterson, 1973)

In every relationship there are behaviors one or both partners seek to change. Behaviors may either too often or not often enough. For example, a partner may be dissatisfied because other takes out the garbage only once a week. The desired change would be for this behavior to occur more often. On the other hand, one might be dissatisfied because too much time was spent cleaning up the house; in this case the desired change would be for this behavior to less often. In other words, a person's dissatisfaction with partner performance of a behavior can be expressed as a desire for a behavior to occur either more or less often.

The following pages list typical behaviors which can cause relationship dissatisfactions. As you read each item, decide whether you are satisfied with your partner's performance described in that item. If you are satisfied with your partner's performance or if an item is not relevant to you, check the zero point on the scale, meaning "NO CHANGE DESIRED."

If you are 'not satisfied' with your partner's performance in a particular item, indicate the direction of change in behavior you would like to see. Use the rating scale accompanying each item. If you would prefer to see a particular behavior occur less often, make a check mark (\/) on the "minus" half of the rating scale and indicate how much less you would like this behavior to occur. If you would prefer to see a particular behavior occur more often, make a check mark on the "plus" half of the rating scale to indicate how much more you would like this behavior to occur. Finally, as you go through the list, please indicate which items you consider to be of major importance in your relationship.

Please note that the scales change direction, so that much less is sometimes on the left, and at other times on the right.

Parts I and II are combined here; note that different stems are used in Parts I and II.

Part I:

Ask: I want my partner to:

Part II:

Ask: It would please my partner if I:

1. ...participated in decisions about spending money

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

2. ...Spent time keeping the house clean

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

3. ...had meals ready on time

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

4. ...paid attention to his/her appearance

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

5. ...hit him/her

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

6. ...got together with his/her friends

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

7. ...paid the bills on time

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

8. ...prepared interesting meals

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

9. ...started interesting conversations with me

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

10. ...went out with me

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

11. ...showed appreciation for the things he/she does well

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

12. ...got together with his/her relatives

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

13. ...had sexual relations with him/her

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

14. ...drank

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

15. ...worked late						
-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more
16. ...got together with our friends						
-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more
17. ...helped with housework when asked						
-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more
18. ...argued with me						
-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less
19. ...disciplined children						
-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more
20. ...engaged in extra-marital sexual relations						
-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less
21. ...spent time in outside activities						
-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

22. ...paid attention to my sexual needs

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

23. ...spent time with children

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

24. ...gave him/her attention when he/she needs it

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

25. ...assumed responsibility for finances

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

26. ...left him/her to himself/herself

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

Source: Weiss, R.L. (1998). *Areas of Change Questionnaire*. Retrieved September 29, 2003 from <http://www.uoregon.edu/~rlweiss/473/>.

Domain: Relationship/Marital Conflict

Measure: Beier-Sternberg Discord Questionnaire (DQ; Beier & Sternberg, 1977)

With Scale 1 we want to find out how you differ from your spouse in looking at things. In Scale 2 we want to find out how you feel about these differences. If, for example a disagreement were to make you very unhappy, as in the “Money” example given above, you would mark 6 or 7 on Scale 2: Results of agreement or disagreement. Please check each item in both scales. Remember, the higher the number the more disagreement or conflict over a particular topic, the lower the number, the more agreement.

Scale 1: Degree of Agreement

Scale 2: Results of Agreement or Disagreement

Agree Disagree
1 2 3 4 5 6 7

Happy Unhappy
1 2 3 4 5 6 7

1. Money
 2. Children
 3. Sex
 4. Concern and love
 5. Doing things together (in spare time)
 6. Friends and social life
 7. Getting ahead, ambition
 8. Politics
 9. Children’s education
 10. Religion
- Other(s): please specify

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Conflict
Measure: Conflict Tactics Scale (CTS; Straus, 1979)

No matter how well a couple gets along, there are times when they disagree on major decisions, get annoyed at something the other person does, or just have spats or fights because they're in a bad mood or tired or for some other reason. They also use many different ways of trying to settle their differences. I'm going to read a list of some things that you and your (husband/partner) might have done when you had a dispute, and would like you to tell me for each one how often you did it in the last year.

Question:	First Questions: Respondents in past year	Second Questions: Partner in last year	Follow Up: Couple ever happened
	<i>Response Code:</i>	0 = Never 1 = Once 2 = Twice 3 = 3-5 times 4 = 6-10 times 5 = 11-20 times 6 = More than 20 times X = Don't know	<i>Response Code:</i> 1 = Yes 2 = No X = Don't Know
a. Discussed an issue calmly			
b. Got information to back up (yours/his) side of things			
c. Brought in, or tried to bring in, someone to help settle things			
d. Insulted or swore at the other one			
e. Sulked or refused to talk about an issue			
f. Stomped out of the room or house or yard			
g. Cried			
h. Did or said something to spite the other one			
i. Threatened to hit or throw something at the other one			
j. Threw or smashed or hit or kicked something			
k. Threw something at the other one			
l. Pushed, grabbed, or shoved the other one			
m. Slapped the other one			
n. Kicked, bit, or hit with a fist			

o. Hit or tried to hit with something			
p. Beat up the other one			
q. Threatened with a gun or knife			
r. Choked the other one			
s. Used a knife or gun			

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Conflict
Measure: Construction of Problems Scale (CPS; Heatherington, 1998)

We would like to know your own opinions about what the problem or situation is that has brought you or your family here. Would you kindly use the space below to describe the problem or situation and also what you think the causes of it are.

Next, the following questions each state a possible cause of the problem situation. For each question, consider how much that is or is not a cause of the problem you just wrote about. Simply read the question and check the circle that best describes your opinion regarding that particular cause.

- 4 - Not at all
- 3 - A little
- 2 - Somewhat
- 1 - A lot
- 0 - Completely

1. To what extent is this a family problem (vs. an individual problem)?
2. Is this problem caused by circumstances in the environment which are beyond the control of the people involved (e.g. accident, laid off from job, etc.)?
3. Does this problem result from the way two or more people in the family relate or communicate with each other?
4. Are you to blame or at fault for this problem?
5. Is some other family member to blame or at fault for this problem?
6. Is this problem related to certain family events or situations that occurred in the family in which you were raised?
7. Is this problem caused by your own physical illness or condition?
8. Is this problem caused by the physical illness or condition of a family member other than yourself?
9. Is this problem caused by the way two (or more) people behave together in a “vicious circle” (e.g., the more a wife nags the more her husband withdraws and the more he withdraws the more she nags, or the more a brother teases his sister the more she tattles and the more she tattles the more he teases her)?
10. Is this problem a matter of bad luck?
11. Is someone in the family other than yourself responsible for the cause of this problem?
12. Is this problem due to family member not seeing things from one another’s point of view?
13. Is this problem due to the genetic makeup of someone in the family other than yourself?
14. Is this problem solvable?
15. Is this problem caused by the mental disorder of someone in the family other than yourself?
16. Is this problem caused by how family members other than yourself think about, or view, the situation?

17. Is this problem due to the personality traits of a family member other than yourself?
18. Is this problem caused by your own mental disorder?
19. Is this problem related to family events or situations that occurred in previous generations, i.e., things that happened when your parents or grandparents were growing up?
20. Is this problem due to your personality traits?
21. Do you have any power or control over resolving this problem?
22. Is this problem due to your genetic makeup?
23. Is this problem caused by how you think about, or view, the problem?
24. Do family members other than yourself have any power or control over resolving the problem?
25. Are you responsible for the cause of this problem?
26. Is this problem caused by your attitude?
27. Is this problem caused by the attitude of someone in the family other than yourself?

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Conflict
Measure: Dyadic Adjustment Scale (DAS; Spanier, 1976)

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement and disagreement between you and your partner for each item on the following list using the response continuum:

- 0 = Always disagree
- 1 = Almost always disagree
- 2 = Frequently disagree
- 3 = Occasionally disagree
- 4 = Almost always agree
- 5 = Always agree

1. Handling family finances
2. Matters of recreation
3. Religious matters
4. Demonstrations of affection
5. Friends
6. Sex relations
7. Conventionality (correct or proper behavior)
8. Philosophy of life
9. Ways of dealing with parents or in-laws
10. Aims, goals and things believed important
11. Amount of time spent together
12. Making major decisions
13. Household tasks
14. Leisure time interests and activities
15. Career decisions

Subjects are asked to answer the following questions using a 5-point response continuum:

- 0 = All the time
- 1 = Most of the time
- 2 = More often than not
- 3 = Occasionally
- 4 = Rarely
- 5 = Never

16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?
17. How often do you or your mate leave the house after a fight?
18. In general, how often do you think that things between you and your partner are going well?
19. Do you confide in your mate?
20. Do you ever regret that you married (or lived together)?
21. How often do you and your partner quarrel?
22. How often do you and your mate "get on each other's nerves?"

Subjects are asked to answer the following questions using a 5-point response continuum:

- 4 = Every day
- 3 = Almost every day
- 2 = Occasionally
- 1 = Rarely
- 0 = Never

23. Do you kiss your mate?

Subjects are asked to answer the following questions using the following response continuum:

- 4 = All of them
- 3 = Most of them
- 2 = Some of them
- 1 = Very few of them
- 0 = None of them

24. Do you and your mate engage in outside interests together?

How often would you say the following events occur between you and your mate?

- 0 = Never
- 1 = Less than once a month
- 2 = Once or twice a month
- 3 = Once or twice a week
- 4 = Once a day
- 5 = More often

25. Have a stimulating exchange of ideas

26. Laugh together

27. Calmly discuss something

28. Work together on a project

There are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no.)

29. Being too tired for sex.

30. Not showing love.

31. The dots on the following line represent different degrees of happiness in your relationship. The middle point, “happy” represents the degree of happiness in most relationships. Please circle the dot which best describes the degree of happiness, all things considered of your relationship.

● ● ● ● ● ● ●
 Extremely Fairly A little Happy Very Extremely Perfect
 unhappy unhappy unhappy happy happy happy

32. Which of the following statements best describes how you feel about the future of your relationship?

- ___ I want desperately for my relationship to succeed, and would go to almost any length to see that it does.
- ___ I want very much for my relationship to succeed, and will do all I can to see that it does.
- ___ I want very much for my relationship to succeed, and will do my fair share to see that it does.
- ___ It would be nice if my relationship succeeded, but I can't do much more than I am doing now to help it succeed.
- ___ It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the relationship going.
- ___ My relationship can never succeed, and there is no more that I can do to keep the relationship going.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Conflict
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Conflict Resolution Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Conflict Resolution

- 4. In order to end an argument, I usually give up too quickly.
- 10. My partner and I have very different ideas about the best way to solve our disagreements.
- 39. When discussing problems, I usually feel my partner understands me.
- 58. When we are having a problem, I can always tell my partner what is bothering me.
- 70. Sometimes we have serious disputes over unimportant issues.
- 73. I would do anything to avoid conflict with my partner.
- 77. I sometimes feel our arguments go on and on and never seem to get resolved.
- 82. When we have a disagreement, we openly share our feelings and decide how to resolve our differences.
- 95. I usually feel that my partner does not take our disagreements seriously.
- 112. When we argue, I usually end up feeling the problem was all my fault.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Conflict
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Personality Issues Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Personality Issues

- 8. My partner is too critical or often has a negative outlook.
- 13. Sometimes I am concerned about my partner's temper.
- 24. At times, I am concerned that my partner appears to be unhappy or withdrawn.
- 30. My partner's smoking and/or drinking habits are a problem.
- 37. At times, my partner is not dependable or does not always follow up on things.
- 42. When we are with others I am sometimes upset with my partner's behavior.
- 63. Sometimes my partner is too stubborn.
- 77. It bothers me that my partner is often late.
- 95. Sometimes I have difficulty dealing with my partner's moodiness.
- 113. At times, I think my partner is too domineering.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Conflict
Measure: Gottman Sound Relationship House Questionnaires- Constructive versus Destructive Conflict Measures (Gottman, 1999)

1. HARSH STARTUP

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

1 = True
2 = False

When we discuss our issues:

1. My partner is often very critical of me.
2. I hate the way my partner raises an issue.
3. Arguments often seem to come out of nowhere.
4. Before I know it we are in a fight.
5. When my partner complains I feel picked on.
6. I seem to always get blamed for issues.
7. My partner is negative all out of proportion.
8. I feel I have to ward off personal attacks.
9. I often have to deny charges leveled against me.
10. My partner's feelings are too easily hurt.
11. What goes wrong is often not my responsibility.
12. My partner criticizes my personality.
13. Issues get raised in an insulting manner.
14. My partner will at times complain in a smug or superior way.
15. I have just about had it with all this negativity between us.
16. I feel basically disrespected when my partner complains.
17. I just want to suddenly leave the scene when complaints arise.
18. Our calm is suddenly shattered.
19. I think my partner's negativity is unnerving and unsettling.
20. I think my partner can be totally irrational.

2. THE FOUR HORSEMEN

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

1 = True
2 = False

When we discuss our issues:

1. I feel attacked or criticized when we talk about our disagreements.
2. I usually feel like my personality is being assaulted.
3. In our disputes, at times, I don't even feel like my partner likes me very much.

4. I have to defend myself because the charges against me are so unfair.
5. I often feel unappreciated by my partner.
6. My feelings and intentions are often misunderstood.
7. I don't feel appreciated for all the good I do in this relationship.
8. I often just want to leave the scene of the arguments.
9. I get disgusted by all the negativity between us.
10. I feel insulted by my partner at times.
11. I sometimes just clam up and become quiet.
12. I can get mean and insulting in our disputes.
13. I feel basically disrespected.
14. Many of our issues are just not my problem.
15. The way we talk makes me want to just withdraw from the whole relationship.
16. I think to myself "Who needs all this conflict?"
17. My partner never really changes.
18. Our problems have made me feel desperate at times.
19. My partner doesn't face issues responsibly and maturely.
20. I try to point out flaws in my partner's personality that need improvement.
21. I feel explosive and out of control about our issues at times.
22. My partner uses phrases like "You always" or "You never" when complaining.
23. I often get the blame for what are really *our* problems.
24. I don't have a lot of respect for my partner's position on our basic issues.
25. My partner can be quite selfish and self-centered.
26. I feel disgusted by some of my partner's attitudes.
27. My partner gets far too emotional.
28. I am just not guilty of the many things I am accused of.
29. Small issues often escalate out of proportion.
30. Arguments seem to come out of nowhere,
31. My partner's feelings get hurt too easily.
32. I often will become silent to cool things down a bit.
33. My partner has a lot of trouble being rational and logical.

3. GRIDLOCK ON PERPETUAL ISSUES

Read each statement and place a check mark in the appropriate TRUE or FALSE boxes.

1 = True

2 = False

When we discuss our problems:

1. The same problems keep coming up again and again in our relationship.
2. We rarely make much progress on our central issues.
3. We keep hurting each other whenever we discuss our core issues.
4. I feel criticized and misunderstood when we discuss our hot topics.
5. My partner has a long list of basically unreasonable demands.
5. My partner has a long list of basically unreasonable demands.
6. When we discuss our basic issues, I often feel that my partner doesn't even like me.

7. My partner wants me to change my basic personality.
8. I often keep quiet and withdraw to avoid stirring up too much conflict.
9. I don't feel respected when we disagree.
10. My partner often acts in a selfish manner.
11. What I say in our discussions rarely has much effect.
12. I feel put down in our discussions of key issues.
13. I can't really be myself in this relationship.
14. I often think that my partner is manipulating me.
15. Sometimes I think that my partner doesn't care about my feelings.
16. My partner rarely makes a real effort to change.
17. There are some basic faults in my partner's personality that he or she will not change.
18. My partner disregards my fundamental needs.
19. Sometimes I feel that my values don't matter to my partner.
20. When we discuss our issues, my partner acts as if I am totally wrong and he or she is totally right.

4. ACCEPTING INFLUENCE

Read each statement and place a check mark in the appropriate TRUE or FALSE boxes.

- 1 = True
2 = False

When we discuss our problems:

1. I find that I am really interested in my partner's opinion on our basic issues.
2. I usually learn a lot from my partner even when we disagree.
3. I want my partner to feel that what he or she says really counts with me.
4. I generally want my partner to feel influential in this relationship.
5. I can listen to my partner.
6. My partner has a lot of basic common sense.
7. I try to communicate respect even during our disagreements.
8. I don't keep trying to convince my partner so that I will eventually win out.
9. I don't reject my partner's opinions out of hand.
10. My partner is rational enough to take seriously when we discuss our issues.
11. I believe in lots of give and take in our discussions.
12. I am very persuasive, but don't usually try to win arguments with my partner.
13. I feel important in our decisions.
14. My partner usually has good ideas.
15. My partner is basically a great help as a problem solver.
16. I try to listen respectfully even when I disagree.
17. My ideas for solutions are not better than my partner's.
18. I can usually find something to agree with in my partner's position.
19. My partner is not usually too emotional.
20. I am not the one who needs to make the major decisions in this relationship.

5. COMPROMISE

Read each statement and place a check mark in the appropriate TRUE or FALSE boxes.

1 = True

2 = False

During our attempts to resolve conflicts between us:

1. Our decisions often get made by both of us compromising.
2. We are usually good at resolving our differences.
3. I can give in when I need to, and often do.
4. I can be stubborn in an argument but I'm not opposed to compromising.
5. I think that sharing power in a relationship is very important.
6. My partner is not a very stubborn person.
7. I don't believe one person is usually right and the other wrong on most issues.
8. We both believe in meeting each other half way when we disagree.
9. I am able to yield somewhat even when I feel strongly on an issue.
10. The two of us usually arrive at a better decision through give and take.
11. It's a good idea to give in somewhat, in my view.
12. In discussing issues we can usually find our common ground of agreement.
13. Everyone gets some of what they want when there is a compromise.
14. My partner can give in, and often does.
15. I don't wait until my partner gives in before I do.
16. When I give in first my partner then gives in too.
17. Yielding power is not very difficult for my partner.
18. Yielding power is not very difficult for me.
19. Give and take in making decisions is not a problem in this relationship.
20. I will compromise even when I believe I am right.

Source: Gottman, J. (1999). *The marriage clinic*. New York: W.W. Norton.

Domain: Relationship/Marital Conflict
Measure: Gottman Sound Relationship House Questionnaires- The Three Relationship Processes (Gottman, 1999)

FLOODING

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

1 = True
2 = False

1. Our discussions get too heated.
2. I have a hard time calming down.
3. One of us is going to say something we will regret.
4. My partner gets too upset.
5. After a fight, I want to keep my distance.
6. My partner yells unnecessarily.
7. I feel overwhelmed by our arguments.
8. I can't think straight when my partner gets hostile.
9. I think to myself, "Why can't we talk more logically?"
10. My partner's negativity often comes out of nowhere.
11. There's often no stopping my partner's temper.
12. I feel like running away during our fights.
13. Small issues suddenly become big ones.
14. I can't calm down very easily during an argument.
15. My partner has a long list of unreasonable demands.

NEGATIVE SENTIMENT OVERRIDE

Fill this form out thinking about your immediate past (last 2 to 4 weeks), or a recent discussion of an existing issue. Read each statement and place a check mark in the appropriate TRUE or FALSE box.

1 = True
2 = False

IN the recent past in my relationship, generally:

1. I felt hurt.
2. I felt misunderstood.
3. I thought, "I don't have to take this."
4. I felt innocent of blame for this problem.
5. I thought to myself, just get up and leave.
6. I was angry.
7. I felt disappointed.
8. I felt unjustly accused.
9. I thought, "My partner has no right to say those things."

10. I was frustrated.
11. I felt personally attacked.
12. I wanted to strike back.
13. I felt like I was warding off a barrage.
14. I felt like getting even.
15. I wanted to protect myself.
16. I took my partner's complaints as sleights.
17. I felt like my partner was trying to control me.
18. I thought that my partner was very manipulative.
19. I felt unjustly criticized.
20. I wanted the negativity to just stop.

EFFECTIVE REPAIR ATTEMPTS

Read each statement and place a check mark in the appropriate TRUE or FALSE box.

- 1 = True
2 = False

During our attempts to resolve conflict between us:

1. We are good at taking breaks when we need them.
2. When I apologize it usually gets accepted by my partner.
3. I can say that I am wrong.
4. I am pretty good at calming myself down.
5. Even when arguing we can maintain a sense of humor.
6. When my partner says we should talk to each other in a different way, it usually makes a lot of sense.
7. My attempts to repair our discussions when they get negative are usually effective.
8. We are pretty good listeners even when we have different positions on things.
9. If things get heated we can usually pull out of it and change things.
10. My partner is good at soothing me when I get upset.
11. I feel confident that we can resolve most issues between us.
12. When I comment on how we could communicate better my partner listens to me.
13. Even if things get hard at times, I know we can get past our differences.
14. We can be affectionate even when we are disagreeing.
15. Teasing and humor usually work with my partner for getting over negativity.
16. We can start all over again and improve our discussions when we need to.
17. When emotions run hot, expressing how upset I feel makes a real difference.
18. Even when there are big differences between us we can discuss these.
19. My partner expresses appreciation for nice things I do.
20. If I keep trying to communicate it will eventually work.

Source: Gottman, J. (1999). *The marriage clinic*. New York: W.W. Norton.

Domain: Relationship/Marital Conflict
Measure: The Ineffective Arguing Inventory (IAI; Kurdek, 1994)

Below are descriptions of the kinds of arguments people in relationships are likely to experience. Circle the number that indicates how much you agree that each statement fits your relationship.

1	2	3	4	5
Disagree				Agree
Strongly				Strongly

1. By the end of an argument, each of us has been given a fair hearing.
2. When we begin to fight or argue, I think, "Here we go again."
3. Overall, I'd say we're pretty good at solving our problems.
4. Our arguments are left hanging and unresolved.
5. We go for days without settling our differences.
6. Our arguments seem to end in frustrating stalemates.
7. We need to improve the way we settle our differences.
8. Overall, our arguments are brief and quickly forgotten.

Source: Kurdek, L. A. (1994). Conflict resolution styles in gay, lesbian, heterosexual nonparent, and heterosexual parent couples. *Journal of Marriage and the Family*, 56, 705-722.

Domain: Relationship/Marital Conflict

Measure: Kansas Marital Conflict Scale (KMCS; Eggeman, Moxley, & Schumm, 1985)

Please use the following scale and indicate how often you and your spouse engage in the activities mentioned in each question. Please indicate how often by recording the number in the space to the left of each item.

- 1 = Never
- 2 = Once in a while
- 3 = Sometimes
- 4 = Frequently
- 5 = Almost always

When you and your husband are beginning to discuss a disagreement over an important issue, how often:

1. Do you both begin to understand each other's feelings reasonably quickly?
2. Do you both get your points across to each other without too much trouble?
3. Do you both begin to appreciate each other's points of view on the matter fairly soon?
4. Does your husband seem to be supportive of your feelings about your disagreement?
5. Does your husband tell you that you shouldn't feel the way you do about the issue?
6. Is your husband willing to really hear what you want to communicate?
7. Does your husband insist on contradicting many of your ideas on the issue before he even understands what your ideas are?
8. Does your husband make you feel that your views, even if different from his, are really important to him?
9. Does your husband seem more interested in justifying his own point of view rather than in understanding yours?
10. Does your husband let you feel upset or angry without putting you down for it?
11. Does your husband blame you for any of your feelings of frustration or irritation as if they were mostly your own fault, none of his?

After you and your husband have been discussing a disagreement over an important issue for a while, how often:

1. Are you able to clearly identify the specific things about which you disagree?
2. Are you able to identify clearly the specific things about which you do agree?
3. Are you both able to express how the other feels about the issue?
4. Are you both able to express the other's viewpoint nearly as well as you could your own viewpoint?
5. Does your husband's facial expression and tone of voice convey a sense of:

___ discouragement	___ frustration
___ anger	___ bitterness
___ disgust	___ self-pity (for himself)
___ condescension	___ cynicism
___ resentment	___ respect toward you
___ hostility	

About the time you and your husband feel you are close to a solution to your disagreement over an important issue, how often:

1. Are you able to completely resolve it with some sort of compromise that is OK with both of you?
2. Do you end up with very little resolved after all?
3. Do you quickly bring the matter to a conclusion that is satisfactory for both of you?
4. Do you realize that the matter will have to be reargued in the near future?
5. Do you find that just as soon as you think you have gotten things resolved, your husband comes up with a new idea for resolving the issue?
6. Does your husband keep on trying to propose things that are not mutually acceptable ways of resolving the matter at hand?
7. Does it seem that no matter what you suggest, your husband keeps on finding new, supposedly better solutions?
8. Are you both willing to give and take in order to settle the disagreement?
9. Are you and your husband able to give up some of what you wanted in order to bring an issue to a close?
10. Are you and your husband able to keep coming closer together on a mutually acceptable solution until you reach it?
11. Are you and your husband able to reach a mutually acceptable contract for resolving the disagreement?

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Conflict

Measure: Life Distress Inventory (LDI; Thomas, Yoshioka, & Ager, 1993)

This scale is intended to estimate your *current* level of distress with each of the eighteen areas of your life listed below. Please circle one of the numbers (1-7) beside each area. Numbers toward the left end of the seven-unit scale indicate higher levels of distress, while numbers toward the right end of the scale indicate lower levels of distress. Try to concentrate on how distressed you *currently* feel about each area.

	The most distress I've ever felt	Extremely distressed	Very distressed	Moderately distressed	Somewhat distressed	Very little distressed	No distress
Marriage	7	6	5	4	3	2	1
Sex	7	6	5	4	3	2	1
Relationship to spouse	7	6	5	4	3	2	1
Relationship to children	7	6	5	4	3	2	1
Relationship to other relatives	7	6	5	4	3	2	1
Household management	7	6	5	4	3	2	1
Financial situation	7	6	5	4	3	2	1
Employment	7	6	5	4	3	2	1
Education	7	6	5	4	3	2	1
Recreation/leisure	7	6	5	4	3	2	1
Social life	7	6	5	4	3	2	1
Religion	7	6	5	4	3	2	1
Management of time	7	6	5	4	3	2	1
Physical health	7	6	5	4	3	2	1
Personal independence	7	6	5	4	3	2	1
Role of alcohol in home	7	6	5	4	3	2	1
Satisfaction with life	7	6	5	4	3	2	1
Expectations for future	7	6	5	4	3	2	1

Please circle one number for each item

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

12. In leisure time do you generally prefer:
To be "on the go,"
To stay at home?

Does your spouse generally prefer to be "on the go"; to stay at home?

13. Do you ever wish you had not married?
Frequently
Occasionally
Rarely
Never

14. If you had your life to live over, do you think you would:
Marry the same person
Marry a different person
Not marry at all.

15. Do you confide in your mate:
Almost never
Rarely
In most things
In everything

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Conflict
Measure: Miller Marital Locus of Control Scale (MMLOC; Miller, Lefcourt, & Ware, 1983)

The statements in this questionnaire express opinions on a number of issues in the marital relationship. You may find yourself agreeing strongly with some of the statements, disagreeing just as strongly with others and perhaps feeling uncertain about others. Your reactions reflect your own opinions and there are no right or wrong answers. Whether you agree or disagree with any statement, you can be sure that there are many people who feel the same way you do.

Mark each statement in the left margin according to how much you agree or disagree with it. Please mark every one.

Write +1, +2, 0, -1, -2 depending on how you feel in each case.

+1 = I agree a little
 +2 = I agree very much
 0 = Neither agree nor disagree
 -1 = I disagree a little
 -2 = I disagree very much

Remember that the best answer is whatever your personal opinion is and this is usually reflected in your *first* reaction to an item, rather than after long debates with yourself over particular experiences.

1. When I want my spouse to do something she/he hadn't planned on, there's little that I can do to bring her/him around to my way of thinking.
2. I am often at a loss as to what to say or do when I'm in disagreement with my spouse.
3. More often than not some effort on my part can help to resolve marital problems.
4. I can often help to bring about a reconciliation when my spouse and I have an argument.
5. My spouse's moods are often mysterious to me, in that I have little idea as to what may have set them off.
6. I often find my spouse's behavior to be unpredictable.
7. During disagreements I can often do or say something that will improve the situation.
8. My spouse's behavior is understandable to me.
9. Happy times in our marriage just seem to happen with little or no effort on my part.
10. Often my spouse's mood state will be in response to something I've said or done.
11. There are things I can do that will be in response to something I've said or done.

12. Circumstances of one sort or another play a major role in determining whether my marriage functions smoothly.
13. When we're in conflict my spouse will more often be the one to help us become reconciled.
14. Some effort is usually required on my part in order to bring about pleasant experiences in our marriage.
15. When we have unpleasant experiences in our marriage I can often see how I have helped to bring them about.
16. It's more often up to my spouse to make an argument end peaceably.
17. The unhappy times in our marriage just seem to happen regardless of what I am doing.
18. When we have difficulties in our marriage there seems to be little that my spouse and I are able to do to bring about a reconciliation.
19. I can often persuade my spouse to do something that he/she hadn't planned on doing.
20. Circumstances play a very limited role in causing marital satisfaction; it is largely effort and concern that matter.
21. I often find that men are more difficult to understand than are women.
22. When I have difficulties in my interactions with men, I find that time is a better healer than anything I could do.
23. Men seem less predictable than women.
24. Women are more perplexing to me than men.
25. When I encounter problems in my interactions with women there seems to be little I can do to turn the situation around.
26. Women are more reliable in their interactions with me than are men.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Conflict

Measure: Non-physical Abuse of Partner Scale (NPAPS; Garner & Hudson, 1992)

This questionnaire is designed to measure the non-physical abuse you have delivered upon your partner. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can by placing a number beside each one as follows:

- 1 = Never
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Very frequently
- 7 = All of the time

1. ___ I make fun of my partner's ability to do things.
2. ___ I expect my partner to obey.
3. ___ I become very upset and angry if my partner says that I have been drinking too much.
4. ___ I demand my partner to perform sex acts that he or she does not enjoy or like.
5. ___ I become very upset if my partner's work is not done when I think it should be.
6. ___ I don't want my partner to have any male friends.
7. ___ I tell my partner he or she is ugly and unattractive.
8. ___ I tell my partner that he or she really couldn't manage without me.
9. ___ I expect my partner to hop to it when I give him or her an order.
10. ___ I insult or shame my partner in front of others.
11. ___ I become very angry if my partner disagrees with my point of view.
12. ___ I carefully control the money I give my partner.
13. ___ I tell my partner that he or she is dumb or stupid.
14. ___ I demand that my partner stay home.
15. ___ I don't want my partner to work or go to school.
16. ___ I don't want my partner socializing with his or her female friends.
17. ___ I demand sex whether my partner wants it or not.
18. ___ I scream and yell at my partner.
19. ___ I shout and scream at my partner when I'm drinking.
20. ___ I order my partner around.
21. ___ I have no respect for my partner's feelings.
22. ___ I act like a bully towards my partner.
23. ___ I frighten my partner.
24. ___ I treat my partner like he or she is a dimwit.
25. ___ I'm rude to my partner.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Conflict
Measure: Partner Abuse Scale: Non-Physical (PASNP; Hudson, 1992)

This questionnaire is designed to measure the non-physical abuse you have experienced in your relationship with your partner. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can by placing a number beside each one as follows:

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

1. ___ My partner belittles me.
2. ___ My partner demands obedience to his or her whims.
3. ___ My partner becomes surly or angry if I say he or she is drinking too much.
4. ___ My partner demands that I perform sex acts that I do not enjoy or like.
5. ___ My partner becomes very upset if my work is not done when he or she thinks it should be.
6. ___ My partner does not want me to have any male friends.
7. ___ My partner tells me I am ugly and unattractive.
8. ___ My partner tells me I couldn't manage or take care of myself without him or her.
9. ___ My partner acts like I am his or her personal servant.
10. ___ My partner insults or shames me in front of others.
11. ___ My partner becomes very angry if I disagree with his or her point of view.
12. ___ My partner is stingy in giving me money.
13. ___ My partner belittles me intellectually.
14. ___ My partner demands that I stay home.
15. ___ My partner feels that I should not work or go to school.
16. ___ My partner does not want me to socialize with my female friends.
17. ___ My partner demands sex whether I want it or not.
18. ___ My partner screams and yells at me.
19. ___ My partner shouts or screams at me when he or she drinks.
20. ___ My partner orders me around.
21. ___ My partner has no respect for my feelings.
22. ___ My partner acts like a bully towards me.
23. ___ My partner frightens me.
24. ___ My partner treats me like a dunce.
25. ___ My partner is surly and rude to me.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Conflict

Measure: Spouse Treatment Mediation Inventories (STMI; Ager & Thomas, 1993)

This questionnaire is designed to measure aspects of your relationship with your spouse as it involves treatment, including how you influence your spouse. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can by encircling the number of your response for each question.

- 1 = Strongly agree
- 2 = Somewhat agree
- 3 = Neither agree nor disagree
- 4 = Somewhat disagree
- 5 = Strongly disagree

1. When I have difficulties my spouse is very understanding.
2. It is difficult for me to accept help from others.
3. My spouse is willing to work hard to make our marriage work.
4. I would have serious problems if my marriage ended.
5. It is important to me that my spouse change.
6. My spouse does not love me.
7. I know how to please my spouse.
8. I am often overwhelmed by my responsibilities.
9. When we disagree, I try to understand my spouse's point of view.
10. I rarely have the energy to complete the things I set out to do.
11. I initiate most of the activities in my marriage.
12. I can not openly express love and affection in my marriage.
13. My spouse sees me as competent and knowledgeable.
14. My spouse rarely talks to me about things that are important to him/her.
15. When it really matters, I know I can depend on my spouse.
16. It seems as if my life is one crisis after another.
17. When we disagree, my spouse tries to understand my point of view.
18. I do not provide much emotional support for my spouse.
19. I can stand up for my point of view without being overly aggressive or apologetic.
20. I often forget or put off things I promised to do.
21. My spouse is sexually attracted to me.
22. When it comes to change, my spouse is inflexible.
23. I am willing to work hard to make my marriage work.
24. My spouse has the final say in most of the family decisions.
25. When my spouse has difficulties, I am very understanding.
26. I am fed up with trying to help my spouse change.
27. I am good at keeping track of things I might otherwise forget.
28. When my spouse makes a promise to me, he/she rarely keeps it.
29. I am highly motivated to make changes through participating in this treatment program.
30. My spouse believes that I am not interested in his/her well-being.

31. I learn new things quickly.
32. My spouse's problem which brings me here is extremely serious.
33. I am a good observer of what other people do.
34. There is a lot of conflict in my marriage.
35. I make most of the decisions about how the family money is used.
36. I am sometimes afraid of my spouse.
37. My spouse wants to please me.
38. I rarely spend time alone with my spouse.
39. I need someone outside my family to talk to about my problems.
40. I am not able to confront my spouse when I have concerns about him/her.
41. I am able to get my spouse to do things that he/she would not otherwise do.
42. When I obtain medical assistance, I often do not follow the advice I receive.
43. I believe that participating in this treatment program will help me with my personal concerns.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Conflict
Measure: The Psychological Maltreatment of Women Inventory- Proposed Short Version (PMWI; Tolman, 1995)

This questionnaire asks about actions you may have experienced with your partner. Answer each item as carefully as you can by placing a number beside each one as follows:

- 1 = Never
- 2 = Rarely
- 3 = Occasionally
- 4 = Frequently
- 5 = Very frequently
- NA= Not applicable

In the past six months:

1. My partner called me names.
2. My partner swore at me.
3. My partner yelled and screamed at me.
4. My partner treated me like an inferior.
5. My partner monitored my time and made me account for my whereabouts.
6. My partner used our money or made important financial decisions without talking to me about it.
7. My partner was jealous or suspicious of my friends.
8. My partner accused me of having an affair with another man.
9. My partner interfered in my relationships with other family members.
10. My partner tried to keep me from doing things to help myself.
11. My partner restricted my use of the telephone.
12. My partner told me my feelings were irrational or crazy.
13. My partner blamed me for his problems.
14. My partner tried to make me feel crazy.

Source: Tolman, R.M. (2003). *Psychological Maltreatment of Women Inventory*. Retrieved September 2, 2003, from <http://www.personal.umich.edu/~rtolman/pmwishrt.txt>.

Domain: Relationship/Marital Conflict
Measure: The Psychological Maltreatment of Women Inventory- Female Version (PMWI-F; Tolman, 1995)

This questionnaire asks about actions you may have experienced with your partner. Answer each item as carefully as you can by placing a number beside each one as follows:

- 1 = Never
- 2 = Rarely
- 3 = Occasionally
- 4 = Frequently
- 5 = Very frequently
- NA= Not applicable

In the past six months:

1. My partner put down my physical appearance.
2. My partner insulted or shamed me in front of others.
3. My partner treated me like I was stupid.
4. My partner was insensitive to my feelings.
5. My partner told me I couldn't manage to take care of myself without him.
6. My partner put down my care of the children.
7. My partner criticized the way I took care of the house.
8. My partner said something to spite me.
9. My partner brought up something from the past to hurt me.
10. My partner called me names.
11. My partner swore at me.
12. My partner yelled and screamed at me.
13. My partner treated me like an inferior.
14. My partner sulked or refused to talk about a problem.
15. My partner stomped out of the house or yard during a disagreement.
16. My partner gave me the silent treatment or acted like I wasn't there.
17. My partner withheld affection from me.
18. My partner did not let me talk about my feelings.
19. My partner was insensitive to my sexual needs and desires.
20. My partner demanded obedience to his whims.
21. My partner became upset if dinner, housework, or laundry was not done when he thought it should be.
22. My partner acted like I was his personal servant.
23. My partner did not do a fair share of the household tasks.
24. My partner did not do a fair share of child care.
25. My partner ordered me around.
26. My partner monitored my time and made me account for my whereabouts.
27. My partner was stingy in giving me money to run our home.

28. My partner acted irresponsibly with our financial resources.
29. My partner did not contribute enough to supporting our family.
30. My partner used our money or made important financial decisions without talking to me about it.
31. My partner kept me from getting medical care that I needed.
32. My partner was jealous or suspicious of my friends.
33. My partner was jealous of other men.
34. My partner did not want me to go to school or other self-improvement activities.
35. My partner did not want me to socialize with my female friends.
36. My partner accused me of having an affair with another man.
37. My partner demanded that I stay home and take care of the children.
38. My partner tried to keep me from seeing or talking to my family.
39. My partner interfered in my relationships with other family members.
40. My partner tried to keep me from doing things to help myself.
41. My partner restricted my use of the car.
42. My partner restricted my use of the telephone.
43. My partner did not allow me to leave the house.
44. My partner did not allow me to work.
45. My partner told me my feelings were irrational or crazy.
46. My partner blamed me for his problems.
47. My partner tried to turn my family against me.
48. My partner blamed me for causing his violent behavior.
49. My partner tried to make me feel crazy.
50. My partner's moods changed radically.
51. My partner blamed me when he was upset.
52. My partner tried to convince me I was crazy.
53. My partner threatened to hurt himself if I left.
54. My partner threatened to hurt himself if I didn't do what he wanted me to do.
55. My partner threatened to have an affair.
56. My partner threatened to leave the relationship.
57. My partner threatened to take the children away from me.
58. My partner threatened to commit me to an institution.

Source: Tolman, R.M. (2003). *Psychological Maltreatment of Women Inventory*. Retrieved September 2, 2003, from <http://sitemaker.umich.edu/pmwi>.

Domain: Relationship/Marital Conflict
Measure: The Relationship Dynamics Scale (Stanley & Markman, 1996)

Use the following 3 point scale to rate how often you and your mate or partner experience the following:

- 1 = Never or almost never
- 2 = Once in awhile
- 3 = Frequently

1. Little arguments escalate into ugly fights with accusations, criticisms, name-calling, or bringing up past hurts.
2. My partner criticizes or belittles my opinions, feelings, or desires.
3. My partner seems to view my words or actions more negatively than I mean them to be.
4. When we have a problem to solve, it is like we are on opposite teams.
5. I hold back from telling my partner what I really think and feel.
6. I think seriously about what it would be like to date or marry someone else.
7. I feel lonely in this relationship.
8. When we argue, one of us withdraws, that is, doesn't want to talk about it anymore; or leaves the scene.

Source: PREP, Inc. (2003). *PREP: State-of-the-art tools for an extraordinary marriage*. Retrieved August 22, 2003, from <http://www.prepinc.com>.

Relationship/Marital Violence Measures

Measures:

- The Attitudes Toward Wife Abuse Scale (AWA; Briere, 1987)
- Partner Abuse Scale: Physical (PASPH; Hudson, 1992)
- Physical Abuse of Partner Scale (PAPS; Garner & Hudson, 1992)

Domain: Relationship/Marital Violence
Measure: Partner Abuse Scale: Physical (PASPH; Hudson, 1992)

This questionnaire is designed to measure the physical abuse you have experienced in your relationship with your partner. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can by placing a number beside each one as follows:

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

1. ___ My partner physically forces me to have sex.
2. ___ My partner pushes and shoves me around violently.
3. ___ My partner hits and punches my arms and body.
4. ___ My partner threatens me with a weapon.
5. ___ My partner beats me so hard I must seek medical help.
6. ___ My partner slaps me around my face and head.
7. ___ My partner beats me when he or she drinks.
8. ___ My partner makes me afraid for my life.
9. ___ My partner physically throws me around the room.
10. ___ My partner hits and punches my face and head.
11. ___ My partner beats me in the face so badly that I am ashamed to be seen in public.
12. ___ My partner acts like he or she would like to kill me.
13. ___ My partner threatens to cut or stab me with a knife or other sharp object.
14. ___ My partner tries to choke or strangle me.
15. ___ My partner knocks me down and then kicks or stomps me.
16. ___ My partner twists my fingers, arms, or legs.
17. ___ My partner throws dangerous objects at me.
18. ___ My partner bites or scratches me so badly that I bleed or have bruises.
19. ___ My partner violently pinches or twists my skin.
20. ___ My partner badly hurts me while we are having sex.
21. ___ My partner injures my breasts or genitals.
22. ___ My partner tries to suffocate me with pillows, towels, or other objects.
23. ___ My partner pokes or jabs me with pointed objects.
24. ___ My partner has broken one or more of my bones.
25. ___ My partner kicks my face and head.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Violence
Measure: Physical Abuse of Partner Scale (PAPS; Garner & Hudson, 1992)

This questionnaire is designed to measure the physical abuse you have delivered upon your partner. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can by placing a number beside each one as follows:

- 1 = Never
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Very frequently
- 7 = All of the time

1. ___ I physically force my partner to have sex.
2. ___ I push and shove my partner around violently.
3. ___ I hit and punch my partner's arms and body.
4. ___ I threaten my partner with a weapon.
5. ___ I beat my partner so hard he or she must seek medical help.
6. ___ I slap my partner around his or her face and head.
7. ___ I beat my partner when I'm drinking.
8. ___ I make my partner afraid for his or her life.
9. ___ I physically throw my partner around the room.
10. ___ I hit and punch my partner's face and head.
11. ___ I beat my partner in the face so that he or she is ashamed to be seen in public.
12. ___ I act like I would like to kill my partner.
13. ___ I threaten to cut or stab my partner with a knife or other sharp object.
14. ___ I try to choke or strangle my partner.
15. ___ I knock my partner down and then kick or stomp him or her.
16. ___ I twist my partner's fingers, arms or legs.
17. ___ I throw dangerous objects at my partner.
18. ___ I bite or scratch my partner so badly that he or she bleeds or has bruises.
19. ___ I violently pinch or twist my partner's skin.
20. ___ I hurt my partner while we are having sex.
21. ___ I injure my partner's breasts or genitals.
22. ___ I try to suffocate my partner with pillows, towels, or other objects.
23. ___ I poke or jab my partner with pointed objects.
24. ___ I have broken one or more of my partner's bones.
25. ___ I kick my partner's face and head.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Separation/Divorce Measures

Measures:

- Boundary Ambiguity Scales- 4 (BAS-4; Boss, Greenberg, & Pearce-McCall, 1990)
- Boundary Ambiguity Scales- 5 (BAS-5; Boss, Greenberg, & Pearce-McCall, 1990)
- Marital Alternatives Scale (MAS; Udry, 1981)
- Marital Instability Index (MII; Edwards, Johnson & Booth, 1987)
- Marital Instability Scale- Long Form (Booth, Johnson, & Edwards, 1983)
- Marital Instability Scale- Short Form (Booth, Johnson, & Edwards, 1983)
- Marital Status Inventory (Weiss, 1975)

Domain: Separation/Divorce (for adolescent and adult children of divorce)
Measure: Boundary Ambiguity Scales- 4 (BAS-4; Boss, Greenberg, & Pearce-McCall, 1990)

The following statements are about changes in your family since the divorce of your parents. Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

For questions 1-18, use the following scale as a guide in answering:

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Almost always

1. I hope that my parents' relationship with each other will improve.
2. I worry about whether I am spending enough time with each of my parents.
3. My parents and I can solve family problems together.
4. I find myself being a go-between for my parents (e.g., carrying messages, making arrangements).
5. I feel as though each of my parents wants me to be on his/her side.
6. Since the divorce, I find it more difficult to talk to my father about things I need from him (money, time, advice).
7. Since the divorce, I find it more difficult to talk to my mother about things I need from her (money, time, advice).
8. My feelings about whom I consider a member of my family and who is not a member of my family continues to change.
9. I still feel disturbed about my parents' divorce.
10. I think about my mother and father as a unit, as "my parents".
11. I feel comfortable talking about my mother in front of my father.
12. I feel comfortable talking about my father in front of my mother.
13. My family has clear rules about how money and financial arrangements should be handled.
14. When I think about important future occasions (e.g., graduations, weddings, newborn children) where my parents will be together, I worry about how they will behave.
15. People on my father's side of the family secretly ask me about my mother or ask me to say hello for them.
16. People on my mother's side of the family secretly ask me about my father or ask me to say hello for them.
17. I worry about which family members I should or will be with on important holidays or special occasions.
18. My parents say things about each other that make me feel uncomfortable.
19. In both of my parents' homes, I feel comfortable, like I belong.
20. It is unclear how the relationships between me and my extended family (grandparents, uncles, aunts, cousins) will be affected by the divorce.

If one or both of your parents has remarried or has been cohabiting for over one year, answer the following items. If neither parent has remarried or been cohabiting for over one year, skip items 21-25.

21. It took time, but now I have a good feeling about how we all fit together as a family.
22. I will always think of my original nuclear family as my real family.
23. I am confused about whether or not I should accept my mother's partner as part of my family.
24. I am confused about whether or not I should accept my father's partner as part of my family.
25. I am still clear about what type of relationship(s) I want to have with my stepsibling(s) or my parent's partners' children.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Separation/Divorce (For divorced adults)
Measure: Boundary Ambiguity Scales- 5 (BAS-5; Boss, Greenberg, & Pearce-McCall, 1990)

The following statements are about changes in your family since your divorce. Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

For questions 1-22, use the following scale as a guide in answering:

- 1 = Never
- 2 = Rarely
- 3 = Sometimes
- 4 = Often
- 5 = Almost always

1. I still consider myself a wife/husband to my former spouse.
2. Calling myself a divorced person feels comfortable to me now.
3. I feel upset when I imagine my former spouse with another man/woman.
4. I find myself wondering where my former is and what s/he is doing.
5. I feel that in some sense I will always be attached to my former spouse.
6. I still get my former spouse's advice about important personal decisions (e.g., health, career).
7. I continue to keep alive my hope that I will be reunited with my former spouse.
8. I continue to hope that my relationship with my former spouse will improve.
9. I feel competent performing the household or outside tasks that my former spouse used to do.
10. I feel guilty about dating (or wanting to date).
11. I feel that I have completely recovered from my divorce.
12. I still consider some members of my former spouse's family to be part of my family.
13. I feel incapable of establishing meaningful relationships with another man/woman.
14. I find myself asking my former spouse for advice about the areas s/he used to handle.
15. I often wonder what my former spouse's opinion or comment would be on events that happen or things I see during the day.
16. My former spouse and I discuss our new relationships with each other.

If you do not have children, stop here. If you do have children, answer items 17-22:

17. My children and I are able to talk about my former spouse without becoming emotionally upset.
18. I worry that my children feel caught in the middle between me and my former spouse.
19. My former spouse and I agree on how to share the responsibilities of parenting.
20. My children are aware of the facts and are reconciled to the divorce.

21. My former spouse and I have difficulty discussing financial matters involving the children.
22. It feels like a complete family when the children and I are together without my former spouse.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Separation/Divorce
Measure: Marital Alternatives Scale (MAS; Udry, 1981)

These days it seems like a lot of marriages are breaking up. Of course this isn't likely, but just suppose your husband were to leave you this year. How likely do you imagine each of the following would be? Decide whether you think each item would be impossible, possible, probable, or certain.

- 1 = Impossible
- 2 = Possible, but unlikely
- 3 = Probable
- 4 = Certain

How likely is it that:

- a. You could get another man better than he is?
- b. You could get another man as good as he is?
- c. You would be quite satisfied without a man?
- d. You would be sad, but get over it quickly?
- e. You would be able to live as well as you do now?
- f. You would be able to take care of yourself?
- g. You would be better off economically?
- h. Your prospects for a happy future would be bleak?
- i. There are other men you could be happy with?
- j. You could support yourself at your present level?
- k. Your life would be ruined?

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Separation/Divorce
Measure: Marital Instability Index (MII; Edwards, Johnson & Booth, 1987)

Part 1. Assessing divorce proneness

[Ask the question for each indicator and circle one of the answers given:]

	<i>Not divorce prone</i>	<i>Divorce prone</i>
Sometimes married people think they would enjoy living apart from their spouse. How often do you feel this way? Would you say very often, often, occasionally, or never?	Occasionally or never	Very often or often
Even people who get along quite well with their spouse sometimes wonder whether their marriage is working out. Have you thought your marriage might be in trouble within the last 3 years?	No	Yes
As far as you know, has your spouse ever thought your marriage was in trouble	No	Yes
Have you talked with family members, friends, clergy, counselors, or social workers about problems in your marriage within the last 3 years?	No	Yes
As far as you know, has your (husband/wife) talked with relatives, friends, or a counselor about problems either of you were having with your marriage?	No	Yes
Has the thought of getting a divorce or separation crossed your mind in the last 3 years?	No	Yes
Have you or your spouse seriously suggested the idea of divorce in the last 3 years?	No	Yes
Have you talked about dividing up the property	No	Yes
Have you talked about consulting an attorney?	No	Yes
Have you or your spouse consulted an attorney about divorce or separations?	No	Yes
Have you or your spouse consulted an attorney about a divorce or separation?	No	Yes

Because of problems people are having with their marriage, they sometimes leave home for a short time or as a trial separation. Has this happened in your marriage within the last 3 years? No Yes

Have you talked with your spouse about filing for divorce or separation? No Yes

Have you or your (husband/ wife) filed for divorce or separation petition? No Yes

Part 2. Attractions and barriers to divorce

[Ask the questions below and add or subtract points form the chance of divorce score according to the answers.]

Below are some of the things couples sometimes do together. For each one, please tell how often you and your spouse do this together.

- 1- Never
- 2- Occasionally
- 3- Usually
- 4- Almost always

How often do you eat your main meal together?

How often do you visit friends together?

How often do you work together on projects around the house?

When you go out - say, to play cards, bowling, or a movie - how often do you do this together?

If you had to do it all over again, would you (a) marry the same person, (b) marry someone else, or (c) not marry at all?

Do you own or rent a home?

In general, how much would you say your religious beliefs influence your daily life - very much, quite a bit, some, a little, or none?

How many years have you been married to your spouse?

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Separation/Divorce
Measure: Marital Instability Scale- Long Form (Booth, Johnson, & Edwards, 1983)

0 = Never
1 = Ever
2 = Within last three years
3 = Now

1. I have thought marriage in trouble
2. I have talked to others about marital problems
3. I have talked to friends about marital problems
4. Spouse has talked to others about marital problems
5. Spouse has thought marriage in trouble
6. I have thought about divorce
7. Spouse has thought about divorce
8. Either spouse or I have seriously suggested divorce
9. I favor divorce
10. Spouse favors divorce
11. I have initiated conversation about divorce
12. I favor divorce more than spouse
13. Discussed consulting or consulted an attorney
14. Discussed division of property
15. Discussed problems of living apart
16. Discussed filing or actually filed a petition
17. Discussed divorce with family member who approves
18. Discussed divorce with friend who approves
19. Couple has experienced separation

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Separation/Divorce
Measure: Marital Instability Scale- Short Form (Booth, Johnson, & Edwards, 1983)

0 = Never
1 = Ever
2 = Within last three years
3 = Now

1. Have you or your husband/wife ever seriously suggested the idea of divorce within the last three years?
2. Have you discussed divorce or separation with a close friend?
3. Even people who get along quite well with their spouse sometimes wonder whether their marriage is working out. Have you ever thought your marriage might be in trouble?
4. Did you talk about consulting an attorney?
5. Has the thought of getting a divorce or separation crossed your mind in the past three years?

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Separation/Divorce
Measure: Marital Status Inventory (Weiss, 1975)

In order to get an idea of how your marriage stands right now please answer the following questions by checking TRUE or FALSE of each item.

True False

- _____ 1. I have not made any specific plans to discuss separation or divorce with my spouse. I have not considered what I would say, etc.. (*True* means that you have not done so.)
- _____ 2. I have set up an independent bank account in my name as a measure of protecting my own interests.
- _____ 3. Thoughts of divorce occur to me frequently, as often as once a week or more.
- _____ 4. I have not suggested to my spouse that I wished to be divorced, separated, or rid of him/her. (*False* if you have suggested.)
- _____ 5. I have thought specifically about divorce or separation; I have considered who would get the kids, how things would be divided, pros and cons of such actions, etc.
- _____ 6. My spouse and I have separated. [This is (a) a trial separation or (b) a permanent separation; (*check one*)]
- _____ 7. I have discussed the question of my divorce or separation with someone other than my spouse (trusted friend, psychologist, minister, etc.).
- _____ 8. I have occasionally thought of divorce or wished that we were separated, usually after an argument or other incident.
- _____ 9. I have not discussed the issue seriously or at length with my spouse. (*False* means that you HAVE discussed.)
- _____ 10. I have filed for divorce or we are divorced.
- _____ 11. I have made no inquiries from nonprofessionals as to how long it takes to get a divorce, grounds for divorce, costs involved in such action, etc. (*False* means you have made inquiries.)
- _____ 12. I have not contact a lawyer to make preliminary plans for a divorce. (*False* means that you have consulted, etc.)
- _____ 13. I have not consulted a lawyer or other legal aid about the matter. (*False* means that you have consulted, etc.)
- _____ 14. I have considered a divorce or separation a few times other than during or shortly after a fight, although only in vague terms.

Source: Weiss, R.L. (1998). *Marital Status Inventory*. Retrieved September 29, 2003 from <http://www.uoregon.edu/~rlweiss/473/>.

Gender Roles Measures

Measures:

- Dual-Career Family Scale (DCFS; Pendleton, Poloma & Garland, 1980)
- ENRICH Equalitarian Roles Scale (Olson, Fournier, & Druckman, 1985)
- Family Responsibility Index (FRI; Bjorkquist, 1984)
- Semantic Differential of Sex Roles (SDSR; Hafner, 1984)

Domain: Gender Roles

Measure: Dual-Career Family Scale (DCFS; Pendleton, Poloma & Garland, 1980)

Please circle the number that indicates the extent to which you agree or disagree with the item.

- 1 - Strongly agree
- 2 - Agree
- 3 - No opinion
- 4 - Disagree
- 5 - Strongly disagree

Marriage Type

1. If a child were ill and needed to remain home from school, I would be (have been) more likely to stay home with him/her than my husband.
2. Given the structure of our society, it is important that the woman assume primary responsibility for child care.
3. I consider my husband to be the main breadwinner in the family.
4. My income is as vital to the well-being of our family as is my husband's.
5. I would not work if my husband did not approve.
6. I would not attend a professional convention if it inconvenienced my husband.

Domestic Responsibility

7. Although, my husband may assist me, the responsibility for homemaking tasks is primarily mine.
8. If a wife and mother feels she is not meeting her domestic responsibilities due to her career involvement, she should cut back her career demands.
9. I bend over backwards not to have to make demands on my husband that his colleagues (with nonemployed wives) do not have to meet.

Satisfaction

10. I would be a less fulfilled person without my experience of family life.
11. If I had it to do over again, I would not have had any children.
12. If I had it do over again I would not have trained for my particular profession.

Self-Image

13. My career has made me a better wife than I would have been otherwise.
14. Married professional women have the best of two worlds: professional employment combined with a full family life.
15. My career has made me a better mother than I otherwise would have been.
16. I spend (spent) as much or more actual time with my children as my non-working neighbors who are active in community affairs.

Career Saliience

17. I view my work more as a job than as a career.
18. I have cut back on my career involvement in order not to threaten my marriage.
19. My career is as important to my husband as it is to me.
20. I am as career-oriented as my male colleagues.
21. I would recommend that any young woman contemplating a career complete her professional training before marriage.
22. In case of conflicting demands, a professional woman's primary responsibilities are to her husband and children.
23. It is possible for a husband and wife to work in separate cities to maximize career possibilities and have a successful marriage at the same time.
24. If I were to receive an exceptional job offer in another city (one that I wanted to accept) I would not expect my husband to accompany me unless he were sure of a suitable position for himself.

Career Line

25. A married woman's career history should be considered in light of the two sets of demands she faces as a wife and as a professional.
26. Most single career women have greater opportunities to succeed in a profession than do married career women.
27. A married woman's career goals tend to be more modes than those of her male colleagues.
28. I have cut back on my career involvement in order to meet the needs of my family.
29. My career has suffered due to the responsibilities I have (had) as a mother.
30. It is impossible in our present society to combine a career, in the fullest sense of the term (uninterrupted, full-time work with a high degree of commitment and desire for success) with the demands of a family.
31. I consider myself a working woman (have professional employment) rather than a career woman (to whom advancement and exceptional achievement in a profession is important).

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Gender Roles
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Equalitarian Roles Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Equalitarian Roles

- 12. I believe that a woman's place is basically in the home.
- 23. If both of us are working, the husband should do the same amount of household chores as the wife.
- 28. In our family, the wife should not work outside the home unless it is an absolute financial necessity.
- 43. In our marriage, the wife should be more willing to go along with the husband's wishes.
- 52. Even if the wife works outside the home, she should still be responsible for running the household.
- 61. In our marriage, the husband is always the leader of our family.
- 73. For us, the husband's occupation is viewed as more important than the wife's.
- 77. If there are (were) young children, the wife should not work outside the home.
- 95. The husband should have the final word in most of the important decisions on our family.
- 104. The wife should trust and accept the husband's judgments on important issues.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Gender Roles

Measure: Family Responsibility Index (FRI; Bjorkquist, 1984)

This survey represents a refinement of several previous studies attempting to understand how husbands and wives in dual career families arrange their domestic situations. Please answer all of the questions. If you wish to comment on any questions or clarify your answers, please feel free to use the space in the margins. Your comments will be read and taken into account.

Thank you for your help.

During a typical working week, who is responsible for each of the following tasks?

(Circle the appropriate number.)

- 5 = Wife always
- 4 = Wife more
- 3 = H/W Equally or both
- 2 = Husband more
- 1 = Husband always
- 0 = Does not apply

Yardwork

1. Mow lawn
2. Trim and/or edge lawn
3. Plant and tend flower garden
4. Plant and tend vegetable garden
5. Water lawn and garden
6. Service lawn and garden tools
7. Trim bushes, fertilize lawn, and garden

Laundry

1. Wash clothes
2. Put clean clothes away
3. Iron clothes

House Care and Upkeep

1. Indoor painting
2. Outdoor painting
3. Physical upkeep of house exterior
4. Household repairs
5. Household remodeling
6. Put on storm windows and/or screens

Kitchen Clean-up

1. Put dishes in dishwasher/wash dishes
2. Empty dishwasher/dry dishes and put dishes away
3. Clean stove, counters, and table

Family Business

1. Balance checkbook
2. Pay bills
3. Prepare income tax forms
4. Make major financial decisions (e.g., buy insurance, select financial investments)

Housecleaning

1. Clean bathroom
2. Vacuum rugs
3. Wash floors
4. Dust furniture
5. Change beds
6. Care for indoor plants
7. Make beds
8. Empty garbage

Car Care

1. Check and add gas, oil, water, battery fluid
2. Decide when car needs servicing and take to garage
3. Buy and change tires or take to garage to have tires changed
4. Perform routine car servicing (e.g., change oil, antifreeze)

Heavy Housecleaning

1. Wash windows and drapes/curtains
2. Wash walls
3. Clean refrigerator and stove
4. Shampoo rugs and furniture
5. Polish floors

Family Care

1. Buy clothes for self
2. Buy clothes for other family members
3. Make dental and doctor appointments
4. Take children to dentist/doctor
5. Stay with children when sick
6. Care for family pets
7. Take care of preschool children
8. Teach, help, and discipline:
 - girls, age 6-18
 - boys, age 6-18
9. Arrange for child care
10. Organize family recreation and entertainment
11. Keep in touch with relatives and good friends

Preparing meals

1. Plan meals/buy food
2. Prepare meals

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Gender Roles
Measure: Semantic Differential of Sex Roles (SDSR; Hafner, 1984)

The fifteen attributes listed here allow you to describe _____. Place an X in ONE of the seven boxes in line with each attribute.

	Never	Rarely	Sometimes	Half the time	Often	Nearly always	Always
a. Assertive	1	2	3	4	5	6	7
b. Sympathetic	1	2	3	4	5	6	7
c. Self-reliant	1	2	3	4	5	6	7
d. Strong personality	1	2	3	4	5	6	7
e. Understanding	1	2	3	4	5	6	7
f. Independent	1	2	3	4	5	6	7
g. Forceful	1	2	3	4	5	6	7
h. Compassionate	1	2	3	4	5	6	7
i. Self-sufficient	1	2	3	4	5	6	7
j. Dominant	1	2	3	4	5	6	7
k. Warm	1	2	3	4	5	6	7
l. Aggressive	1	2	3	4	5	6	7
m. Tender	1	2	3	4	5	6	7
n. Acts as a leader	1	2	3	4	5	6	7
o. Gentle	1	2	3	4	5	6	7

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Marital Support Measures

Measures:

- ENRICH Family and Friends Scale (Olson, Fournier, & Druckman, 1985)

Domain: Relationship/Marital Support
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Family and Friends Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

X. Family and Friends

- 6. Some friends or relatives do things that cause tension in our marriage.
- 26. We spend the right amount of time with our relatives and friends.
- 47. I think my partner is too involved with or influenced by his/her family.
- 57. I do not enjoy spending time with some of our relatives or in-laws.
- 67. My partner dislikes all of my friends.
- 85. Sometimes my partner spends too much time with friends.
- 90. I feel that our parents expect too much attention or assistance from us.
- 92. I feel that our parents create problems in our marriage.
- 102. I really enjoy being with all my partner's friends.
- 106. It does not bother me when my partner spends time with friends of the opposite sex.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Sexual Intimacy Measures

Measures:

- ENRICH Sexual Relationship Scale (Olson, Fournier, & Druckman, 1985)
- Gottman Sound Relationship House Questionnaires- The Quality of Sex, Romance, and Passion in the Relationship Measures (Gottman, 1999)
- Index of Sexual Satisfaction (ISS; Hudson, 1992)
- The Sex-Love-Marriage Association Scale (Weis, Slosnerick, Cate, & Sollie, 1986)
- Sexual Attitude Scale (SAS; Hudson & Murphy, 1990)
- Sexual Satisfaction Scale- Final (Whitley & Poulsen, 1975)
- Sexual Satisfaction Scale- Original (Whitley & Poulsen, 1975)

Domain: Sexual Intimacy
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Sexual Relationship Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Sexual Relationship

- 8. I am completely satisfied with the amount of affection my partner gives me.
- 15. We try to find ways to keep our sexual relationship interesting and enjoyable.
- 24. I am concerned that my partner may not be interested in me sexually.
- 39. It is easy and comfortable for me to talk with my partner about sexual issues.
- 47. I sometimes worry that my partner may have thought about having a sexual relationship outside of our marriage (affair).
- 62. Our sexual relationship is satisfying and fulfilling to me.
- 68. I am reluctant to be affectionate with my partner because it is often misinterpreted as a sexual advance.
- 106. Sometimes I am concerned that my partner's interest in sex is not the same as mine.
- 107. I am satisfied with our decisions regarding family planning or birth control.
- 110. It bothers me that my partner uses or refuses sex in an unfair way.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Sexual Intimacy

Measure: Gottman Sound Relationship House Questionnaires- The Quality of Sex, Romance, and Passion in the Relationship Measures (Gottman, 1999)

For each item check the box below that applies to your relationship right now:

1. Is the relationship

- Romantic and passionate?
- Or is it becoming passionless, that is, the fire is going out?

2. I would say that

- My partner has stopped being verbally affectionate.
- My partner is still verbally affectionate.

3. I would say that

- My partner expresses love or admiration less frequently these days.
- My partner expresses love and admiration to me.

4. I would say that

- We rarely touch each other these days.
- We do touch each other.

5. I would say that

- My partner (or I) have stopped feeling very romantic.
- My partner and I still feel romantic toward one another.

6. I would say that

- We rarely cuddle with one another.
- We do cuddle with one another.

7. I would say that

- We have few tender or passionate moments.
- We still have our tender and passionate moments.

8. I would say that

- Our sex life is fine.
- There are definite problems in this area.

9. I would say that

- The frequency of sex is a problem.
- The frequency of sex is not a problem.

10. I would say that

- The satisfaction I (or my partner) get from sex is a problem.
- The satisfaction I (or my partner) get from sex is not a problem.

11. I would say that

- Being able to talk about sexual problems is a serious issue between us.
- Being able to talk about sexual problems is not a serious issue between us.

12. I would say that

- The two of us want different things sexually.
- The two of us generally want the same thing sexually.

13. I would say that

- Differences in desire are an issue in this relationship.
- Differences in desire are not an issue in this relationship.

14. I would say that

- The amount of love in our lovemaking is a problem.
- The amount of love in our lovemaking is not a problem.

Comments: (In the space below, please explain your responses in detail.)

Additional space for comments here:

Source: Gottman, J. (1999). *The marriage clinic*. New York: W.W. Norton.

Domain: Sexual Intimacy
Measure: Index of Sexual Satisfaction (ISS; Hudson, 1992)

This questionnaire is designed to measure the degree of satisfaction you have in the sexual relationship with your partner. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows.

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

1. I feel that my partner enjoys our sex life.
2. Our sex life is very exciting.
3. Sex is fun for my partner and me.
4. Sex with my partner has become a chore for me.
5. I feel that our sex is dirty and disgusting.
6. Our sex life is monotonous.
7. When we have sex it is too rushed and hurriedly completed.
8. I feel that my sex life is lacking in quality.
9. My partner is sexually very exciting.
10. I enjoy the sex techniques that my partner likes to use.
11. I feel that my partner wants too much sex from me.
12. I think that our sex is wonderful.
13. My partner dwells on sex too much.
14. I try to avoid sexual contact with my partner.
15. My partner is too rough or brutal when we have sex.
16. My partner is a wonderful sex mate.
17. I feel that sex is a normal function of our relationship.
18. My partner does not want sex when I do.
19. I feel that our sex life really adds a lot to our relationship.
20. My partner seems to avoid sexual contact with me.
21. It is easy for me to get sexually excited by my partner.
22. I feel that my partner is sexually pleased with me.
23. My partner is very sensitive to my sexual needs and desires.
24. My partner does not satisfy me sexually.
25. I feel that my sex life is boring.

Source: Corcoran, K. & Fischer, J. (2000). *Measures for Clinical Practice: A Sourcebook* (Vol. 2). New York, NY: The Free Press.

Domain: Sexual Intimacy
Measure: The Sex-Love-Marriage Association Scale (Weis, Slosnerick, Cate, & Sollie, 1986)

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
1. A man can't have a satisfactory and satisfying sex life without being in love with his partner.					
2. A woman can't have a satisfactory and satisfying sex life without being in love with her sex partner.					
3. Sexual intercourse is best enjoyed for its own sake, rather than for the purpose of proving or expressing love.					
4. A successful or satisfying sex partnership cannot be established unless the sex partners are quite willing to limit all the sexual intercourse they have to each other.					
5. Sexual intercourse with other than the regular sex partner can bring about an improvement in the sexual relationship of the established pair.					
6. Sexual intercourse is better- more enjoyable, intense and satisfying- if the sex partners are married to each other.					
7. Casual sexual intercourse with a variety of sex partners can be as satisfying and satisfactory as intercourse that is limited to an established sex partnership.					
8. Sex thoughts about someone other than the sex partner during intercourse with the partner are a form of unfaithfulness.					

Source: Weis, D.L., Slosnerick, R.C., Cate, R., & Sollie, D.L. (1986). A survey instrument for assessing the cognitive association of sex, love, and marriage. *Journal of Sex Research*, 22(2): 206-220.

Domain: Sexual Intimacy
Measure: Sexual Attitude Scale (SAS; Hudson & Murphy, 1990)

This questionnaire is designed to measure the way you feel about sexual behavior. It is not a test, so there are no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows.

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Neither agree nor disagree
- 4 = Agree
- 5 = Strongly agree

1. ___ I think there is too much sexual freedom given to adults these days.
2. ___ I think that increased sexual freedom undermines the American family.
3. ___ I think that young people have been given too much information about sex.
4. ___ Sex education should be restricted to the home.
5. ___ Older people do not need to have sex.
6. ___ Sex education should be given only when people are ready for marriage.
7. ___ Pre-marital sex may be a sign of a decaying social order.
8. ___ Extra-marital sex is never excusable.
9. ___ I think there is too much sexual freedom given to teenagers these days.
10. ___ I think there is not enough sexual restraint among young people.
11. ___ I think people indulge in sex too much.
12. ___ I think the only proper way to have sex is through intercourse.
13. ___ I think sex should be reserved for marriage.
14. ___ Sex should be only for the young.
15. ___ Too much social approval has been given to homosexuals.
16. ___ Sex should be devoted to the business of procreation.
17. ___ People should not masturbate.
18. ___ Heavy sexual petting should be discouraged.
19. ___ People should not discuss their sexual affairs or business with others.
20. ___ Severely handicapped (physically and mentally) people should not have sex.
21. ___ There should be no laws prohibiting sexual acts between consenting adults.
22. ___ What two consenting adults do together sexually is their own business.
23. ___ There is too much sex on television.
24. ___ Movies today are too sexually explicit.
25. ___ Pornography should be totally banned from our bookstores.

Source: Corcoran, K. & Fischer, J. (2000). *Measures for Clinical Practice: A Sourcebook* (Vol. 2). New York, NY: The Free Press.

Domain: Sexual Intimacy
Measure: Final Sexual Satisfaction Scale (Whitley & Poulsen, 1975)

The following are activities commonly engaged in before, during and directly after the time of sexual activity. Please rate the level of satisfaction you feel you derive from each activity (on an average). Include the time immediately prior to, during, and directly after sexual intercourse.

Please circle the number that you feel best fits the usual sexual satisfaction for each activity listed. Number 1 represents NO satisfaction, number 5 represents MAXIMUM satisfaction.

	None				Maximum
1. Kissing with your partner.	1	2	3	4	5
2. Stroking your partner.	1	2	3	4	5
3. French (open mouth) kissing with your partner.	1	2	3	4	5
4. Holding hands.	1	2	3	4	5
5. Smelling scents you consider erotic.	1	2	3	4	5
6. Oral genital stimulation of you by your partner.	1	2	3	4	5
7. Using drugs other than alcohol.	1	2	3	4	5
8. Undressing in front of your partner.	1	2	3	4	5
9. Sexual intercourse with your partner.	1	2	3	4	5
10. Being stroked by your partner.	1	2	3	4	5
11. Hugging your partner.	1	2	3	4	5
12. Oral genital stimulation of your partner by you.	1	2	3	4	5
13. Talking with your partner.	1	2	3	4	5
14. Watching your partner undress.	1	2	3	4	5
15. Manual stimulation by your partner of your genital area.	1	2	3	4	5
16. Being held by your partner.	1	2	3	4	5
17. Sexual activity with your partner without experiencing any orgasm (climax) of any kind.	1	2	3	4	5
18. You and your partner undressing each other.	1	2	3	4	5
19. Bathing with your partner.	1	2	3	4	5
20. Orgasm experienced more than once during a single sexual encounter.	1	2	3	4	5
21. Orgasm with clitoral manipulation by yourself.	1	2	3	4	5
22. Orgasm by fantasy and by daydream.	1	2	3	4	5
23. Orgasm by other means.	1	2	3	4	5

Source: Whitley, M.P., & Poulsen, S.B. (1975). Assertiveness and sexual satisfaction in employed professional women. *Journal of Marriage and the Family*, 37(3): 573-581.

Domain: Sexual Intimacy
Measure: Original Sexual Satisfaction Scale (Whitley & Poulsen, 1975)

The following are activities commonly engaged in before, during and directly after the time of sexual activity. Please rate the level of satisfaction you feel you derive from each activity (on an average). Include the time immediately prior to, during, and directly after sexual intercourse.

Please circle the number that you feel best fits the usual sexual satisfaction for each activity listed. Number 1 represents NO satisfaction, number 5 represents MAXIMUM satisfaction.

	No Satisfaction				Maximum Satisfaction
1. Kissing with your partner.	1	2	3	4	5
2. Stroking your partner.	1	2	3	4	5
3. French (open mouth) kissing with your partner.	1	2	3	4	5
4. Drinking alcoholic beverages.	1	2	3	4	5
5. Holding hands.	1	2	3	4	5
6. Smelling scents you consider erotic.	1	2	3	4	5
7. Eating with your partner.	1	2	3	4	5
8. Oral genital stimulation of you by your partner.	1	2	3	4	5
9. Using drugs other than alcohol.	1	2	3	4	5
10. Undressing in front of your partner.	1	2	3	4	5
11. Sexual intercourse with your partner.	1	2	3	4	5
12. Being stroked by your partner.	1	2	3	4	5
13. Hugging your partner.	1	2	3	4	5
14. Oral genital stimulation of your partner by you.	1	2	3	4	5
15. Talking with your partner.	1	2	3	4	5
16. Watching your partner undress.	1	2	3	4	5
17. Manual stimulation by your partner of your genital area.	1	2	3	4	5
18. Being held by your partner.	1	2	3	4	5
19. Sexual activity with your partner without experiencing any orgasm (climax) of any kind.	1	2	3	4	5
20. Self-stimulation of your genital area.	1	2	3	4	5
21. You and your partner undressing each other.	1	2	3	4	5
22. Bathing with your partner.	1	2	3	4	5
23. Dancing with your partner.	1	2	3	4	5
24. Orgasm experienced more than once during a single sexual encounter.	1	2	3	4	5
25. Degree of satisfaction you feel with your identity as a woman.	1	2	3	4	5
26. Degree of satisfaction you feel with your current sexual relationship.	1	2	3	4	5

If you do not experience orgasms by any of the following means please rate the degree of satisfaction you achieve from each of them.

- | | | | | | |
|--|---|---|---|---|---|
| 27. Orgasm with vaginal intercourse. | 1 | 2 | 3 | 4 | 5 |
| 28. Orgasm with clitoral manipulation by your partner. | 1 | 2 | 3 | 4 | 5 |
| 29. Orgasm with clitoral manipulation by yourself. | 1 | 2 | 3 | 4 | 5 |
| 30. Orgasm by fantasy and by daydream. | 1 | 2 | 3 | 4 | 5 |
| 31. Orgasm by other means. | 1 | 2 | 3 | 4 | 5 |
| 32. Please describe other means _____ | | | | | |
| 33. Please feel free to make any comments or add any information you would like. | | | | | |

Source: Whitley, M.P., & Poulsen, S.B. (1975). Assertiveness and sexual satisfaction in employed professional women. *Journal of Marriage and the Family*, 37(3): 573-581.

Attitudes to Marriage and Work Measures

Measures:

- Dual-Career Family Scale (DCFS; Pendleton, Poloma & Garland, 1980)
- Dual Employed Coping Scales (DECS; Skinner & McCubbin, 1991)

Domain: Attitudes to Marriage and Work

Measure: Dual-Career Family Scale (DCFS; Pendleton, Poloma & Garland, 1980)

Please circle the number that indicates the extent to which you agree or disagree with the item.

- 1 - Strongly agree
- 2 - Agree
- 3 - No opinion
- 4 - Disagree
- 5 - Strongly disagree

Marriage Type

1. If a child were ill and needed to remain home from school, I would be (have been) more likely to stay home with him/her than my husband.
2. Given the structure of our society, it is important that the woman assume primary responsibility for child care.
3. I consider my husband to be the main breadwinner in the family.
4. My income is as vital to the well-being of our family as is my husband's.
5. I would not work if my husband did not approve.
6. I would not attend a professional convention if it inconvenienced my husband.

Domestic Responsibility

7. Although, my husband may assist me, the responsibility for homemaking tasks is primarily mine.
8. If a wife and mother feels she is not meeting her domestic responsibilities due to her career involvement, she should cut back her career demands.
9. I bend over backwards not to have to make demands on my husband that his colleagues (with nonemployed wives) do not have to meet.

Satisfaction

10. I would be a less fulfilled person without my experience of family life.
11. If I had it to do over again, I would not have had any children.
12. If I had it do over again, I would not have trained for my particular profession.

Self-Image

13. My career has made me a better wife than I would have been otherwise.
14. Married professional women have the best of two worlds: professional employment combined with a full family life.
15. My career has made me a better mother than I otherwise would have been.
16. I spend (spent) as much or more actual time with my children as my non-working neighbors who are active in community affairs.

Career Saliience

17. I view my work more as a job than as a career.
18. I have cut back on my career involvement in order not to threaten my marriage.
19. My career is as important to my husband as it is to me.
20. I am as career-oriented as my male colleagues.
21. I would recommend that any young woman contemplating a career complete her professional training before marriage.
22. In case of conflicting demands, a professional woman's primary responsibilities are to her husband and children.
23. It is possible for a husband and wife to work in separate cities to maximize career possibilities and have a successful marriage at the same time.
24. If I were to receive an exceptional job offer in another city (one that I wanted to accept) I would not expect my husband to accompany me unless he were sure of a suitable position for himself.

Career Line

25. A married woman's career history should be considered in light of the two sets of demands she faces as a wife and as a professional.
26. Most single career women have greater opportunities to succeed in a profession than do married career women.
27. A married woman's career goals tend to be more modes than those of her male colleagues.
28. I have cut back on my career involvement in order to meet the needs of my family.
29. My career has suffered due to the responsibilities I have (had) as a mother.
30. It is impossible in our present society to combine a career, in the fullest sense of the term (uninterrupted, full-time work with a high degree of commitment and desire for success) with the demands of a family.
31. I consider myself a working woman (have professional employment) rather than a career woman (to whom advancement and exceptional achievement in a profession is important).

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Attitudes to Marriage and Work
Measure: Dual Employed Coping Scales (DECS; Skinner & McCubbin, 1991)

- 1 - Strongly disagree
- 2 - Moderately disagree
- 3 - Neither agree nor disagree
- 4 - Moderately agree
- 5 - Strongly agree
- NC - No child

I “cope” with the demands of our dual-employed family by:

1. Becoming more efficient; making better use of my time “at home”
2. Using modern equipment (e.g., microwave oven, etc.) to help out at home
3. Believing that we have much to gain financially by our both working
4. Working out a “fair” schedule of household tasks for all family members
5. Getting by on less sleep than I’d ideally like to have
6. Ignoring comments of how we “should” behave as men and women (e.g., women shouldn’t work; men should clean house)
7. Deciding I will do certain housekeeping tasks at a regular time each week
8. Buying convenience foods which are easy to prepare at home
9. Believing that my working has made me a better parent than I otherwise would be
10. Leaving some things undone around the house (even though I would like to have them done)
11. Getting our children to help out with household tasks
12. Ignoring criticisms of others about parents who both work outside the home
13. Making friends with other couples who are both employed outside the home
14. Specifically planning “family time together” into our schedule; planning family activities for all of us to do together
15. Hiring outside help to assist with our housekeeping and home maintenance
16. Overlooking the difficulties and focusing on the good things about our lifestyle
17. Planning for various family relations to occur at a certain regular time each day or week (e.g., “from the time we get home until their bedtime is the children’s time”)
18. Eating out frequently
19. Believing that my working has made me a better spouse
20. Hiring help to care for the children
21. Relying on extended family members for encouragement
22. Covering household family responsibilities for each other when one spouse has extra work
23. Leaving work and world-related problems at work when I leave at the end of the day
24. Having friends at work whom I can talk to about how I feel
25. Planning for time alone with my spouse
26. Modifying my work schedule (e.g., reducing amount of time at work or working different hours)
27. Relying on extended family members for financial help when needed

28. Negotiating who stays home with an ill child on a “case-by-case” basis
29. Planning work changes (e.g., transfer, promotion, shift change), around family needs
30. Relying on extended family members for childcare help
31. Identifying one partner as primarily responsible for child-rearing tasks
32. Believing that we are good “role models” for our children by our both working
33. Identifying one partner as primarily responsible for household tasks
34. Planning time for myself to relieve tensions (jogging, exercising, meditating, etc.)
35. Buying more goods and services (as opposed to “do-it-yourself” projects)
36. Encouraging our children to help each other out when possible (e.g., homework, rides to activities, etc.)
37. Trying to be flexible enough to fit in special needs and events (e.g., child’s concert at school, etc.)
38. Planning ahead so that major changes at home (e.g., having a baby) will not disturb our work requirements
39. Making better use of time at work
40. Having good friends whom I talk to about how I feel
41. Limiting our home entertaining to only our close friends
42. Believing that, with time, our lifestyle will be easier
43. Planning schedules out ahead of time (e.g., who takes kids(s) to the doctor; who works late)
44. Sticking to an established schedule of work and family-related activities
45. Believing that I must excel at both my work and my family roles
46. Cutting down on the amount of “outside activities” in which I can be involved
47. Establishing whose role responsibility it is to say home when child(ren) are ill
48. Identifying one partner as primarily responsible for bread-winning
49. Believing that working is good for my personal growth.
50. Believing that, overall, there are more advantages than disadvantages to our lifestyle
51. Limiting job involvement in order to have time for my family
52. Lowering my standards for “how well” household tasks must be done
53. Encouraging our child(ren) to be more self-sufficient, where appropriate
54. Elimination certain activities (home entertaining, volunteer work, etc.)
55. Frequent communication among all family members about individual schedules, needs, and responsibilities
56. Maintaining health (eating, right, exercising, etc.)
57. Believing that I need a lot of stimulation and activity to keep from getting bored
58. Limiting my involvement on the job – saying “no” to some of the things I could be doing

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Attitudes to Marriage and Religion Measures

Measures:

- ENRICH Religious Orientation Scale (Olson, Fournier, & Druckman, 1985)

Domain: Attitudes to Marriage and Religion
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Religious Orientation Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Religious Orientation

- 2. It is hard for me to have complete faith in some of the accepted teachings of my religion.
- 11. I believe that religion should have the same meaning for the both of us.
- 19. Sharing religious values helps our relationship grow.
- 45. My religious beliefs are an important part of the commitment I have to my partner.
- 52. My partner and I disagree on how to practice our religious beliefs.
- 63. It is important for me to pray with my partner.
- 73. I believe that our marriage includes active religious involvement.
- 87. In loving my partner, I feel that I am able to better understand the concept that God is love.
- 99. My partner and I disagree on some of the teachings of my religion.
- 102. My partner and I feel closer because of our religious beliefs.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Commitment Measures

Measures:

- Commitment Scale (Lund, 1985)
- Investment Scale (Lund, 1985)
- Triangular Theory of Love Scales (TTLS; Sternberg, 1990)

Domain: Commitment
Measure: Commitment Scale (Lund, 1985)

1. How likely is it that your relationship will be permanent?
2. How attracted are you to other potential partners or a single life style?
3. How likely is it that you and your partner will be together six months from now?
4. How much trouble would ending your relationship be to you personally?
5. How attractive would a potential partner have to be for you to pursue a new relationship?
6. How likely are you to pursue another relationship or single life in the future?
7. How obligated do you feel to continue this relationship?
8. In your opinion, how committed is your partner to this relationship?
9. In your opinion, how likely is your partner to continue this relationship?

Source: Lund, M. (1985). The development of investment and commitment scales for predicting continuity of personal relationships. *Journal of Social and Personal Relationships*, 2, 3-23.

Domain: Commitment
Measure: Investment Scale (Lund, 1985)

[Subjects are asked to indicate how large an investment they had made on each item.]

1. Spending your free time with your partner rather than doing other things or seeing other people.
2. Continuing the relationship over a period of time (the total length of time you have been involved).
3. Spending continuous time alone together such as on dates, weekend outings, or vacations.
4. Buying gifts for your partner or paying for entertainment (considering both amount and expense).
5. Sharing important personal feelings, problems, and beliefs with your partner.
6. Revealing your sexual experiences/preferences to your partner.
7. Exploring sexual activities with your partner.
8. Sharing each other's homes by exchanging keys, keeping belongings at each other's homes, sharing a dwelling, etc.
9. Sharing material possessions such as sporting equipment, furniture, a car, or a house.
10. Sharing something of sentimental value with your partner such as a pet or a musical instrument (considering how important it is).
11. Sharing income and expenses with your partner, such as transportation costs, food costs, or having a joint banking account or debts.
12. Contributing financially to your partner or your relationship in general.
13. Trying to develop interests and activities in common with your partner.
14. Making plans for the future such as discussing living together, getting married, or having children.
15. Telling your partner your true feelings about the relationship such as whether you love him or her.
16. Making formal agreements about your relationship such as deciding to go steady, get engaged, or get married.
17. Letting friends know your feelings and plans about your relationship.
18. Integrating your partner into your family (such as introducing them, arranged shared social activities, or revealing your feelings and plans).
19. Putting effort into seeing your partner (such as traveling long distances or traveling often).
20. Doing favours for or helping your partner (such as lending money or doing errands).
21. Changing things about yourself to please your partner such as your habits, attitudes, or appearance.
22. Restricting your relationship with other potential partners such as not dating or having sex with others.
23. Changing your career plans or other interests to continue your relationship.
24. Putting effort into "making the relationship work" where there were problems.
25. Trying to encourage and support your partner.
26. Investing emotionally in your partner in general.

Source: Lund, M. (1985). The development of investment and commitment scales for predicting continuity of personal relationships. *Journal of Social and Personal Relationships*, 2, 3-23.

C. Commitment

31. I know that I care about _____.
32. I am committed to maintaining my relationship with _____.
33. Because of my commitment to _____, I would not let other people come between us.
34. I have confidence in the stability of my relationship with _____.
35. I could not let anything get in the way of my commitment to _____.
36. I expect my love for _____ to last for the rest of my life.
37. I will always have a strong responsibility for _____.
38. I view my commitment to _____ as a solid one.
39. I cannot imagine ending my relationship with _____.
40. I am certain of my love for _____.
41. I view my relationship with _____ as permanent.
42. I view my relationship with _____ as a good decision.
43. I feel a sense of responsibility toward _____.
44. I plan to continue in my relationship with _____.
45. Even when _____ is hard to deal with, I remain committed to our relationship.

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Communication Measures

Measures:

- Conjugal Understanding Measure (deTurck & Miller, 1986)
- ENRICH Communication Scale (Olson, Fournier, & Druckman, 1985)
- Kansas Marital Goals Orientation Scale (KMGOS; Eggeman, Moxley, & Schumm, 1985)
- Personal Report of Spouse Communication Apprehension (PRSCA; Powers & Hutchinson, 1979)
- The Premarital Communication Inventory (PCI; Bienvenu, 1975)
- The Primary Communication Inventory (PCI; Locke, Sabaght, & Thomes, 1967)

Domain: Communication
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Communication Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Communication

- 2. It is very easy for me to express all my true feelings to my partner.
- 6. When we are having a problem, my partner often gives me the silent treatment.
- 39. My partner sometimes makes comments which put me down.
- 52. I am sometimes afraid to ask my partner for what I want.
- 66. I wish my partner was more willing to share his/her feelings with me.
- 73. Sometimes I have trouble believing everything my partner says to me.
- 81. I often do not tell my partner what I am feeling because he/she should already know.
- 91. I am very satisfied with how my partner and I talk with each other.
- 98. I do not always share negative feelings I have about my partner because I am afraid he/she will get angry.
- 109. My partner is always a good listener.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Communication
Measure: Kansas Marital Goals Orientation Scale (KMGOS; Eggeman, Moxley, & Schumm, 1985)

- 1- Almost never
- 2- Once in a while
- 3- Sometimes
- 4- Frequency
- 5- Almost always

- ___ 1. How often do you and your husband discuss the way you would like your marriage to be five years from now?
- ___ 2. How often do you and your husband make deliberate, intentional changes in order to strengthen your relationship?
- ___ 3. How often do you and your husband make specific changes in your priorities in order to enhance your marriage?
- ___ 4. To what extent do you think you and your husband agree on long-term goals for your marriage?
- ___ 5. How often does your husband make a deliberate effort to learn more about you so he can be more pleasing to you?
- ___ 6. How often does your husband consider specific ways in which he can change in order to improve your relationship?
- ___ 7. How often do you and your husband discuss the primary objectives you have for your relationship/marriage?

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Source: Powers, W. G., & Hutchinson, K. (1979). The measurement of communication apprehension in the marriage relationship. *Journal of Marriage & Family*, 41(1), 89-95.

Domain: Communication

Measure: The Premarital Communication Inventory (PCI; Bienvenu, 1975)

	Yes	No	Sometimes
1. Do you and your fiancé discuss your differences?			
2. Do you have a tendency to keep your feelings to yourself?			
3. Do you and your fiancé quarrel very much?			
4. Does your fiancé tell you when he/she is angry with you?			
5. Does he/she stop seeing you without telling you why?			
6. Do you ever discuss your views about sex in marriage?			
7. Do the two of you settle your disagreements to your satisfaction?			
8. Do you find it difficult to talk with your fiancé?			
9. Do you find his/her tone of voice irritating?			
10. Do you discuss your attitudes toward premarital sexual relations?			
11. Does your fiancé fail to ask your opinion in making plans involving the two of you?			
12. Does he/she have a tendency to say things which would be better left unsaid?			
13. Do you find it necessary to keep after your fiancé for his/her faults?			
14. Do you communicate successfully with each other's families?			
15. Does it bother you unduly for your fiancé to express his/her own beliefs even if they differ from yours?			
16. Do you understand his/her feelings and attitudes?			
17. Does he/she seem to understand your feelings?			
18. Does your fiancé nag you?			
19. Do you think your fiancé is too critical of you?			
20. Does your fiancé wait until you are through talking before saying what he/she has to say?			
21. Do you refrain from saying something when you know it will only hurt your fiancé or make matters worse?			
22. When a problem arises that needs to be solved are you and your fiancé able to discuss it together (in a calm manner)?			
23. Is your fiancé very jealous of you?			
24. Are you very jealous of him/her?			
25. Does he/she try to lift your spirits when you're depressed or discouraged?			
26. Do you fail to express disagreement with your fiancé			

because you're afraid he/she will get angry?			
27. Are you and your fiancé able to disagree with one another without losing your tempers?			
28. Do you and your fiancé discuss how you will manage your money after you're married?			
29. Do you have disagreements over money now?			
30. Does he/she often say one thing but mean another?			
31. Does your fiancé complain that you don't understand him/her?			
32. Do you help your fiancé to understand you by telling him/her how you think and feel about things?			
33. Do the two of you discuss what you expect of one another in terms of a future mother and father?			
34. Do you neglect discussing what you expect of one another in terms of a future husband and wife?			
35. Does your fiancé often sulk and pout?			
36. Do you feel that in most matters he/she knows what you are trying to say?			
37. Do you discuss your views on rearing children?			
38. Do the two of you neglect discussing your religious attitudes and beliefs?			
39. Do you discuss how far you want to go in petting?			
40. Is it easier to confide in a friend than in your fiancé?			

Source: Bienvenu, Sr., & Millard, J. (1975). A measurement of premarital communication. *Family Coordinator*, 24(1), 65-68.

Domain: Communication
Measure: The Primary Communication Inventory (PCI; Locke, Sabaght, & Thomes, 1967)

Below is a list of items on communication between you and your spouse. Using the scale described here, fill in the blank space next to each item with the number which best represents the extent to which you and your spouse behave in the specified way.

1. How often do you and your spouse talk over pleasant things that happen during the day?
2. How often do you and your spouse talk over unpleasant things that happen during the day?
3. Do you and your spouse talk over things you disagree about or have difficulties over?
4. Do you and your spouse talk about things in which you are both interested?
5. Does your spouse adjust what he/she says and how he/she says it to the way you seem to feel at the moment?
6. When you start to ask a question, does your spouse know what it is before you ask it?
7. Do you know the feelings of your spouse from his/her facial and bodily gestures?
8. Do you and your spouse avoid certain subjects in conversation?
9. Does your spouse explain or express himself/herself to you through a glance or gesture?
10. Do you and your spouse discuss things together before making an important decision?
11. Can your spouse tell what kind of day you have had without asking?
12. Your spouse wants to visit some close friends or relatives. You don't particularly enjoy their company. Would you tell him/her this?
13. Does your spouse discuss matters of sex with you?
14. Do you and your spouse use words which have a special meaning not understood by outsiders?
15. How often does your spouse sulk or pout?
16. Can you and your spouse discuss your most sacred beliefs without feelings of restraining or embarrassment?
17. Do you avoid telling your spouse things that put you in a bad light?
18. You and your spouse are visiting friends. Something is said by the friends which causes you to glance at each other. Would you understand each other?
19. How often can you tell as much from the tone of voice of your spouse as from what he/she actually says?
20. How often do you and your spouse talk with each other about personal problems?
21. Do you feel that in most matters your spouse knows what you are trying to say?
22. Would you rather talk about intimate matters with your spouse than with some other person?
23. Do you understand the meaning of your spouse's facial expressions?

24. If you and your spouse are visiting friends or relatives and one of you starts to say something, does the other take over the conversation without the feeling of interruption?
25. During marriage, have you and your spouse, in general, talked most things over together?

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Intimacy Measures

Measures:

- Fear-of-Intimacy Scale (FIS; Descutner & Thelen, 1991)
- Intimacy Scale (IS; Walker & Thompson, 1983)
- Triangular Theory of Love Scales (TTLS; Sternberg, 1990)

Domain: Intimacy
Measure: Fear-of-Intimacy Scale (FIS; Descutner & Thelen, 1991)

Part A Instructions: Imagine you are in a close, dating relationship. Respond to the following statements as you would *if you were in that close relationship*. Rate how characteristic each statement is of you on a scale of 1 to 5 as described below, and put your response in the space to the left of the statement.

- 1 = Not at all characteristic of me
- 2 = Slightly characteristic of me
- 3 = Moderately characteristic of me
- 4 = Very characteristic of me
- 5 = Extremely characteristic of me

Note. In each statement “O” refers to the person who would be in the close relationship with you.

1. I would feel uncomfortable telling O about things in the past that I have felt ashamed of.
2. I would feel uneasy talking with O about something that has hurt me deeply.
3. I would feel comfortable expressing my true feelings to O.
4. If O were upset I would sometimes be afraid of showing that I care.
5. I might be afraid to confide my innermost feelings to O.
6. I would feel at ease telling O that I care about him/her.
7. I would have a feeling of complete togetherness with O.
8. I would be comfortable discussing significant problems with O.
9. A part of me would be afraid to make a long-term commitment to O.
10. I would feel comfortable telling my experiences, even sad ones, to O.
11. I would probably feel nervous showing O strong feelings of affection.
12. I would find it difficult being open with O about my personal thoughts.
13. I would feel uneasy with O depending on me for emotional support.
14. I would not be afraid to share with O what I dislike about myself.
15. I would be afraid to take the risk of being hurt in order to establish a closer relationship with O.
16. I would feel comfortable keeping very personal information to myself.
17. I would not be nervous about being spontaneous with O.
18. I would feel comfortable telling O things that I do not tell other people.
19. I would feel comfortable trusting O with my deepest thoughts and feelings.
20. I would sometimes feel uneasy if O told me about very personal matters.
21. I would be comfortable revealing to O what I feel are my shortcomings and handicaps.
22. I would be comfortable with having a close emotional tie between us.
23. I would be afraid of sharing my private thoughts with O.
24. I would be afraid that I might not always feel close to O.

25. I would be comfortable telling O what my needs are.
26. I would be afraid that O would be more invested in the relationship than I would be.
27. I would feel uncomfortable about having open and honest communication with O.
28. I would sometimes feel uncomfortable listening to O's personal problems.
29. I would feel at ease to completely be myself around O.
30. I would feel relaxed being together and talking about our personal goals.

Part B Instructions: Respond to the following statements as they apply to your past relationships. Rate how characteristic each statement is of you on a scale of 1 to 5 as described in the instructions for Part A.

31. I have shied away from opportunities to be close to someone.
32. I have held back my feelings in previous relationships.
33. There are people who think that I am afraid to get close to them.
34. There are people who think that I am not an easy person to get to know.
35. I have done things in previous relationships to keep me from developing closeness.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for Clinical Practice: A Sourcebook* (Vol. 2). New York, NY: The Free Press.

Domain: Intimacy
Measure: Intimacy Scale (IS; Walker & Thompson, 1983)

Please indicate your perception of your relationship using the following scale.

- 1 = Never
- 2 = Occasionally
- 3 = Sometimes
- 4 = Often
- 5 = Frequently
- 6 = Almost always
- 7 = Always

Record your perception in the space to the left of each item.

1. We want to spend time together.
2. She shows that she loves me.
3. We're honest with each other.
4. We can accept each other's criticism of our faults and mistakes.
5. We like each other.
6. We respect each other.
7. Our lives are better because of each other.
8. We enjoy the relationship.
9. She cares about the way I feel.
10. We feel like we are a unit.
11. There's a great amount of unselfishness in our relationship.
12. She always thinks of my best interest.
13. I'm lucky to have her in my life.
14. She always makes me feel better.
15. She is important to me.
16. We love each other.
17. I'm sure of this relationship.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for Clinical Practice: A Sourcebook* (Vol. 2). New York, NY: The Free Press.

C. Commitment

31. I know that I care about _____.
32. I am committed to maintaining my relationship with _____.
33. Because of my commitment to _____, I would not let other people come between us.
34. I have confidence in the stability of my relationship with _____.
35. I could not let anything get in the way of my commitment to _____.
36. I expect my love for _____ to last for the rest of my life.
37. I will always have a strong responsibility for _____.
38. I view my commitment to _____ as a solid one.
39. I cannot imagine ending my relationship with _____.
40. I am certain of my love for _____.
41. I view my relationship with _____ as permanent.
42. I view my relationship with _____ as a good decision.
43. I feel a sense of responsibility toward _____.
44. I plan to continue in my relationship with _____.
45. Even when _____ is hard to deal with, I remain committed to our relationship.

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Love Measures

Measures:

- Attitudes Toward Love (Knox, & Sporkowski, 1968)
- Love Attitudes Scale (LAS; Hendrick & Hendrick, 1990)
- Love Scale and Like Scale (Rubin, 1970)
- Passionate Love Scale (PLS; Hatfield & Sprecher, 1986)
- Triangular Theory of Love Scales (TTLS; Sternberg, 1990)

Domain: Love
Measure: Attitudes Toward Love (Knox, & Sparakowski, 1968)

Please read each statement carefully and circle the number which you believe most adequately represents your opinion.

- 1 = Strongly agree (definitely yes)
- 2 = Mildly agree (I believe so)
- 3 = Undecided (not sure)
- 4 = Mildly disagree (probably not)
- 5 = Strongly disagree (definitely not)

1. When you are really in love, you just aren't interested in anyone else.
2. Love doesn't make sense. It just is.
3. When you fall head-over-heels-in-love, it's sure to be the real thing.
4. Love isn't anything you can really study; it is too highly emotional to be subject to scientific observation.
5. To be in love with someone without marriage is a tragedy.
6. When love hits you, you know it.
7. Common interests are really unimportant; as long as each of you is truly in love, you will adjust.
8. It doesn't matter if you marry after you have known your partner for only a short time as long as you know you are in love.
9. As long as two people love each other, the religious differences they have really do not matter.
10. You can love someone even though you don't like any of that person's friends.
11. When you are in love, you are usually in a daze.
12. Love at first sight is often the deepest and most enduring type of love.
13. Usually there are only one or two people in the world whom you could really love and could really be happy with.
14. Regardless of other factors, if you truly love another person, that is enough to marry that person.
15. It is necessary to be in love with the one you marry to be happy.
16. When you are separated from the love partner, the rest of the world seems dull and unsatisfying.
17. Parents should not advise their children whom to date; they have forgotten what it is like to be in love.
18. Love is regarded as a primary motive for marriage, which is good.
19. When you love a person, you think of marrying that person.
20. Somewhere there is an ideal mate for most people. The problem is just finding that one.
21. Jealousy usually varies directly with love; that is, the more in love you are, the greater the tendency for you to become jealous.
22. Love is best described as an exciting thing rather than a calm thing.
23. There are probably only a few people that any one person can fall in love with.

24. When you are in love, your judgment is usually not too clear.
25. Love comes but once in a lifetime.
26. You can't make yourself love someone; it just comes or it doesn't.
27. Differences in social class and religion are of small importance in selecting a marriage partner as compared with love.
28. Day dreaming usually comes along with being in love.
29. When you are in love, you don't have to ask yourself a bunch of questions about love;; you will just know that you are in love.

Source: Knox, D. H., & Sporkowski, M. J. (1968). Attitudes of college students toward love. *Journal of Marriage and the Family*, 30(4), 638-642.

Domain: Love

Measure: Love Attitudes Scale (LAS; Hendrick & Hendrick, 1990)

Listed below are several statements that reflect different attitudes about love. For each statement fill in the blank using the response that indicates how much you agree or disagree with that statement. The items refer to a specific love relationship. Whenever possible, answer the questions with your current partner in mind. If you are not currently dating anyone, answer the questions with your most recent partner in mind. If you have never been in love, answer in terms of what you think your response would most likely be.

- A = Strongly agree with the statement
- B = Moderately agree with the statement
- C = Neutral - neither agree nor disagree
- D = Moderately disagree with the statement
- E = Strongly disagree with the statement

1. My partner and I were attracted to each other immediately after we first met.
2. My partner and I have the right physical “chemistry” between us.
3. Our lovemaking is very intense and satisfying.
4. I feel that my partner and I were meant for each other.
5. My partner and I became emotionally involved rather quickly.
6. My partner and I really understand each other.
7. My partner fits my ideal standards of physical beauty/handsomeness.
8. I try to keep my partner a little uncertain about my commitment to him/her.
9. I believe that what my partner doesn’t know about me won’t hurt him/her.
10. I have sometimes had to keep my partner from finding out about other partners.
11. I could get over my affair with my partner pretty easily and quickly.
12. My partner would get very upset if he/she knew of some of the things I’ve done with other people.
13. When my partner gets too dependent on me, I want to back off a little.
14. I enjoy playing the “game of love” with my partner and a number of other partners.
15. It is hard for me to say exactly when our friendship turned into love.
16. To be genuine, our love first required *caring* for a while.
17. I expect to always be friends with my partner.
18. Our love is the best kind because it grew out of a long friendship.
19. Our friendship merged gradually into love over time.
20. Our love is really a deep friendship, not a mysterious, mystical emotion.
21. Our love relationship is the most satisfying because it developed from a good friendship.
22. I considered what my partner was going to become in life before I committed myself to him/her.
23. I tried to plan my life carefully before choosing my partner.

24. In choosing my partner, I believe it was best to love someone with a similar background.
25. A main consideration in choosing my partner was how he/she would reflect on my family.
26. An important factor in choosing my partner was whether or not he/she would be a good parent.
27. One consideration in choosing my partner was how he/she would reflect on my career.
28. Before getting very involved with my partner, I tried to figure out how compatible his/her hereditary background would be with mine in case we ever had children.
29. When things aren't right with my partner and me, my stomach gets upset.
30. If my partner and I break up, I would get so depressed that I would even think of suicide.
31. Sometimes I get so excited about being in love with my partner that I can't sleep.
32. When my partner doesn't pay attention to me, I feel sick all over.
33. Since I've been in love with my partner, I've had trouble concentrating on anything else.
34. I cannot relax if I suspect that my partner is with someone else.
35. If my partner ignores me for a while, I sometimes do stupid things to try to get his/her attention back.
36. I try to always help my partner through difficult times.
37. I would rather suffer myself than let my partner suffer.
38. I cannot be happy unless I place my partner's happiness before my own.
39. I am usually willing to sacrifice my own wishes to let my partner achieve his/hers.
40. Whatever I own is my partner's to use as he/she chooses.
41. When my partner gets angry with me, I still love him/her fully and unconditionally.
42. I would endure all things for the sake of my partner.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for Clinical Practice: A Sourcebook* (Vol. 2). New York, NY: The Free Press.

Domain: Love

Measure: Passionate Love Scale (PLS; Hatfield & Sprecher, 1986)

Please think of the person whom you love most passionately right now. If you are not in love right now, please think of the last person you loved passionately. If you have never been in love, think of the person whom you came closest to caring for in that way. Keep this person in mind as you complete this section of the questionnaire. Try to tell us how you felt at the time when your feelings were the most intense.

1. Since I've been involved with _____, my emotions have been on a roller coaster.
2. I would feel despair if _____ left me.
3. Sometimes, my body trembles with excitement at the sight of _____.
4. I take delight in studying the movements and angles of _____'s body.
5. Sometimes I feel I can't control my thoughts; they are obsessively on _____.
6. I feel happy when I am doing something to make _____ happy.
7. I would rather be with _____ than anyone else.
8. I'd get jealous if I thought _____ were falling in love with someone else.
9. No one could love _____ like I do.
10. I yearn to know all about _____.
11. I want _____ physically, emotionally, and mentally.
12. I will love _____ forever.
13. I melt when looking into _____'s eyes.
14. I have an endless appetite for affection from _____.
15. For me, _____ is the perfect romantic partner.
16. _____ is the person who can make me feel happiest.
17. I sense my body responding when _____ touches me.
18. I feel tender toward _____.
19. _____ always seems to be on my mind.
20. If I were separated from _____ for a long time, I would feel intensely lonely.
21. I sometimes find it difficult to concentrate on work because thoughts of _____ occupy my mind.
22. I want _____ to know me – my thoughts, my fears, and my foes.
23. Knowing that _____ cares about me makes me feel complete.
24. I eagerly look for signs indicating _____'s desire for me.
25. If _____ were going through a difficult time, I would put away my own concerns to help him/her out.
26. _____ can make me feel effervescent and bubbly.
27. In the presence of _____ I yearn to touch and be touched.
28. An existence without _____ would be dark and dismal.
29. I possess a powerful attraction for _____.
30. I get extremely depressed when things don't go right in my relationship with _____.

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

C. Commitment

31. I know that I care about _____.
32. I am committed to maintaining my relationship with _____.
33. Because of my commitment to _____, I would not let other people come between us.
34. I have confidence in the stability of my relationship with _____.
35. I could not let anything get in the way of my commitment to _____.
36. I expect my love for _____ to last for the rest of my life.
37. I will always have a strong responsibility for _____.
38. I view my commitment to _____ as a solid one.
39. I cannot imagine ending my relationship with _____.
40. I am certain of my love for _____.
41. I view my relationship with _____ as permanent.
42. I view my relationship with _____ as a good decision.
43. I feel a sense of responsibility toward _____.
44. I plan to continue in my relationship with _____.
45. Even when _____ is hard to deal with, I remain committed to our relationship.

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Attitudes to Marriage and Work Measures

Measures:

- ENRICH Financial Management Scale (Olson, Fournier, & Druckman, 1985)

Domain: Marriage and Financial Management
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Financial Management Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Financial Management

- 16. Sometimes I wish my partner was more careful in spending money.
- 19. We always agree on how to spend our money.
- 26. We have difficulty deciding on how to handle our finances.
- 37. I am satisfied with our decisions about how much we should save.
- 45. We are both aware of our major debts, and they are not a problem for us.
- 51. We keep records of our spending so we can budget our money.
- 77. Use of credit cards and charge accounts has been a problem for us.
- 85. Deciding what is most important to spend our money on is a concern for us.
- 93. It bothers me that I cannot spend money without my partner's approval.
- 110. I am concerned about who is responsible for the money.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Marriage and Stressful Life Events Measures

Measures:

- Family Inventory of Life Events and Changes (FILE; McCubbin, Patterson, & Wilson, 1991)
- Life Events Questionnaire (LEQ; Brugha, 1990)

Domain: Marriage and Stressful Life Events
Measure: Family Inventory of Life Events and Changes (FILE; McCubbin, Patterson, & Wilson, 1991)

Family Life Changes	Did the change happen in your family?			
	During Last 12 Months		Before Last 12 Months	
	Yes	No	Yes	No
I. INTRA-FAMILY STRAINS				
1. Increase of husband/father's time away from family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Increase of wife/mother's time away from family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. A member appears to have emotional problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. A member appears to depend on alcohol or drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Increase in conflict between husband and wife	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Increase in arguments between parent(s) and child(ren)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Increase in conflict among children in the family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Increased difficulty in managing teenage child(ren)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Increased difficulty in managing school child(ren) (6-12 yrs.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Increased difficulty in managing preschool child(ren) (2-6 yrs.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Increased difficulty in managing toddler(s) (1-2½ yrs.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Increased difficulty in managing infant(s) (0-1 yrs.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Increase in the amount of "outside activities" which the children are involved in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Increased disagreement about a member's friends or activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

15. Increase in the number of problems or issues which don't get resolved

16. Increase in the number of tasks or chores which don't get done

17. Increased conflict with in-laws or relatives

II. MARITAL STRAINS

18. Spouse/parent was separated or divorced

19. Spouse/parent has an "affair"

20. Increased difficulty in resolving issues with a "former" or separated spouse

21. Increased difficulty with sexual relationship between husband and wife

III. PREGNANCY AND CHILDBEARING STRAINS

22. Spouse had an unwanted or difficult pregnancy

23. An unmarried member became pregnant

24. A member had an abortion

25. A member gave birth to or adopted a child

IV. FINANCE AND BUSINESS STRAINS

26. Took out a loan or refinanced a loan to cover increased expenses

27. Went on welfare

28. Change in conditions (economic, political, weather) which hurts the family business

29. Change in agriculture market, stock market, or land values which hurts family investments and/or income

30. A member started a new business

- 31. Purchased or built a home
- 32. A member purchased a car or other major item
- 33. Increasing financial debts due to overuse of credit cards
- 34. Increased strain on family "money" for medical/dental expenses
- 35. Increased strain on family "money" for food, clothing, energy, home care
- 36. Increased strain on family "money" for child(ren)'s education
- 37. Delay in receiving child support or alimony payments

V. WORK-FAMILY TRANSITIONS AND STRAINS

- 38. A member changed to a new job/career
- 39. A member quit or lost a job
- 40. A member retired from work
- 41. A member started or returned to work
- 42. A member stopped working for extended period (e.g., laid off, leave of absence, strike)
- 43. Decrease in satisfaction with job/career
- 44. A member had increased difficulty with people at work
- 45. A member was promoted at work or given more responsibilities
- 46. Family moved to a new home/apartment
- 47. A child/adolescent member changed to a new school

VI. ILLNESS AND FAMILY "CARE" STRAINS

- | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 48. Parent/spouse became seriously ill or injured | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 49. Child became seriously ill or injured | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 50. Close relative or friend of the family became seriously ill | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 51. A member became physically disabled or seriously ill | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 52. Increased difficulty in managing a chronically ill or disabled member | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 53. Member or close relative was committed to an institution or nursing home | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 54. Increased responsibility to provide direct care or financial help to husband's and/or wife's parent(s) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 55. Experienced difficulty in arranging for satisfactory child care | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

VII. LOSSES

- | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 56. A parent/spouse died | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 57. A child member dies | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 58. Death of husband or wife's parent or close relative | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 59. Close friend of the family died | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 60. Married son or daughter was separated or divorced | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 61. A member "broke up" a relationship with a close friend | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

VIII. TRANSITIONS "IN AND OUT"

- | | | | | |
|----------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 62. A member was married | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 63. Young adult member left home | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

64. A young adult member began college (or post high school training)

65. A member moved back home or a new person moved into the household

66. A parent/spouse started school (or training program) after being away from school for a long time

IX. FAMILY LEGAL VIOLATIONS

67. A member went to jail or juvenile detention

68. A member was picked up by police or arrested

69. Physical or sexual abuse or violence in the home

70. A member ran away from home

71. A member dropped out of school or was suspended from school

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Marriage and Stressful Life Events
Measure: Life Events Questionnaire (LEQ; Brugha, 1990)

Have any of the following life events or problems happened to you during the last 6 months? Please check a box or boxes corresponding to the month or months in which any event happened or began.

1. You yourself suffered a serious illness, injury, or an assault.
2. A serious illness, injury, or assault happened to a close relative.
3. Your parent, child, or spouse died.
4. A close family friend or another relative (aunt, cousin, grandparent) died.
5. You had a separation due to marital difficulties.
6. You broke off a steady relationship.
7. You had a serious problem with a close friend, neighbor, or relative.
8. You became unemployed or you were seeking work unsuccessfully for more than one month.
9. You were sacked from your job.
10. You had a major financial crisis.
11. You had problems with the police and a court appearance.
12. Something you valued was lost or stolen.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for Clinical Practice: A Sourcebook* (Vol. 2). New York, NY: The Free Press.

Marriage and Substance Use Measures

Measures:

- Spouse Enabling Inventory (SEI; Thomas, Yoshioka, & Ager, 1993)
- Spouse Sobriety Influence Inventory (SSII; Thomas, Yoshioka, & Ager, 1993)

Domain: Marriage and Substance Use
Measure: Spouse Enabling Inventory (SEI; Thomas, Yoshioka, & Ager, 1993)

This checklist is intended to provide us with information about aspects of your behavior as it relates to your marital partner's drinking. The behaviors in the list below are among those that many spouses engage in. Please indicate how often you have engaged in each of these behaviors in the past six months by circling your response for each question. This is not a test, so there are no right or wrong answers.

- 1 = Always
- 2 = Frequently
- 3 = Occasionally
- 4 = Rarely
- 5 = Never

As it involves the drinker in the last six months, how often have you:

1. Told amusing stories about others who drank a lot
2. Spoken admiringly of the ability of others to hold their drink
3. Had the drinker's car repaired after an alcohol-related accident
4. Paid fines for drunk driving offenses
5. Bailed the drinker out of jail because of a drink-related offense
6. Returned beer bottles and/or collected and washed glasses used for drinking by the drinker
7. Suggested that the drinker attend activities where alcohol was to be served
8. Invited friends over to drink
9. Gone to bars with the drinker
10. Bought alcohol and kept it in the home
11. Served alcohol with meals or snacks
12. Helped the drinker find his/her things lost while drunk
13. Provided the drinker with clean clothes after he/she soiled them due to use of alcohol
14. Gone to drinking parties with the drinker
15. Arranged parties where alcohol was served and which were attended by the drinker
16. Made hangover remedies
17. Cleaned up alcohol-related messes (e.g., spilled drinks, vomit, urine)
18. Tended to the drinker's alcohol-related injuries
19. Put the drinker to bed when he/she has been drinking
20. Avoided social contact with friend to cover up the drinking
21. Avoided relationships with neighbors and others who might drop in, to cover up the drinking
22. Avoided social contact with the extended family to cover up the drinking
23. Encouraged children to be silent about the drinking

24. Called the drinker's place of employment to say he/she was sick when he/she could not or would not go to work because of the drinking
25. Taken responsibility for awakening the drinker the morning after a night of drinking so that he/she would not be late for work
26. Canceled appointments and social engagements for the drinker because of his/her drinking
27. Made excuses for the drinker's behavior when he/she was drunk or had been drinking
28. Taken responsibility for keeping his/her drinks cold (e.g., beer, wine, mixers)
29. Spoken admiringly of the drinker's ability to hold his/her drink
30. Bought devices especially for the drinker such as shot glasses, bottle openers, drinking glasses
31. Said the drinker behaved better when drinking (e.g., easier to get along with)
32. Offered drinks to the drinker
33. Given him/her something to eat when he/she got drunk to reduce the effects of the drinking
34. Explained, justified, or made excuses to others for the drinker's drinking
35. Explained, justified, or made excuses to others for the drinker's drinking
36. Reassured the drinker that his/her inappropriate and/or embarrassing behavior when under the influence of alcohol was not all that bad
37. Comforted the drinker about his/her feelings of guilt about drinking
38. Said to the drinker or others that the amount of alcohol drunk was less than actually was drunk
39. Softened or covered up the obvious signs of alcohol abuse (e.g., blackouts, tremors, puffy face, bloodshot eyes, hangovers)
40. Minimized the seriousness of the drinking (e.g., ignored it, said it was not a problem, said the drinker could control it when he/she could not)
41. Minimized the consequences of drinking
42. Concealed his/her drinking from others
43. Cut down on household expenses (e.g., groceries) to provide drinking money for the drinker
44. Given the drinker money for drinking
45. Consumed alcoholic beverages with the drinker
46. Told the drinker it was OK with you that he/she drank
47. Suggested the drinker that he/she have a drink

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Marriage and Substance Use
Measure: Spouse Sobriety Influence Inventory (SSII; Thomas, Yoshioka, & Ager, 1993)

This questionnaire is designed to measure aspects of your relationship with your spouse as they involve ways by which you have tried to get your spouse to stop or reduce his/her drinking. Listed below are different ways many spouses have tried to get their marital partner to stop or reduce his/her drinking. Please indicate how often in the past six months you have engaged in each of the following behaviors by circling the number of your response for each question. This is not a test, so there are no right or wrong answers.

- 1- Always
- 2- Frequently
- 3- Occasionally
- 4- Rarely
- 5- Never

In the past six months, how often have you:

1. Given the drinker written information about the harmful effects of alcohol (e.g., pamphlets, books)?
2. Expressed disapproval of the drinking?
3. Asked the drinker to stop or reduce his/her drinking?
4. Reminded the drinker of the things he/she said or did when he/she was drunk or had been drinking?
5. Spoke to the drinker before he/she went out in order to get him/her to drink less or not at all in that situation?
6. Encouraged the drinker to enter an alcohol treatment program, seek medical assistance, or to attend an alcohol education program?
7. Sought professional help yourself about the drinking problem (e.g., went to a physician, psychologist, psychiatrist, counselor, social worker, or clergy member)?
8. Hidden or threw out alcohol?
9. Hidden money or the checkbook or spent all the money so there was little left for alcohol?
10. Hit or tried to hurt the drinker physically to make him/her stop drinking?
11. Made a house rule that the drinker cannot drink in the house?
12. Tried to get the drinker to reduce his/her drinking while at a social function (e.g., a party, bar, or club) or to leave a social function before he/she became drunk?
13. Told the drinker that you enjoyed his/her company when he/she was not drinking?
14. Served meals at a different time to interrupt the drinker's drinking?
15. Suggested or served the drinker non-alcoholic beverages instead of alcoholic beverages?
16. Suggested activities that do not involve alcohol?

17. Hidden valuables or household things so that the drinker could not pawn or sell them to buy alcohol?
18. Cut back on your own drinking to set a good example for the drinker?
19. Questioned the drinker regarding his/her whereabouts or how money was spent when you suspected that he/she had been drinking?
20. Praised the drinker for not drinking or for a reduction in drinking?
21. Tried to stop the drinker from drinking too much by creating a scene or by attempting to make him/her feel small or ridiculous in public?
22. Shown the drinker that his/her drinking is making you upset or ill?
23. Withheld information as punishment for the drinking?
24. Had arguments about problems related to the drinking?
25. Requested that you or someone else accompany the drinker as a means of controlling his/her drinking?
26. Avoided entertaining to prevent the opportunities to drink?
27. Prevented drinking friends from coming to the house?
28. Suggested that you eat in restaurants that do not serve alcohol?
29. Suggested social activities at which alcohol is not available?
30. Tried to stop the drinker from drinking too much by inviting friends or relatives in?
31. Tried to stop the drinker from drinking too much by getting him/her to engage in social activities with nondrinking companions?
32. Tried to stop the drinker from drinking too much by getting him/her to reduce the number of social activities with drinking companions?
33. Threatened to contact someone for help to try to stop him/her from drinking?
34. Asked his/her employer or supervisor to step in?
35. Checked his/her whereabouts to see if he/she was drinking?
36. Tried to reduce problems or stress for the drinker so that he/she would drink less?
37. Tried to stop him/her from drinking too much by actually getting drunk yourself?
38. Refused to talk to the drinker when he/she had been drinking?
39. Said that if the drinker loved you or the children he/she would stop drinking?
40. Told the drinker that the children would lose their respect for him/her because of the drinking?
41. Told the drinker that you were hurt by the drinking or by what he/she did when drinking?
42. Made sarcastic remarks about the drinking?
43. Refused to share the bed with the drinker when he/she was drunk or had been drinking?
44. Withheld sex or other forms of affection because of the drinker's drinking?
45. Left home, even for part of a day, because of the drinking?
46. Threatened divorce or separation if the drinker did not stop drinking?
47. Demonstrated your strong feelings about his/her drinking by threatening to kill yourself?
48. Cried to reduce the drinker's drinking?
49. Tried to get even because of the drinking?
50. Said that the drinker must leave or kept him/her out of the house because of his/her drinking?
51. Threatened the drinker about what you would do if he/she continued to drink?

52. Ignored the drinker to get back at him/her when he/she was drunk, had been drinking, or after a drinking episode?

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Military Families Measures

Measures:

- Boundary Ambiguity Scales- 1 (BAS-1; Boss, Greenberg, & Pearce-McCall, 1990)

Domain: Military Families (For wives of men declared missing-in-action [MIA])
Measure: Boundary Ambiguity Scales- 1 (BAS-1; Boss, Greenberg, & Pearce-McCall, 1990)

The following statements are about changes in your family since your husband was declared missing-in-action. Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

For questions 1-18, use the following scale as a guide in answering:

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly agree

1. I no longer consider myself an "MIA" wife.
2. I feel I have prepared myself for a change in status (to widow).
3. I find myself still wondering if my husband is alive.
4. I continue to keep alive my deepest hope that my husband will return.
5. I feel guilty about dating (or wanting to date).
6. I feel I am able to plan my future without continuing to wait for my husband.
7. I will never be satisfied until I have positive proof of my husband's death.
8. I hope to remarry.
9. I think about my husband a lot.
10. I feel it will be difficult, if not impossible, to carve out a new life for myself without my husband.
11. The Armed Services have done everything reasonably possible to account for my husband.
12. I feel incapable of establishing a meaningful relationship with another man.
13. My children are able to talk about their father without becoming emotionally upset.
14. My children still believe that their father is alive.
15. My children are aware of all "the facts" and have reconciled their father's loss.
16. My children and I talk about their father seemingly quite often.
17. Conflicts with my own parents over my husband's change of status have presented a problem for me.
18. My in-laws do not or would not approve of my plans to develop a life for myself.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Relationship/Marital Satisfaction Measures

Measures:

- Areas of Change Questionnaire (ACQ; Weiss, Hops, & Patterson, 1973)
- Beier-Sternberg Discord Questionnaire (DQ; Beier & Sternberg, 1977)
- Comprehensive Marital Satisfaction Scale (CMSS; Blum and Mehrabian, 1999)
- Dyadic Adjustment Scale (DAS; Spanier, 1976)
- ENRICH Idealistic Distortion Scale (Olson, Fournier, & Druckman, 1985)
- ENRICH Marital Satisfaction Scale (Olson, Fournier, & Druckman, 1985)
- ENRICH Personality Issues Scale (Olson, Fournier, & Druckman, 1985)
- Global Measure of Participants' Inputs, Outputs, Equity, and Inequity (Hatfield, Walster, & Berscheid, 1978)
- Index of Marital Satisfaction (IMS; Hudson, 1997)
- Kansas Family Life Satisfaction Scale- Father/Mother Version (KFLS; Schumm, Jurich, & Bollman, 1986)
- Kansas Marital Satisfaction Scale (KMS; Schumm et al., 1986)
- The Locke-Wallace Marital Adjustment Test (LWMAT; Locke & Wallace, 1959)
- Marital Comparison Level Index (MCLI; Sabatelli, 1984)
- Marital Conventionalization Scale (MCS; Edmonds, 1967)
- Marital Happiness Scale (MHS; Azrin, Naster & Jones, 1973)
- The Marital Satisfaction Scale (MSS; Roach, Frazier, & Bowden, 1981)
- Miller Marital Locus of Control Scale (MMLOC; Miller, Lefcourt, & Ware, 1983)
- Norton's Quality of Marriage Index (QMI; Norton, 1983)
- Positive Feelings Questionnaire (PFQ; O'Leary, Fincham, & Turkewitz, 1983)
- Relationship Assessment Scale (RAS; Hendrick, 1988)

Domain: Relationship/Marital Satisfaction
Measure: Areas of Change Questionnaire (ACQ; Weiss, Hops, & Patterson, 1973)

In every relationship there are behaviors one or both partners seek to change. Behaviors may either too often or not often enough. For example, a partner may be dissatisfied because other takes out the garbage only once a week. The desired change would be for this behavior to occur more often. On the other hand, one might be dissatisfied because too much time was spent cleaning up the house; in this case the desired change would be for this behavior to less often. In other words, a person's dissatisfaction with partner performance of a behavior can be expressed as a desire for a behavior to occur either more or less often.

The following pages list typical behaviors which can cause relationship dissatisfactions. As you read each item, decide whether you are satisfied with your partner's performance described in that item. If you are satisfied with your partner's performance or if an item is not relevant to you, check the zero point on the scale, meaning "NO CHANGE DESIRED."

If you are 'not satisfied' with your partner's performance in a particular item, indicate the direction of change in behavior you would like to see. Use the rating scale accompanying each item. If you would prefer to see a particular behavior occur less often, make a check mark (\/) on the "minus" half of the rating scale and indicate how much less you would like this behavior to occur. If you would prefer to see a particular behavior occur more often, make a check mark on the "plus" half of the rating scale to indicate how much more you would like this behavior to occur. Finally, as you go through the list, please indicate which items you consider to be of major importance in your relationship.

Please note that the scales change direction, so that much less is sometimes on the left, and at other times on the right.

Parts I and II are combined here; note that different stems are used in Parts I and II.

Part I:

Ask: I want my partner to:

Part II:

Ask: It would please my partner if I:

1. ...participated in decisions about spending money

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

2. ...Spent time keeping the house clean

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

3. ...had meals ready on time

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

4. ...paid attention to his/her appearance

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

5. ...hit him/her

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

6. ...got together with his/her friends

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

7. ...paid the bills on time

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

8. ...prepared interesting meals

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

9. ...started interesting conversations with me

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

10. ...went out with me

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

11. ...showed appreciation for the things he/she does well

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

12. ...got together with his/her relatives

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

13. ...had sexual relations with him/her

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

14. ...drank

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

15. ...worked late

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

16. ...got together with our friends

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

17. ...helped with housework when asked

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

18. ...argued with me

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

19. ...disciplined children

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

20. ...engaged in extra-marital sexual relations

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

21. ...spent time in outside activities

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

22. ...paid attention to my sexual needs

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

23. ...spent time with children

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

24. ...gave him/her attention when he/she needs it

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

25. ...assumed responsibility for finances

-3	-2	-1	0	+1	+2	+3
Much less	Less	Somewhat less		Somewhat more	More	Much more

26. ...left him/her to himself/herself

-3	-2	-1	0	+1	+2	+3
Much more	More	Somewhat more		Somewhat less	Less	Much Less

Source: Weiss, R.L. (1998). *Areas of Change Questionnaire*. Retrieved September 29, 2003 from <http://www.uoregon.edu/~rlweiss/473/>.

Domain: Relationship/Marital Satisfaction

Measure: Beier-Sternberg Discord Questionnaire (DQ; Beier & Sternberg, 1977)

With Scale 1 we want to find out how you differ from your spouse in looking at things. In Scale 2 we want to find out how you feel about these differences. If, for example a disagreement were to make you very unhappy, as in the “Money” example given above, you would mark 6 or 7 on Scale 2: Results of agreement or disagreement. Please check each item in both scales. Remember, the higher the number the more disagreement or conflict over a particular topic, the lower the number, the more agreement.

Scale 1: Degree of Agreement

Scale 2: Results of Agreement or Disagreement

Agree Disagree
 1 2 3 4 5 6 7

Happy Unhappy
 1 2 3 4 5 6 7

1. Money
 2. Children
 3. Sex
 4. Concern and love
 5. Doing things together (in spare time)
 6. Friends and social life
 7. Getting ahead, ambition
 8. Politics
 9. Children’s education
 10. Religion
- Other(s): please specify

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Satisfaction
Measure: Comprehensive Marital Satisfaction Scale (CMSS; Blum and Mehrabian, 1999)

Please use the following scale to indicate the degree of your agreement or disagreement with each of the statements below. Record your numerical answer to each statement in the space provided preceding the statement.

- +4 = very strong agreement
- +3 = strong agreement
- +2 = moderate agreement
- +1 = slight agreement
- 0 = neither agreement nor disagreement
- 1 = slight disagreement
- 2 = moderate disagreement
- 3 = strong disagreement
- 4 = very strong disagreement

1. My spouse and I agree on how we handle our finances.
2. I prefer doing things without my spouse.
3. My spouse is very loving and affectionate.
4. I regret marrying my spouse.
5. My spouse satisfies me sexually.
6. I don't get the love and affection I want from my spouse.
7. My spouse and I agree on the friends with whom we associate.
8. My spouse and I share the same basic philosophy of life.
9. I don't approve of the way my spouse relates to my family.
10. My spouse and I have similar ambitions and goals.
11. My spouse and I have marital difficulties.
12. I always confide in my spouse.
13. If I were marrying again, I would pick my present spouse.
14. My spouse really gets on my nerves.
15. My spouse and I kiss daily.
16. My spouse and I do not communicate well with each other.
17. My marriage is not as good as most marriages.
18. My spouse and I settle our disagreements with mutual give and take.
19. I am very happy with my marriage.
20. My spouse and I seldom laugh together.
21. I am committed to my marriage.
22. My spouse and I quarrel frequently.
23. My spouse and I agree on how to spend our leisure time.
24. My spouse and I often argue about finances.
25. My spouse and I often disagree about major decisions.
26. I am pleased with my relationship with my spouse.

27. My spouse and I disagree on household chores.
28. My spouse and I differ on our general values and beliefs.
29. My spouse and I have a better marriage than most married couples I know.
30. My spouse's habits annoy me.
31. My spouse and I disagree on sexual matters.
32. My spouse and I agree on how we demonstrate affection towards each other.
33. I often contemplate ending my marriage.
34. My spouse and I agree on our dealings with our in-laws.
35. My spouse is generally understanding.

Source: Blum, J.S., & Mehrabian, A. (1999). Personality and temperament correlates of marital satisfaction. *Journal of Personality, 67*, 93-125.

Domain: Relationship/Marital Satisfaction
Measure: Dyadic Adjustment Scale (DAS; Spanier, 1976)

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement and disagreement between you and your partner for each item on the following list using the response continuum:

- 0 = Always disagree
- 1 = Almost always disagree
- 2 = Frequently disagree
- 3 = Occasionally disagree
- 4 = Almost always agree
- 5 = Always agree

1. Handling family finances
2. Matters of recreation
3. Religious matters
4. Demonstrations of affection
5. Friends
6. Sex relations
7. Conventionality (correct or proper behavior)
8. Philosophy of life
9. Ways of dealing with parents or in-laws
10. Aims, goals and things believed important
11. Amount of time spent together
12. Making major decisions
13. Household tasks
14. Leisure time interests and activities
15. Career decisions

Subjects are asked to answer the following questions using a 5-point response continuum:

- 0 = All the time
- 1 = Most of the time
- 2 = More often than not
- 3 = Occasionally
- 4 = Rarely
- 5 = Never

16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?
17. How often do you or your mate leave the house after a fight?
18. In general, how often do you think that things between you and your partner are going well?
19. Do you confide in your mate?
20. Do you ever regret that you married (or lived together)?
21. How often do you and your partner quarrel?
22. How often do you and your mate "get on each other's nerves?"

Subjects are asked to answer the following questions using a 5-point response continuum:

- 4 = Every day
- 3 = Almost every day
- 2 = Occasionally
- 1 = Rarely
- 0 = Never

23. Do you kiss your mate?

Subjects are asked to answer the following questions using the following response continuum:

- 4 = All of them
- 3 = Most of them
- 2 = Some of them
- 1 = Very few of them
- 0 = None of them

24. Do you and your mate engage in outside interests together?

How often would you say the following events occur between you and your mate?

- 0 = Never
- 1 = Less than once a month
- 2 = Once or twice a month
- 3 = Once or twice a week
- 4 = Once a day
- 5 = More often

25. Have a stimulating exchange of ideas

26. Laugh together

27. Calmly discuss something

28. Work together on a project

There are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no.)

29. Being too tired for sex.

30. Not showing love.

Domain: Relationship/Marital Satisfaction
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Idealistic Distortion Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Idealistic Distortion

- 21. We are as well adjusted as any two persons in this world can be.
- 34. My partner and I understand each other completely.
- 39. If my partner has any faults, I am not aware of them.
- 42. My partner completely understands and sympathizes with my every mood.
- 49. Every new thing I have learned about my partner has pleased me.
- 54. There are times when I do not feel a great deal of love and affection for my partner.
- 63. I don't think any couple could live together with greater harmony than my partner and I.
- 64. My relationship is not a perfect success.
- 68. I don't think anyone could possibly be happier than my partner and I when we are with one another.
- 70. I have some needs that are not being met by my relationship.
- 73. There are times when my partner does things that make me unhappy.
- 77. If every person in the world of the opposite sex had been available and willing to marry me, I could not have made a better choice.
- 87. My relationship could be happier than it is.
- 104. I have never regretted my relationship with my partner, not even for a moment.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Satisfaction
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Marital Satisfaction Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Marital Satisfaction

- 14. I am not pleased with the personality characteristics and personal habits of my partner.
- 19. I am very happy with how we handle role responsibilities in our marriage.
- 32. I am not happy about our communication and feel my partner does not understand me.
- 36. I am very happy about how we make decisions and resolve conflicts.
- 52. I am unhappy about our financial position and the way we make financial decisions.
- 53. I am very happy with how we manage our leisure activities and the time we spend together.
- 82. I am very pleased with how we express affection and relate sexually.
- 87. I am not satisfied with the way we handle our responsibilities as parents.
- 99. I am dissatisfied about our relationship with my parents, in-laws, and/or parents.
- 113. I feel very good about how we practice our religious beliefs and values.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Satisfaction
Measure: ENRICH: Enriching and Nurturing Relationship Issues, Communication, and Happiness- Personality Issues Scale (Olson, Fournier, & Druckman, 1985)

- 1 = Strongly agree
- 2 = Moderately agree
- 3 = Neither agree nor disagree
- 4 = Moderately disagree
- 5 = Strongly disagree

Personality Issues

- 8. My partner is too critical or often has a negative outlook.
- 13. Sometimes I am concerned about my partner's temper.
- 24. At times, I am concerned that my partner appears to be unhappy or withdrawn.
- 30. My partner's smoking and/or drinking habits are a problem.
- 37. At times, my partner is not dependable or does not always follow up on things.
- 42. When we are with others I am sometimes upset with my partner's behavior.
- 63. Sometimes my partner is too stubborn.
- 77. It bothers me that my partner is often late.
- 95. Sometimes I have difficulty dealing with my partner's moodiness.
- 113. At times, I think my partner is too domineering.

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Satisfaction
Measure: Global Measure of Participants' Inputs, Outputs, Equity, and Inequity (Hatfield, Walster, & Berscheid, 1978)

+4 = Extremely positive	-1 = Slightly negative
+3 = Very positive	-2 = Moderately negative
+2 = Moderately positive	-3 = Very negative
+1 = Slightly positive	-4 = Extremely negative

1. All things considered, how would you describe your contributions to your relationship?
2. All things considered, how would you describe your partner's contributions to your relationship?
3. All things considered, how would you describe your outcomes from your relationship?
4. All things considered, how would you describe your partner's outcomes from your relationship?

Source: Tzeng, O. C. S. (1993). *Measurement of love and intimate relations*. Westport, CT.: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Satisfaction
Measure: Index of Marital Satisfaction (IMS; Hudson, 1997)

This questionnaire is designed to measure the degree of satisfaction you have with your present marriage. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can by placing a number beside each one as follows:

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

1. ___ My partner is affectionate enough.
2. ___ My partner treats me badly.
3. ___ My partner really cares for me.
4. ___ I feel that I would not choose the same partner if I had it to do over again.
5. ___ I feel that I can trust my partner.
6. ___ I feel that our relationship is breaking up.
7. ___ My partner really doesn't understand me.
8. ___ I feel that our relationship is a good one.
9. ___ Ours is a very happy relationship.
10. ___ Our life together is dull.
11. ___ We have a lot of fun together.
12. ___ My partner does not confide in me.
13. ___ Ours is a very close relationship.
14. ___ I feel that I cannot rely on my partner.
15. ___ I feel that we do not have enough interests in common.
16. ___ We manage arguments and disagreements very well.
17. ___ We do a good job of managing our finances.
18. ___ I feel that I should never have married my partner.
19. ___ My partner and I get along very well together.
20. ___ Our relationship is very stable.
21. ___ My partner is a real comfort to me.
22. ___ I feel that I no longer care for my partner.
23. ___ I feel that the future looks bright for our relationship.
24. ___ I feel that our relationship is empty.
25. ___ I feel there is no excitement in our relationship.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Satisfaction
Measure: Kansas Family Life Satisfaction Scale- Father/Mother Version (KFLS; Schumm, Jurich, & Bollman, 1986)

- 1= Extremely dissatisfied
- 2 = Dissatisfied
- 3 = Somewhat dissatisfied
- 4 = Mixed
- 5 = Somewhat satisfied
- 6 = Satisfied
- 7 = Extremely Satisfied

1. _____ How satisfied are you with your family life?
2. _____ How satisfied are you with your relationship with your spouse?
3. _____ How satisfied are you with your relationship with your child(ren)?
4. _____ How satisfied are you with your children's relationship with each other? (Answer only if you have more than one child.)

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Satisfaction
Measure: Kansas Marital Satisfaction Scale (KMS; Schumm et al., 1986)

- 1 = Extremely Dissatisfied
- 2 = Very Dissatisfied
- 3 = Somewhat Dissatisfied
- 4 = Mixed
- 5 = Somewhat Satisfied
- 6 = Very Satisfied
- 7 = Extremely Satisfied

1. How satisfied are you with your marriage?
2. How satisfied are you with your husband as a spouse?
3. How satisfied are you with your relationship with your husband?

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

12. In leisure time do you generally prefer:
To be "on the go,"
To stay at home?

Does your spouse generally prefer to be "on the go"; to stay at home?

13. Do you ever wish you had not married?
Frequently
Occasionally
Rarely
Never

14. If you had your life to live over, do you think you would:
Marry the same person
Marry a different person
Not marry at all.

15. Do you confide in your mate:
Almost never
Rarely
In most things
In everything

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Satisfaction
Measure: Marital Comparison Level Index (MCLI; Sabatelli, 1984)

Indicate by circling the appropriate number how your current experiences compare to your expectations.

-3	-2	-1	0	+1	+2	+3
Worse than I expect			About what I expect			Better than I expect

1. The amount of companionship you experience
2. The amount your partner is trusting of you
3. The amount of sexual activity that you experience
4. The amount of confiding that occurs between you and your spouse
5. The amount of conflict over daily decisions that exists
6. The amount of time you spend together
7. The amount of affection your partner displays
8. The amount of responsibility for household tasks shared
9. The amount your partner is willing to listen to you
10. The amount of relationship equality you experience
11. The amount of conflict over money you experience
12. The amount of compatibility that you experience
13. The amount of conflict over the use of leisure time that you experience
14. The amount of disagreement over friends that you experience
15. The amount of interesting sex your partner expresses
16. The fairness with which money is spent
17. The amount of criticism your partner expresses
18. The amount of mutual respect you experience
19. The degree to which your interpersonal communications are effective
20. The amount of love you experience
21. The degree to which your needs are met
22. The amount of freedom you experience in pursuing other friendships
23. The amount of responsibility your partner accepts for household chores
24. The amount that you and your partner discuss sex
25. The amount of privacy you experience
26. The amount to which your spouse supports your choice of an occupation
27. The amount to which you and your spouse agree on your life-style
28. The amount to which you and your spouse agree on the number of children to have
29. The degree of physical attractiveness of your partner
30. The amount of arguing over petty issues that you experience
31. The amount of jealousy your partner expresses
32. The amount of commitment you experience from your spouse

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Satisfaction
Measure: Marital Conventionalization Scale (MCS; Edmonds, 1967)

Read each statement and decide whether it is true as applied to you, your mate, or your marriage. If it is true as applied to you, your mate, or your marriage circle the letter T. If it is false as it applies to you, your mate, or your marriage circle the letter F.

- | | | |
|---|---|--|
| T | F | 1. I have some needs that are not being met by my marriage. |
| T | F | 2. My marriage could be happier than it is. |
| T | F | 3. If every person in the world of the opposite sex had been available and willing to marry me, I could not have made a better choice. |
| T | F | 4. I don't think any couple could live together with greater harmony than my mate and I. |
| T | F | 5. There are times when I do not feel a great deal of love and affection for my mate. |
| T | F | 6. I have never regretted my marriage, not even for a moment. |
| T | F | 7. We are as well adjusted as any two persons in this world can be. |
| T | F | 8. I don't think anyone could possibly be happier than my mate and I when we are with one another. |
| T | F | 9. My mate completely understands and sympathizes with my every mood. |
| T | F | 10. My marriage is not a perfect success. |
| T | F | 11. Every new thing I have learned about my mate has pleased me. |
| T | F | 12. My mate has all of the qualities I've always wanted in a mate. |
| T | F | 13. If my mate has any faults I am not aware of them. |
| T | F | 14. My mate and I understand each other completely. |
| T | F | 15. There are times when my mate does things that make me unhappy. |

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Satisfaction
Measure: Marital Happiness Scale (MHS; Azrin, Naster & Jones, 1973)

This scale is intended to estimate your *current* happiness with your marriage on each of the ten dimensions listed. You are to circle one of the numbers (1-10) beside each marriage area. Numbers toward the left end of the ten-unit scale indicate some degree of unhappiness and numbers toward the right end of the scale indicate varying degrees of happiness. Ask yourself this question as you rate each marriage area: "If my partner continues to act in the future as he/she is acting *today* with respect to this marriage area, how happy will I be *with this area of our marriage?*" In other words, state according to the numerical scale (1-10) exactly how you feel today. Try to exclude all feelings of yesterday and concentrate only on the feelings of today in each of the marital areas. Also try not to allow one category to influence the results of another category.

	Completely Unhappy					Completely Happy				
	1	2	3	4	5	6	7	8	9	10
Household responsibilities	1	2	3	4	5	6	7	8	9	10
Rearing of children	1	2	3	4	5	6	7	8	9	10
Social activities	1	2	3	4	5	6	7	8	9	10
Money	1	2	3	4	5	6	7	8	9	10
Sex	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
Academic (or occupational) progress	1	2	3	4	5	6	7	8	9	10
Personal independence	1	2	3	4	5	6	7	8	9	10
Spouse independence	1	2	3	4	5	6	7	8	9	10
General happiness	1	2	3	4	5	6	7	8	9	10

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Satisfaction
Measure: The Marital Satisfaction Scale (MSS; Roach, Frazier, & Bowden, 1981)

5 = Strongly agree
4 = Agree
3 = Neutral (undecided)
2 = Disagree
1 = Strongly disagree

1. I know what my spouse expects of me in our marriage.
2. My spouse could make things easier for me if he/she cared to.
3. I worry a lot about my marriage.
4. If I could start over again, I would marry someone other than my present spouse.
5. I can always trust my spouse.
6. My life would seem empty without my marriage.
7. My marriage is too confining to suit me.
8. I feel that I am "in a rut" in my marriage.
9. I know where I stand with my spouse.
10. My marriage has a bad effect on my health.
11. I become upset, angry, or irritable because of things that occur in my marriage.
12. I feel competent and fully able to handle my marriage.
13. My present marriage is not one I would wish to remain in permanently.
14. I expect my marriage to give me increasing satisfaction the longer it continues.
15. I get discouraged trying to make my marriage work out.
16. I consider my marital situation to be as pleasant as it should be.
17. My marriage gives me more real personal satisfaction than anything else I do.
18. I think my marriage gets more difficult for me each year.
19. My spouse gets me badly flustered and jittery.
20. My spouse gives me sufficient opportunity to express my opinions.
21. I have made a success of my marriage so far.
22. My spouse regards me as an equal.
23. I must look outside my marriage for those things that make life worthwhile and interesting.
24. My spouse inspires me to do my best work.
25. My marriage has "smothered" my personality.
26. The future of my marriage looks promising to me.
27. I am really interested in my spouse.
28. I get along well with my spouse.
29. I am afraid of losing my spouse through divorce.
30. My spouse makes unfair demands on my free time.
31. My spouse seems unreasonable in his/her dealings with me.
32. My marriage helps me toward the goals I have set for myself.
33. My spouse is willing to make helpful improvements in our relationship.
34. My marriage suffers from disagreement concerning matters of recreation.
35. Demonstrations of affection by me and my spouse are mutually acceptable.

36. An unhappy sexual relationship is a drawback in my marriage.
37. My spouse and I do not agree on what is right and proper conduct.
38. My spouse and I do not share the same philosophy of life.
39. My spouse and I enjoy several mutually satisfying outside interests together.
40. I sometimes wish I had not married my present spouse.
41. My present marriage is definitely unhappy.
42. I look forward to sexual activity with my spouse with pleasant anticipation.
43. My spouse lacks respect for me.
44. I have definite difficulty confiding in my spouse.
45. Most of the time my spouse understands the way I feel.
46. My spouse does not listen to what I have to say.
47. I frequently enjoy pleasant conversation with my spouse.
48. I am definitely satisfied with my marriage.

Source: Tzeng, O.C. S. (1993). *Measurement of love and intimate relations*. Westport, CT: Greenwood Publishing Group, Inc.

Domain: Relationship/Marital Satisfaction
Measure: Miller Marital Locus of Control Scale (MMLOC; Miller, Lefcourt, & Ware, 1983)

The statements in this questionnaire express opinions on a number of issues in the marital relationship. You may find yourself agreeing strongly with some of the statements, disagreeing just as strongly with others and perhaps feeling uncertain about others. Your reactions reflect your own opinions and there are no right or wrong answers. Whether you agree or disagree with any statement, you can be sure that there are many people who feel the same way you do.

Mark each statement in the left margin according to how much you agree or disagree with it. Please mark every one.

Write +1, +2, 0, -1, -2 depending on how you feel in each case.

+1 = I agree a little
+2 = I agree very much
0 = Neither agree nor disagree
-1 = I disagree a little
-2 = I disagree very much

Remember that the best answer is whatever your personal opinion is and this is usually reflected in your *first* reaction to an item, rather than after long debates with yourself over particular experiences.

1. When I want my spouse to do something she/he hadn't planned on, there's little that I can do to bring her/him around to my way of thinking.
2. I am often at a loss as to what to say or do when I'm in disagreement with my spouse.
3. More often than not some effort on my part can help to resolve marital problems.
4. I can often help to bring about a reconciliation when my spouse and I have an argument.
5. My spouse's moods are often mysterious to me, in that I have little idea as to what may have set them off.
6. I often find my spouse's behavior to be unpredictable.
7. During disagreements I can often do or say something that will improve the situation.
8. My spouse's behavior is understandable to me.
9. Happy times in our marriage just seem to happen with little or no effort on my part.
10. Often my spouse's mood state will be in response to something I've said or done.
11. There are things I can do that will be in response to something I've said or done.

12. Circumstances of on sort or another play a major role in determining whether my marriage functions smoothly.
13. When we're in conflict my spouse will more often be the one to help us become reconciled.
14. Some effort is usually required on my part in order to bring about pleasant experiences in our marriage.
15. When we have unpleasant experiences in our marriage I can often see how I have helped to bring them about.
16. It's more often up to my spouse to make an argument end peaceably.
17. The unhappy times in our marriage just seem to happen regardless of what I am doing.
18. When we have difficulties in our marriage there seems to be little that my spouse and I are able to do to bring about a reconciliation.
19. I can often persuade my spouse to do something that he/she hadn't planned on doing.
20. Circumstances play a very limited role in causing marital satisfaction; it is largely effort and concern that matter.
21. I often find that men are more difficult to understand than are woman.
22. When I have difficulties in my interactions with men, I find that time is a better healer than anything I could do.
23. Men seem less predictable than women.
24. Women are more perplexing to me than men.
25. When I encounter problems in my interactions with women there seems to be little I can do to turn the situation around.
26. Women are more reliable in their interactions with me than are men.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Satisfaction
Measure: Positive Feelings Questionnaire (PFQ; O’Leary, Fincham, & Turkewitz, 1983)

Below is a list of 17 questions about various feelings between engaged/married people. Answer each one of them in terms of how you *generally* feel about your mate/spouse, taking into account the last few months. The rating you choose should reflect how you *actually* feel, not how you think you should feel or would like to feel.

Please answer each question by choosing the best number to show how you have generally been feeling in the past few months. Choose *only one number* for each question.

- 1 = Extremely negative
- 2 = Quite negative
- 3 = Slightly negative
- 4 = Neutral
- 5 = Slightly positive
- 6 = Quite positive
- 7 = Extremely positive

1. How do you feel about your spouse as a friend to you?
2. How do you feel about the future of your marital relationship?
3. How do you feel about marrying/having married your spouse?
4. How do you feel about your spouse’s ability to put you in a good mood so that you can laugh and smile?
5. How do you feel about your spouse’s ability to handle stress?
6. How do you feel about the degree to which your spouse understands you?
7. How do you feel about the degree to which you can trust your spouse?
8. How do you feel about how your spouse relates to other people?

The following 9 items are in the form of statements rather than questions. However, please complete them in the same manner, remembering to base your responses on how *you generally* feel about your spouse, taking into account the past few months.

- 1 = Extremely negative
- 2 = Quite negative
- 3 = Slightly negative
- 4 = Neutral
- 5 = Slightly positive
- 6 = Quite positive
- 7 = Extremely positive

1. Touching my spouse makes me feel
2. Being alone with my spouse makes me feel
3. Having sexual relations with my spouse makes me feel
4. Talking and communicating with my spouse makes me feel
5. My spouse's encouragement of my individual growth makes me feel
6. My spouse's physical appearance makes me feel
7. Seeking comfort from my spouse makes me feel
8. Kissing my spouse makes me feel
9. Sitting or lying close to my spouse makes me feel

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Domain: Relationship/Marital Satisfaction
Measure: Relationship Assessment Scale (RAS; Hendrick, 1988)

Please mark on the answer sheet the letter for each item which best answers that item for you.

1. How well does your partner meet your needs?

A	B	C	D	E
Poorly		Average		Extremely well

2. In general, how satisfied are you with your relationship?

A	B	C	D	E
Unsatisfied		Average		Extremely satisfied

3. How good is your relationship compared to most?

A	B	C	D	E
Poor		Average		Excellent

4. How often do you wish you hadn't gotten in this relationship?

A	B	C	D	E
Never		Average		Very often

5. To what extent has your relationship met your original expectations?

A	B	C	D	E
Hardly at all		Average		Completely

6. How much do you love your partner?

A	B	C	D	E
Not much		Average		Very much

7. How many problems are there in your relationship?

A
Very few

B

C
Average

D

E
Very many

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Trust Measures

Measures:

- The Dyadic Trust Scale (Larzelere & Huston, 1980)

Widowhood Measures

Measures:

- Boundary Ambiguity Scales- 2 (BAS-2; Boss, Greenberg, & Pearce-McCall, 1990)

Domain: Widowhood (For widows)

Measure: Boundary Ambiguity Scales- 2 (BAS-2; Boss, Greenberg, & Pearce-McCall, 1990)

The following statements are about the changes in status from wife to widow. Using the scale provided as your guideline, choose the number that best shows how you feel and place it in the blank to the left of each item. There are no right or wrong answers.

For questions 1-12, use the following scale as a guide in answering:

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Agree
- 4 = Strongly agree

1. I no longer consider myself a wife.
2. I feel I have prepared myself for a change in status (to widow).
3. I feel I am able to plan my future without feeling guilty for not continuing to mourn for my husband.
4. I hope to remarry.
5. I find myself wondering if my husband is alive in a different dimension.
6. I continue to keep alive my deepest hope that I will be with my husband again someday.
7. I feel guilty about dating (or wanting to date).
8. I still talk to or communicate with my husband.
9. I think about my husband a lot.
10. I feel it will be difficult, if not impossible, to carve out a new life for myself without my husband.
11. I feel incapable of establishing a meaningful relationship with other men.
12. My children are able to talk about their father without becoming emotionally upset.

Source: Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

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