

Marital Satisfaction Questionnaire (Revised)

NAME: _____ DATE: _____

DIRECTIONS

1 2 3 4 5 6 7 8 9 10
Not pleased Somewhat pleased Very pleased

In the first space after each item please write down the number that most closely and honestly reflects your present feelings about your marriage/relationship or spouse/partner. In the second space, estimate how you believe your spouse/partner would respond to the item if he/she were completing the questionnaire. Work as quickly as possible, trying not to spend too much time on any one item.

I AM:

- 1. Pleased with the amount we talk to each other. _____
- 2. Pleased with the *quality* of our communication (e.g., pleasant, constructive, vs. insensitive, hostile, etc.). _____
- 3. Satisfied with our sex life. _____
- 4. Satisfied with the way we are spending/managing money. _____
- 5. Satisfied with the amount of time we spend together. _____

- 6. Happy with our social life and friends we share in common. _____
- 7. Pleased with the kind of parent my spouse/partner is. (If you have no children, rate your level of satisfaction about this fact.) _____
- 8. Of the opinion that my spouse/partner is "on my team." _____
- 9. Pleased with our leisure time together (e.g., vacations, sports, outings, etc.). _____
- 10. Basically in agreement with my spouse's/partner's outlook on life (e.g., values, religious beliefs, political ideas, etc.) _____
- 11. Content with degree of affection that is given and received. _____
- 12. Able to trust what my spouse/partner says and does. _____
- 13. Content about my partner's smoking, drinking, or other habits. _____
- 14. Pleased with my relationship(s) with members of my spouse's/partner's family (e.g., his or her parents, siblings, and other relatives). _____
- 15. Pleased with the way my spouse/partner relates to members of my own family (i.e., your parents, siblings, etc.). _____
- 16. Pleased with my spouse's overall appearance. _____

INTERPRETATION

Overall totals are less relevant than scores on individual items. Since scores range between 16 and 160, a tally of under 80 would signify significant marital dissatisfaction. Nevertheless, it is most productive to discuss individual scores, inquiring exactly why a particular item merited a 9 or 10, whereas another only justified a 3 or 4. Examining specific discrepancies in partners' estimations of the other person's ratings also proves productive.