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Daniel Alfred Moen
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NEWLYWED TO ESTABLISHED MARRIAGE: A LONGITUDINAL STUDY OF EARLY RISK AND PROTECTIVE FACTORS THAT INFLUENCE MARITAL SATISFACTION

by

Daniel A. Moen

A dissertation submitted in partial fulfillment
of the requirements for the degree

of

DOCTOR OF PHILOSOPHY

in

Family & Human Development

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UTAH STATE UNIVERSITY
Logan, Utah

2011

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ABSTRACT

Newlywed to Established Marriage: A Longitudinal Study of Early Risk and Protective Factors that Influence Marital Satisfaction

by

Daniel A. Moen, Doctor of Philosophy

Utah State University, 2011

Major Professor: Dr. Kay Bradford
Department: Family, Consumer, and Human Development

Previous longitudinal studies on predictors of marital satisfaction have specifically focused their attention on using sociodemographic (distal) and proximal mediating factors as predictive variables for the advancement in the study of marriage satisfaction. This current study sought to add to these previous studies by using a combination of distal and proximal (mediator) variables to test a model to help explain the risk and protective factors that influence marriage from newlywed to established marriage. This task was accomplished by running a series of multiple regression analyses using a mediator regression model. This study found that a difficult transition to marriage at time 1, while mediated by time 1 total problem subscale score and a time 1 marital satisfaction score, was significantly negatively correlated with marital satisfaction five years later (time 3).

In addition, this study focused on the evolving nature of problem area issues in

marriage from newlywed to established marriage. This focus is based on previous work done by the Center for Marriage and the Family, but primarily on the updated work by Schramm and colleagues, who simplified the 42-item problem issue questionnaire by creating six problem subscales.

This study found significant differences between time 1 (newlywed) and time 3 (established marriage) problem subscale scores. Participants tended to report that problem subscale issues worsened over time. Furthermore, newlywed participants deemed "at-risk" (with any one or more distal and or proximal risk factor) reported a significant increase in all problem subscales from time 1 to time 3. Moreover, gender played an important role in that husbands reported higher problem subscale issue scores at time 3 than wives.

Overall, this research should contribute to those who work with, design programming, or conduct research on married couples. The findings from this study advance existing knowledge on newlywed and established marriage as well as suggest future directions of study.

(174 pages)

PUBLIC ABSTRACT

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This current study took questionnaire information from couples as newlyweds through five years of marriage in an attempt to discover the most significant predictors of marital satisfaction. This study also used additional information from these couples to help understand how problem issues change from newlywed to established marriage (five or more years of marriage).

This study found that experiencing a difficult transition to marriage as newlyweds was the only significant predictor of marriage satisfaction five years later. Meaning, couples who experienced a difficult transition to marriage as newlyweds tended to report lower levels of marital satisfaction five years later in marriage than those who reported a smooth transition to marriage, leading this study to conclude that researchers, educators, and clinicians should focus the majority of their attention on creating programs, educational courses, and therapeutic techniques that aid newlyweds in having a smooth transition to marriage. This study also concluded that prevention could perhaps start

prior to the wedding day.

The second part of this study was to find out how problem issues change from newlywed to established marriage. This study found that couples tend to report problem issues as more severe over time, meaning problem issues as newlyweds tend to worsen rather than become resolved. Because of this finding, this study recommends that those working with newlyweds should focus attention on problemsolving strategies in an attempt to extinguish the problem before it becomes a full-blown fire later on.

Overall, the findings from this study should advance and update previous marriage studies. However, conclusions mentioned should be restricted and looked at carefully as the sample was limited to only one western state and consisting mostly of highly satisfied marriages.

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Daniel A. Moen

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CHAPTER I

INTRODUCTION

For many married couples, "marriage begins as a source of satisfaction and fulfillment but ends as a source of frustration and despair" (Karney & Bradbury, 1995, p. 3). What is more troubling about this finding is that since 1970, levels of marital satisfaction in first-time marriages have been on a downward trajectory (Amato, Johnson, Booth, & Rogers, 2003). This is an important finding as marital satisfaction is positively correlated with psychological well-being, physical health, and financial well-being for both spouses (Proulx, Helms, & Buehler, 2007; Stutzer & Frey, 2006; Waite & Gallagher, 2000). In fact, marital satisfaction has been linked to almost all psychological and physiological indicators regarding either good or poor individual functioning, placing the issue of marital satisfaction as a prime concern in marriage research and clinical work (Fincham & Beach, 2010). Furthermore, early levels of marital satisfaction for newlywed couples have been found to be a significant predictor of whether or not a couple divorces (Kurdek, 2005). For example, Lavner and Bradbury (2010) found that after 4 years of marriage the most satisfied marriages divorced an average of 75% to 259% less than the most dissatisfied marriages.

In addition to the trend of declining rates in marital satisfaction, divorce continues to be a common phenomenon. It is estimated that between 40% and 50% of all current, first-time marriages in the U.S. will eventually end in divorce (Amato, 2010; Cherlin, 2010; U.S. Census Bureau, 2005; Wilcox, 2009). Also, it is estimated that close to 25% of all first-time newlywed marriages will end in divorce within the first 5 years (Bramlett

& Mosher, 2001). In fact, divorce in America has become so common it now supplants death as the number one reason for the end of marriage (Pinsof, 2002), giving less significance to the phrase "till death we do part" (p. 135).

Regardless of the current divorce trends, close to 95% of all Americans will ultimately choose to marry at some point in their adult lives (U.S. Census Bureau, 2009, Table 56). Since marriage continues to be a significant part in the lives of many persons, and given its documented benefits, it is important to gain a better understanding of the problem issues that couples experience as well as the risk and protective factors that contribute to satisfaction in U.S. marriages (Bradbury, Fincham, & Beach, 2000). By examining the early stages of marriage, this study has baseline measures, meaning indicators of how a couple started their marriage. These baseline scores give this study the ability to test interactive longitudinal marital processes. This is important for practical implications and future research development as previous studies (Amato & Rogers, 1997; Gottman, Coan, Carrere, & Swanson, 1998; Gottman & Levenson, 2002) indicate that the early stages of marriage set the stage for marital functioning far into the future. This study aims to extend previous research in the area of longitudinal marital satisfaction.

The Evolution of Problem Issues in Marriage

The early years of marriage create the foundation for the future of the couples' years together (Gottman et al., 1998; Gottman & Levenson, 2002; Huston, Caughlin, Houts, Smith, & George, 2001; Miller, 2000; Risch, Riley, & Lawler, 2003; Storaasli &

Markman, 1990). Ruvolo (1998) stated, "The early years of marriage are a critical period for couples, both because the early years may be volatile and some relationships dissolve, and because the early years may set the stage for future distress or healthy couple functioning" (p. 470).

Previous research has found specific couple processes that forecast either satisfying or unsatisfying longitudinal outcomes. The foundation for a satisfying marriage consists of multiple variables, including high initial levels of marital satisfaction (Ruvolo, 1998), a generally smooth transition to marriage (Doherty, 2001), having frequent positive interactions (Gottman et al., 1998), and the ability to effectively manage emotions when discussing negative feelings (Huston et al., 2001). On the other hand, the foundation for an unsatisfying marriage appears to be built upon just the opposite.

Given the domino-like effect created by early issues and interactions in marriage, it is important that clinicians, clergy, programmers, and marriage researchers understand the most reported problem issues that affect most newlywed marriages so that these issues can be addressed early on. Furthermore, a better understanding of these issues may provide insight into clinical and educational programs to help strengthen newlywed to established marriages (Center for Marriage and Family, 2000; Risch et al., 2003; Schramm, Marshall, Harris, & Lee, 2005).

Risk and Protective Factors in Marriage

Teachman (2002) conducted a review of sociodemographic risk factors (i.e., young age at marriage, parent's divorce) and how these factors impacted marital stability.

Teachman (2002) found that in a cross-sectional sample of married couples from 1950 to 1984, sociodemographic risk factors such as "age at marriage, education, premarital births, and conception, religion, parental divorce, and race" (p. 331) had a negative impact on marital stability. Moreover, other studies such as Amato and Rogers (1997) and Schramm et al. (2005) have found certain sociodemographic factors as predictive of marital satisfaction levels. The current study tested some of these distal factors mediated by proximal factors as longitudinal predictors of marital satisfaction (e.g., Amato & Rogers, 1997).

Proximal Factors as Potential Mediators

This study responded to calls in the literature for longitudinal analysis of predictors of marital satisfaction among newlyweds that include both distal and proximal factors (Amato & Rogers, 1997). Proximal problems included the time 1 subscale issue total score and marital satisfaction scores. By using time 1 data from the Schramm et al. (2005) study, and new data from time 3, this study bolstered previous literature by testing both distal and proximal variables longitudinally.

Study Purposes

This study has two major purposes. Using extant longitudinal data of an abbreviated 30-item version of the Creighton Problem Issues Scale (Center for Marriage and Family, 2000), this study examined (a) longitudinal changes in marital problems, and (b) distal and proximal correlates of marital satisfaction in new marriage. Potential

changes in problem subscale scores from newlywed marriage to established marriage were tested (i.e., between time 1 and 3 extant data scores; Schramm et al., 2005). Furthermore, differences between time 3 scores for husbands and wives, and differences between time 3 scores for those labeled "at risk" spouses (those with any distal and or specific proximal risk factor at time 1) versus "non-risk" spouses (those with no distal and/or proximal risk factors at time 1) were examined. This dichotomization was done to test the impact of these risk factors in the present sample and thereby draw out more distinct conclusions about marital relationship problem issues. This study also compared the time 1 problem subscale scores of those who dropped out of the study after time 1 versus those who continued from time 1 to time 3 for the purposes of accounting for the internal validity threat of attrition and as a methodological rigor.

This study also examined potential associations between sociodemographic factors (i.e., demographic and life course variables that are brought to the relationship) and their longitudinal correlations with marital satisfaction. Sociodemographic factors include risk factors (e.g., parents' divorce prior to one's own marriage) as well as protective factors (e.g., college education). The time 1 problem subscale variables were tested as a possible mediator of the link between sociodemographic factors and later marital satisfaction.

In keeping with previous literature (Amato & Rogers, 1997), the marital problem total score was viewed as a proximal factor because it is an interaction that remains ongoing in relationships. Sociodemographic variables were viewed as distal factors because they were characteristics that are brought to the relationship. Furthermore, in

remaining consistent with previous marriage satisfaction longitudinal trajectory literature (e.g., Lavner & Bradbury, 2010), this study included time 1 marriage satisfaction levels as a second mediator variable. An overview of the risk and protective, and distal and proximal factors is provided in Table 1.

Table 1

Distal and Proximal Risk and Protective Factors (Time 1)

Variable	Risk	Protective
Distal	Teen at marriage Cohabitation prior to marriage Divorced parent No college education Difficult transition to marriage	Four year college education Smooth transition to marriage Pre-marriage education
Proximal	Marriage problem subscales (total score) Low (distressed) marriage satisfaction	High (stable) marriage satisfaction

CHAPTER II

REVIEW OF LITERATURE

Over the past few decades, the institution of marriage has evolved considerably with changes in how couples interact, age and timing of marriage, risk and protective factors contributing to marital satisfaction, and what problem issues couples deem important to the marital relationship (Cherlin, 2010; Fincham & Beach, 2010).

This chapter will begin with a discussion of family development theory as an overarching explanation of the extant literature and the current theorized model. Next, an overview of family stress theory (ABCX model; e.g., Hill, 1949) will provide theoretical backing for how proximal and distal factors are posited to have an impact on marital satisfaction. Other more recent adaptations of the family stress theory such as the double ABCX model by McCubbin and Patterson (1983) or Boss's (1988, 2001) contextual model of family stress were not used because the participants in this study were not asked to report proximal and distal stressor factors multiple times. Multiple reports of risk and protective factors would be necessary to fit the newer models theoretically.

This chapter also discusses issues on the changing landscape of research on marriage and the variables that influence marriage satisfaction, including problem issues in marriage, marital satisfaction, gender differences, the transition to marriage, age at first marriage, cohabitation prior to marriage, the impact of parental divorce on a current marriage, levels of education, and marriage enrichment/education.

Family Development Theory

Many of the research questions for this study's longitudinal direction are rooted in family development theory (FDT). FDT assumes that families will experience different stages over time (i.e., single, newlywed, birth of a child). These new experiences are met with what the theory refers to as "transitions." Transitions are the period of time when families, due to normative demands (Rodgers & White, 1993) from society, are pushed to adapt, change and/or create new roles, positions, and/or norms to function in the new stage (i.e., from newlyweds to parents; e.g., Rodgers & White, 1993; White & Klein, 2008). The theory also assumes that change and development are a life-long process and that it is the family's responsibility to adapt. Rodgers and White stated, "Normative demands of any given institution must be in line with the stage of the family, otherwise the family is strained," and "institutional normative adaptation is preceded by systematic behavioral deviance" (1993, p. 244). Therefore, it is the family's ability to adapt that determines their level of functioning in the next stages of life.

In line with the FDT theoretical perspective, it can be hypothesized that what couples deem as problem issues at year one of marriage (newlywed marriage) may evolve to reflect the changing landscape of family roles, positions, and norms at year five (established marriage). Given FDT's focus on multi-level analysis and a longitudinal approach to understanding families, this particular theoretical framework lends itself to this study. For example, FDT dictates a multi-level analysis by assuming that families undergo developmental changes such as what happens when a couple transitions from dating or cohabitation to marriage, and again from newlywed marriage to established

marriage. These changes and transitions create new role expectations, and thus modify the marital relationship dynamics. Therefore, FDT is an appropriate fit for explaining the evolving nature of marriage; it does not fully explain the complexities of the other focus of this study; the predictive nature of distal and proximal variables and how they longitudinally predict marital satisfaction.

Family Stress Theory (ABCX Model)

When specifically adapted to couple relationship process, Hill's (1949) family stress theory (ABCX Model) provides an explanation to the sometimes confusing process of how couples handle stress. Family stress theory assumes that stress is normal and even expected, but that it disrupts equilibrium and creates an uncomfortable state. For example, pertinent to this study, an event could be a young age (teen) marriage. But, "stress" in the ABCX Model is labeled as (A) an event. Therefore, an event could be any stressor that disrupts equilibrium. For example, pertinent to this study, an event could be cohabitation prior to marriage. The second step in the process deals with (B) family resources. According to FDT, family resources could include knowledge and/or skills that a couple uses to reestablish equilibrium. For the sake of this study a resource could be coping skills learned from pre-marriage education. The third step in the ABCX model is (C) family perception. This includes how a couple perceives stressors and their ability to cope. The fourth step to the process is (X), or the crisis. This is the outcome of A, B, and C. If a couple is able to adapt, then they are said to have successfully adjusted. However, if the couple is unable to effectively cope, then they are said to experience

maladaptation and will experience a lower level of relational functioning (see Figure 1).

Overall, Hill's (1949) FDT – ABCX model provides a capable explanatory theoretical framework for the second focus of this study which looks at the longitudinal impact of distal and proximal risk and protective factors on marriage satisfaction. Specifically, the event (A) for this study would consist of many of the distal and proximal risk factors labeled in this study. These risk factors for example may be that a young age at marriage or cohabitation prior to marriage presents an event. Family resources (B), for this study, would consist of protective factors such as time 1 high marital satisfaction scores. Family perception (C) would be the perceived transition to marriage. For this study, this variable has been dichotomized into either a difficult transition or a smooth transition to marriage. While the ABCX model is somewhat dissimilar to this study's dual mediator regression model, it does provide a helpful theoretical background to explain how events (risk factors) are processed to produce an outcome. In this study's case, the outcome is time 3 marital satisfaction.

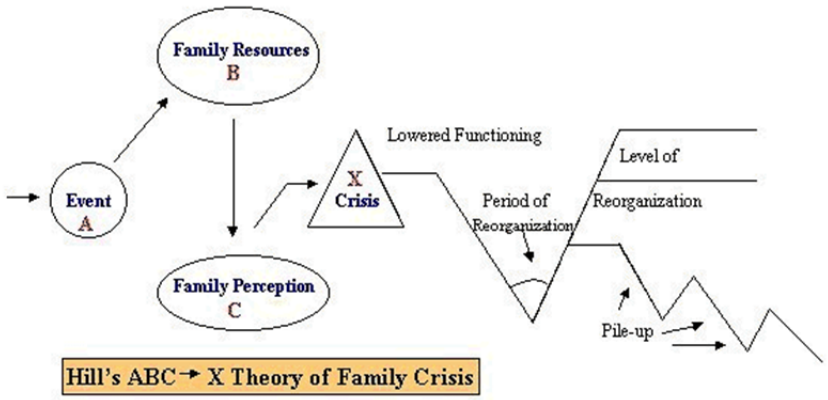

Figure 1. Hill's ABCX theory of family crisis. Source: Witt (2010).

Distal Factors

Sociodemographic variables such as age at first marriage, cohabitation, divorced parents, level of education, and marriage education were viewed as variable event (i.e., Hill, 1949) distal factors because they stand for specific features that husband and wives bring with them into the marital relationship (Amato & Rogers, 1997; Schramm et al., 2005; Teachman, 2002) and have an immediate impact on marriage relationship satisfaction.

Age at first marriage. Early age at first marriage has been theorized to predict both marital dissatisfaction and divorce. In the U.S., the average age at first marriage has fluctuated over time. In the 1950s, the average age of marriage for men was 23 and 20 for women. In the 1960s, the age of first marriage rose steadily (Goldstein & Kenney, 2001). By the turn of the 20th century the majority of men entering first marriage were an average age of 26 years, while women's average age was 23 years (Cherlin, 2005). Since the new millennium, the average age of first marriage for men is 27.4 and 25.6 for women (U.S. Census Bureau, 2009).

The increase of age of first marriage may be attributed to changing economic and social situations such as relatively greater economic stability, particularly for women, or greater gender equality (Cherlin, 2005; Rodgers & Thornton, 1985; Stevenson & Wolfers, 2007; Sweeney, 2002). During stable or prosperous economic times women have tended to marry at a later age with the opposite being true for tough or unstable economic times (Sweeney, 2002).

In present time, newlyweds married in their teens are at greater risk for separation

or divorce (Bramlett & Mosher, 2002; Martin & Bumpass, 1989). Raley and Bumpass (2003) found that couples who married at younger than age 20 experienced a 60% divorce rate within 20 years of marriage compared to couples who married at age 22 or older (40% divorce rate over 20 years). Furthermore, other studies have shown that couples who marry early (less than 25 years of age) run relatively greater risks of infidelity (Amato & Rogers, 1997), financial unpreparedness (Booth & Edwards, 1985), and substance abuse (Amato & Rogers, 1997). On the other hand, women who wait to marry till at least 25 years of age are 66% more likely to remain married than their teenage married counterparts (Bumpass & Martin, 1991). These outcomes have led many clinicians, clergy, programmers, and marriage researchers to believe that waiting to get married until 25 or older may help to improve marital quality and stability due to self-selection effects (Cherlin, 2010). Given past findings regarding the impact of age at first marriage on overall marital satisfaction, this current study included age at marriage as a distal variable.

Age at first marriage: Utahans. The sample being used in this current study is geographically homogenous in that 100% of the sample was married in Utah. Because of this sample specificity, current trends in age at first marriage for Utahans, will be reviewed.

The median age for first-time married couples in Utah is close to 23 years of age for men and 21 years of age for women (Schramm, Marshall, Harris, & George, 2003), which is roughly four and a half years lower than the national average. It was found that when compared to all other age categories, those who were married as teens accounted

for 44% of all divorces in Utah (Schramm et al., 2003). A young age (teen) at marriage is also considered to be a sociodemographic risk factor for the rest of the U.S. (Teachman, 2002).

Cohabitation. Another significant change in marriage over time has been the rise in the incidence of cohabitation. From 2000 to 2007, the percent of unmarried opposite-sex couples increased by 14% (U.S. Census Bureau, 2008). Additionally, the U.S. Census Bureau (2008) estimated that 5.2 million couples, or 5% of households, consisted of unmarried opposite-sex, cohabiting partners. For younger generations, cohabitation is becoming a preferred step prior to making a marriage commitment (Manning, Longmore, & Giordano, 2007). Furthermore, there were 413,000 same-sex male partner households, and 363,000 same-sex female partner households. Altogether, close to 10% of all U.S. couples are unmarried (U.S. Census Bureau, 2008).

To date the literature on cohabitation as a risk factor and subsequent predictor for divorce has been mixed. Some researchers argue that the increased risk of divorce after cohabitation is due to traits that cohabiters bring to the relationship. For example, cohabiters tend to be relatively less religious and place a lower value on the institution of marriage (Lillard, Brien, & Waite, 1995). Other studies report that cohabiting couples bring relatively less commitment to the relationship or lack cohesion, or who eventually marry due to the “inertia” from cohabitation (Stanley, Rhoades, & Markman, 2006). According to Stanley et al. (2006) inertia is a concept that refers to how cohabiting couples accumulate shared possessions (e.g., children, furniture, house, and so forth), and it is just easier for them to allow inertia to continue moving them forward to become

married rather than to breakup (Amato, 2010). However, despite trends for some cohabiting couples to marry, a majority of cohabiting unions will result in a breakup prior to ever getting married (Kennedy & Bumpass, 2008).

A majority of leading researchers agree that cohabitation is associated with decreases in marital satisfaction and increases in rates of divorce (Amato et al., 2003; Teachman, 2002), identifying previous cohabitation as a significant risk factor in marriage.

In a study conducted by Schramm et al. (2003) it was found in a statewide sample that only 16% reported having cohabited prior to marriage, while the national average has been found to be 53%. The same study found that cohabitation prior to marriage was considered undesirable to a sample majority (61%) of Utahans. This finding suggests that cohabitating prior to marriage may be a risk factor due to social norms and negative biases.

Divorce. Recent studies have reported that growing up in a divorced home is a significant predictor of divorce (Amato & DeBoer, 2001; Teachman, 2002). It has been found that individuals who come from divorced families are relatively more likely to have negative outlooks on the institution of marriage, not see marriage as a lifetime commitment, and have higher divorce rates than those who came from stable, married families (Amato & DeBoer, 2001; Amato & Rogers, 1999). Furthermore, Whitton, Rhoades, Stanley, and Markman (2008) found that women from divorced families tend to have more adverse experiences with their own marriages than men. It has been suggested that this is the case because women tend to experience more negative consequences from

divorce than men, such as financial deficiencies (Garrison, 2005). This current study aims to contribute findings regarding declining and/or sustained levels of marital satisfaction due to parents' divorce.

Nine out of ten Americans report that a happy marriage is one of the most important aspects to life (Carroll & Doherty, 2003). In addition, seven out of ten Americans think that marriage should be a life-long commitment (Waite & Gallagher, 2000). Americans may be motivated to have happy marriages; however, the literature on divorce reports that marriage rates and satisfaction levels are declining in comparison to previous decades (Amato et al., 2003).

Although the causes and meanings of divorce may be different today than they were a century ago, it is still a salient issue (Amato et al., 2003). In fact, divorce rates doubled from 1960 to 1980 (Wilcox, 2009) and peaked in the mid-1980s (U.S. Census Bureau, 2008). Although divorce rates have declined since the mid-1980s and recent data indicate that rates have stabilized (U.S. Census Bureau, 2008), the issue of divorce is very much in the forefront of research, policy, education, and clinical work (Amato, 2010). Specific to this study's sample, Schramm et al. (2003) found that an overwhelming majority of Utahans "believe divorce is a very serious or somewhat serious national problem" (p. 2).

Although divorce is potentially beneficial in cases of high-conflict and/or family violence, in general, divorce is a problem for multiple reasons. Marital breakdown tends to have harmful, long-lasting, and widespread effects on individuals, families, and society (Ahrons, 2006; Cherlin, Chase-Lansdale, & McRae, 1997; Forthofer, Markman, Cox,

Stanley, & Kessler, 1996; Popenoe & Whitehead, 2002). It is estimated that divorce costs the United States Federal Government over $33 billion per year (Schramm, 2003; Utah Commission on Marriage, 2005). Divorce has been linked to a decline in overall lower well-being for children and adults, less emotional support from parents, and an increase in economic hardships for individuals and families, particularly for women (Amato, 2000; Schramm, 2003; Utah Commission on Marriage, 2005). Divorce is also related to declines in quality of parent/child relationships (Amato, 2000) and increases in mental health issues such as depression, anxiety, and substance abuse (Bierman, Fazio, & Milkie, 2006; Waite, Luo, & Lewin, 2009). Furthermore, it is estimated that it takes an average of two to three years to recover from the emotional, physical, and financial stresses of divorce (Hetherington & Kelly, 2003). Given the destructive nature of most divorces, finding answers to preventing divorce in newlywed and established marriages is still of the utmost importance.

Divorce does not always produce negative outcomes, however. In fact, previous research has reported that close to one-third of divorces in the U.S. were primarily caused by marital conflict (Amato, 2010; Amato & Booth, 1997). Marriages in which there is a great deal of conflict generally have multiple negative consequences for the individual. For example, in marriages with rampant conflict, it is common for one or both spouses to experience a significant decline in mental, emotional, and physical health (Choi & Marks, 2008). Additionally, the presence of rampant conflict in marital relationships is often a precursor to intimate partner violence (IPV; Centers for Disease Control, 2007). It is estimated that approximately 11% of all families in the U.S. experience family violence.

Out of those families close to 49% of family violence is a crime against a spouse (Centers for Disease Control, 2007; Durose et al., 2005). Therefore, a divorce and subsequent transition out of a high-conflict and/or violent marriage can in some cases provide individuals with an improved situation (Schramm, 2003).

Level of education. There is a current trend in the literature showing a significant correlation between relatively lower levels of educational attainment and marital dissolution. For example, those without any college education experience rates of divorce much higher than the national average of around 50% (McLanahan, 2004). Individuals who have obtained some college education (e.g., 1 or 2 years of college without a completed 4-year degree) share the same national average rate of divorce (i.e., one in every two marriages). In contrast, persons who have obtained a 4-year degree at a university experience divorce rates that are lower than the national average (Cherlin, 2010). In addition, it should be noted that there are potential contextual factors regarding these correlations. Since 1970, men's incomes have dropped for those without a college degree (Ellwood & Jencks, 2004), and lower incomes are associated with lower levels of socioeconomic status, worse neighborhoods, less access to proper health care, higher neighborhood crime rates, higher levels of stress, and higher levels of mental health issues including alcohol and drug abuse/addiction, and overall less social support (Conger, Conger, & Martin, 2010). Therefore, it is essential to include level of education as a distal factor in this current study's model of analysis.

Transition to marriage. Karney and Bradbury (1995) stated, "Because relationships do not begin with marriage, it may be misleading to begin examining

marriages only after the wedding date" (p. 27). There is little doubt that newlywed couples face a challenging life course transition (e.g., White & Klein, 2008). The transition from single to married is one that takes careful planning as well as open and positive communication between spouses (Doherty, 2001; Gottman & Levenson, 2002). The nature of the transition to marriage can have immediate as well as long-lasting consequences for marital satisfaction (Schramm et al., 2003, 2005). This is important to marriage functioning in that this transition to marriage is a time when new rules, expectations, and behavioral patterns are established between spouses. These new establishments direct everyday functioning and thus play a role in overall marriage success or failure (Anderson & Sabatelli, 1999). This current study highlights how the perceived transition to marriage impacts marriage satisfaction longitudinally.

Pre-marital education. According to Ooms (2005), "Marriage education is the provision of information designed to help individuals and couples achieve long-lasting, happy, and successful marriages. It aims to impart knowledge and attitudes and teach the skills and behaviors needed to have successful intimate relationships" (p. 2). In the past two decades, support for marriage education programs has grown considerably (Fincham & Beach, 2010). The Welfare Reform Act of 1996 was an important catalyst in sparking the government sponsored Healthy Marriage Initiative (HMI) which has directed substantial financial resources toward funding effective, research-based marriage education programs. This attention from government has given the field of marriage education a significant boost in both notoriety and viability (Ooms, 2005).

Past research has shown that marriage education programs consistently increase

couples' knowledge of coping skills and lower divorce rates (Hawkins, Blanchard, Baldwin, & Fawcett, 2008). In addition, premarital education has shown to be as effective for a range of marital problems extending from mild to severe, and to result in better communication and higher levels of marital satisfaction (Halford, Sanders, & Behrens, 2001). Pre-marital education has been linked to increases in marriage satisfaction (Carroll & Doherty, 2003; Fagan, Patterson, & Rector, 2002; Stanley & Markman, 1995) and is included as a potentially predictive variable in this study of new marriages.

Proximal Factors

In keeping with the model proposed by Amato and Rogers (1997), this current study used some of the same proximal factors to test for potential mediation of distal factors. Proximal factors such as gender differences, marital problems, and marital satisfaction will all be covered in this section.

Gender differences. Reports of specific problem issues in marriage have been found to be moderated by gender (Amato & Rogers, 1997; Bernard, 1972), suggesting that husbands and wives view issues in marriage in different ways (Amato & Rogers, 1997; Storaasli & Markman, 1990). Evidence suggests that wives report more marital problems than husbands (Amato & Rogers, 1997; Miller, Yorgason, Sandberg, & White 2003). Furthermore, Amato and Rogers (1997) found that husbands "were less likely than wives to report on wives' contributions to marital problems, especially problems related to emotions such as anger, being easily hurt, and moodiness" (p. 622). It was speculated that women may have relatively more need to keep closer track of relationship

dynamics as typically they have relatively less power than men. This study employed gender specific analyses to contribute to the existing knowledge on gender differences in marriage.

Problem issues in marriage. The current study examines problem issues in early marriage. For example, issues related to time, sex, and money have been found to be the most reported problem issues in marriage (Center for Marriage and Family, 2000). Schramm and colleagues (2005) conducted a study on problem issues in newlywed marriages using an adapted version (30-items) of the original problem issue questionnaire from the Center for Marriage and Family (2000). What they found was that for wives and husbands, "debt brought into marriage," "balancing job and marriage," and "frequency of sexual relations" (p. 54), were three of the top four reported most problematic issues in their marriage. In addition to this finding, Schramm et al. (2005) created a problem subscale. This current study examines the newly refined problem subscale.

The items used in the current study to measure these issues were refined in a study of newly married couples to those married up to five years. The original study was conducted by the Center for Marriage and Family at Creighton University (2000). A nationally representative sample of couples was asked to complete a survey about the problem issues in their newlywed marriage. Researchers identified the top 10 out of 42 problem issues facing newlywed couples. Problem issues were rated on a 10-point Likert scale ranging from zero (not problematic) to 9 (very problematic). The problem issues reported in the top 10 list were reported as a problem to most participants.

The 10 most problem issues identified by these newlywed couples in the first 5 years of marriage were as follows: (a) balancing job and family, (b) frequency of sexual relations, (c) debt brought into marriage, (d) husband employment, (e) financial situation, (f) expectations about household tasks, (g) constant bickering, (h) communication with spouse, (i) parents or in-laws, and (j) time spent together with spouse. Though the list is varied in topics, it gives clinicians, clergy, programmers, and marriage researchers a picture of the most frequent and important challenges facing newlywed relationships (Center for Marriage and Family, 2000). These results are bolstered by findings from more recent studies that have also found similar results (Risch et al., 2003; Schramm et al., 2005).

Decision-making. Over the past century, Americans have witnessed many changes to the structure of marital and family relationships. Prior to the industrial revolution, it was commonplace for the wife to stay home with the children while the husband worked a full-time job to provide for his family (Blau, Ferber, & Winkler, 2006). However, today, traditional roles are not the norm (U.S. Census Bureau, 2001). From 1980 to 2000 dual-earner couples have become increasingly common (Amato et al., 2003; Jacobs & Gerson, 1998; U.S. Census Bureau, 2001). According to the Bureau of Labor Statistics (2008), 51% of married couples in the U.S. were dual-earner families. It is thus not surprising that balancing work and family would be an important issue facing couples today (Halpern, 2005; Hill, Hawkins, Ferris, & Weitzman, 2001). Nearly 60% of employed adults report that balancing work and family is a problem issue (Keene & Quadagno, 2004).

It should be noted that there are other variables contributing to marital satisfaction regarding balancing work and family. For example, decision-making equality, and nontraditional attitudes toward gender have been found to be positively associated with multiple dimensions of marital quality (Amato et al., 2003). This same study found that when husbands assume a greater share of household duties, there was a concurrent decrease in husbands' marital satisfaction and an increase in the marital satisfaction of wives. This finding is not surprising given that women who are employed full-time tend to have "double duty" as they still do a majority of the housework (Williams, 2000). This in turn, can lead to resentment towards the husband and eventually diminish marital satisfaction (Hochschild & Machung, 1989).

Balancing work and family was the most significant individual issue that newlywed couples reported in the Center for Marriage and Family study (2000). Given the significant increase in dual-earner families in the U.S., coupled with relatively few family-friendly policies for U.S. workers (Cohen & Bianchi, 1999), this finding is not a surprise.

Doherty (2001) remarked:

> The main problem is generally not the sheer number of hours worked but the feeling that the other's work is more important emotionally and psychologically than oneself, adjustments mostly require thoughtfulness about preserving time for the marriage in the face of work demands. (p. 65)

On a positive note, couples who can effectively communicate and provide support to each other when balancing work and family issues are more likely to have higher levels of

marital satisfaction (Cowan & Cowan, 1992). Perhaps just as important to open communication are family-friendly work policies such as flexible work times, work schedule autonomy, time off for family-related issues, supportive supervisors, and on-site child care or the ability to bring children to the office on occasion. These family friendly work policies have been reported as some of the most important factors in how couples cope with balancing work and family (Ezra & Deckman, 1996; Galinsky, Bond, & Friedman, 1996; Gerson & Jacobs, 2001; Haddock, Zimmerman, & Ziemba, 2006). Importantly, Carlson, Grzywacz, and Zivnuska (2009) found that a healthy work-family balance (e.g., enough time spent with family members in concordance with family expectations) predicted improved marital satisfaction, family satisfaction and functioning, and a more developed stress coping family system.

Activities. Schramm et al. (2005) found that the subscale "activities," including time together and recreational interests, was the second most significant predictor of newlywed marital satisfaction for both husbands and wives. Over the past five decades, the shift to dual-earner families has been associated with mixed results regarding marital satisfaction. White and Rogers (2000) reported that the increase in finances due to both partners working meant lower divorce rates and an increase in marital satisfaction. On the other hand, more hours worked has typically resulted in less time together and less time for household duties (Ford, Heinen, & Langkamer, 2007). This lack of time spent together coupled with the stressors and demands from work and home, tend to have a negative impact on marital satisfaction (Amato et al., 2003; Ford et al., 2007). Furthermore, conflict about lack of time spent with spouse and family due to work was

related with increases in overall family conflict (Rogers & Amato, 2000).

Affection. The subscale of affection is comprised of two items about frequency and satisfaction of sexual relations. The Center for Marriage and Family (2000) found that frequency of sexual relations was the second most problematic issue in newlywed relationships. For newlyweds, sex is an expression of love between partners. Other research has shown a positive relationship between frequency of sexual relations, sexual satisfaction, and overall marital satisfaction (Cupach & Comstock, 1990; Henderson-King & Veroff, 1994). In fact, multiple studies have confirmed that sexually satisfied couples tend to have higher marital satisfaction (Henderson-King & Veroff, 1994; Karney & Bradbury, 1995). Furthermore, Anderson and Sabatelli (1999) pointed out, "One of the expectations of marriage is that intimacy and support will be expressed through sexual ties. To do so, couples must evolve strategies for meeting the sexual needs of one another" (p. 151). Previous studies confirm the importance of affection as a predictor of marital satisfaction in marriage.

Conflict. Conflict is perhaps one of the most important issues surrounding newlywed marriages (Driver & Gottman, 2004; Sullivan, Pasch, Johnson, & Bradbury, 2010). As couples transition from dating or engaged relationship status to married, the presence of conflict begins to increase (Crohan, 1996). As the presence of conflicts increase, so does the impact of conflict on marital satisfaction (Sullivan et al., 2010). Segrin, Hanzal, and Domschke (2009) stated:

> Abundant evidence shows that marital conflict and distress are deleterious to both the mental and physical health of spouses. For example, marital distress is

> associated with an increased risk of anxiety disorders, mood disorders such as depression, and substance use disorders. (p. 208)

Past research has noted that it is not always the amount of conflict that impacts marital satisfaction; instead, it is the style of conflict (e.g., passive, aggressive; Eldridge & Christensen, 2002; Gottman, 1994). Sullivan et al. (2010) reported that emotional support behaviors such as comforting and active listening communication approaches were strong predictors of positive emotions during conflict. In turn, these emotional support behaviors longitudinally predict marital satisfaction. Segrin et al. (2009) stated:

> Spouses' specific styles and tactics for engaging in conflict are even linked to a variety of physical health outcomes, which can become a mediating variable for marital satisfaction. When spouses express negativity and hostility during conflict, exaggerated physiological responses in immune, cardiovascular, and endocrine domains follow. (p. 208)

Gottman (1994) reported that over 30 years of research and empirical study has led to the conclusion that communication behaviors during conflict are predictive of marital satisfaction and ultimately marital togetherness or dissolution. For example, Gottman (1994) stated that criticism (attacks on a partner's character), defensiveness, contempt (mocking tone, eye rolling, and so forth), and stonewalling (giving up and withdrawing emotionally from conflict) are the four major styles of communication that predict negative results for relationships. Furthermore, Carrere and Gottman (1999) found that a harsh start-up (i.e., beginning a conflict discussion with an angry tone) was predictive of how the communication would ultimately be directed. If there were a harsh

start-up, couples were more likely to display the above mentioned four negative styles of communication.

On the other hand, using a warm or peaceful start to communication about conflict issues has been found to prevent many of the harmful styles of communication (Carrere & Gottman, 1999; Gottman, 1994; Karney & Bradbury, 1995). Additionally, it has been found that conflict styles vary by gender (Caughlin & Vangelisti, 2006). In fact, a husband's marital satisfaction is directly affected by how his wife communicates about conflict issues (Gottman, 1994). In contrast, a wife's marital satisfaction is directly affected by how her husband handles and finds resolutions for conflicts (Kurdek, 1995). These findings are all the more germane in light of research that suggests that patterns established in the first two years of marriage help to shape long-term outcomes (Huston et al., 2001). Therefore, the ways in which newlywed spouses manage conflict has important implications for their relational satisfaction – both in the short- and long-term. Successful conflict navigation is an important variable in predicting if newlywed marriages succeed or fail. Moreover, it is important to understand just what issues newlywed couples are having conflict over. Some examples of newlywed conflict issues include arguments about time spent together, frequency of sexual relations, and financial issues.

Conflict over financial matters. Financial stress is a salient issue in many marriages because of rising costs of living and stagnant wages for many couples. Such stress is not unexpected as much of American society is very economically based (e.g., have consumer driven schema; Risch et al., 2003). Other studies have found money to be

one of the top reasons for conflict within marital relationships (Britt, Grable, Nelson-Goff, & White, 2008; Conger et al., 1990; Swift, 2002). Financial matters such as: overall financial situation, debt brought into marriage, and financial decision-making were grouped together as financially problematic issues in newlywed relationships (Center for Marriage and Family, 2000; Risch et al., 2003; Schramm et al., 2005).

Financial disagreements have been found to be one of the most frequent conflicts shared by U.S. newlywed couples (Dew, 2008). Disagreements about finances have been associated with declines in individual well-being, which may act as a mediator for declines in overall marital satisfaction (Dankin & Wampler, 2008; Gudmunson, Beutler, Israelsen, McCoy, & Hill, 2007). Furthermore, financial disagreements are linked with irritable and withdrawn moods in men (Dankin & Wampler, 2008). This type of behavior, which Gottman and colleagues have labeled as stonewalling, is a toxic development for a marital relationship (Gottman & Levenson, 2002).

For women, financial disagreements are also likely to decrease the overall quality of marriage image. As financial issues and stress increases, women may perceive their marriage as negatively skewed (Dankin & Wampler, 2008). Improving communication regarding finances is critical to the success of the newlywed relationship. Much of the research over the past three decades finds that financial stressors and disagreements are likely to lower overall marital quality and are even predictive of divorce (Amato & Rogers, 1997; Burns, 1984; Dankin & Wampler, 2008; Gudmunson et al., 2007).

In addition to other conflict issues, religious differences are an individual item grouped into the subscale of “conflict” and for good reason. Religious agreement and

participation has been shown to have a positive effect on marital relationships. More specifically, couples who participate together regularly in religious services (i.e., attending church), tend to report higher levels of marital functioning (Wolfinger & Wilcox, 2008). The explanation for the relationship between improved marital functioning and religious participation is that religious organizations tend to promote family involvement, and offer positive social support networks (Mahoney, Pargament, Swank, & Tarakeshwar, 2001), give relationship problem-solving education, and are an insulator that promotes positive/uplifting interactions and protects against negative behaviors/thinking. When accounting for the combination of relationship enhancing qualities that religious involvement brings, there appears to be a strong link between levels of religious agreement and marital satisfaction (Wolfinger & Wilcox, 2008).

Stability. Schramm et al. (2005) found the subscale "stability" to be the strongest predictor of newlywed marital satisfaction for both husbands and wives. This scale includes trust, respect, and showing appreciation. Amato and Hohmann-Marriott (2007) found that low levels of commitment were significant predictors of marital dissolution. In another study, Swensen and Trahaug (1985) found that early commitment in marriage was predictive of later commitment and consequently, levels of marital love.

Another issue factored with the subscale "stability" is "respect for each other" (Schramm et al., 2005, p. 55). The verb definition for "respect" in the Merriam-Webster dictionary (2009) is as follows, "To consider worthy of high regard." Gottman (1994) has pointed out that the majority of couples covet "just two things from their marriage – love and *respect*" (p. 18). Respect has been hypothesized as a predictor of marital

satisfaction and a counter to the infestation of contemptuous communication that plagues many of today's marriages. Additionally, respect in marital relationships has been described as the display of moral integrity, trustworthiness, lovingness, and sincere concern for the other's well-being (Frei & Shaver, 2002). There appears to be a need for further research exploring the longitudinal impact that respect and moreover, "stability" has on newlywed marital satisfaction.

Values. There is little information available regarding the link between the Center for Marriage and Family (2000) studies' issues such as "in-laws" and parents, and the impact these issues have on marriage satisfaction. Nonetheless, Bryant, Conger, and Meehan (2001) reported relationships with one's parents and in-laws are predictive of marital success. Specifically, the study reported that both husbands and wives discord with in-laws was predictive of later on perceived marital success. This current study will examine the longitudinal impact that the subscale of "values" has on marital satisfaction for established marriage.

Marital satisfaction. Marital satisfaction has had many different definitions. For example, Busby, Christensen, Crane, and Larson (1995) report that marital satisfaction is merely the absence of distress. However, Bradbury et al. (2000) have argued that there is much more to the concept of marital satisfaction. On the other hand, Ward, Lundberg, Zabriskie, & Berrett (2009) defined marital satisfaction as, "an individual's emotional state of being content with the interactions, experiences, and expectations of his or her married life. Since the beginning of its conceptualization, marital satisfaction has been one of the most studied issues in families (Ward et al., 2009).

Some decades ago, Norton (1983) made a theoretical and empirical case for measuring marital satisfaction as relatively uni-dimensional concept, arguing that measuring marital satisfaction itself is a concept separate from related (and thus typically correlated) constructs, such as communication or time spent together. One such measure widely considered as valid in measuring satisfaction is the Kansas Marital Satisfaction Survey (KMSS). The KMSS, used in this study, is a relatively short but reliable and valid measure of marital satisfaction. It was chosen for use due to the absence of related – yet at least somewhat peripheral constructs, as mentioned above. It is also important to note that self-ratings of marital satisfaction (perhaps a fundamentally global construct) are less likely to be plagued by potential inaccuracies that are more likely to occur in self-rating of one's own actions such as behaviors in marital conflict (Karney & Bradbury, 1995). Particular aspects of the KMSS will be addressed in the methods section of this dissertation.

Previous studies have documented significant longitudinal links between initial (newlywed years) who reported low levels of marital satisfaction or "distressed" newlywed couples and their subsequent marital satisfaction levels years later (Lavner & Bradbury, 2010).

Typically, newlyweds report high levels of marital satisfaction in the first year of marriage (Schramm et al., 2005). Despite the high levels of newlywed marital satisfaction, it has been found that these levels tend to decrease significantly from year one of marriage to year 10, and then continue to decrease gradually and level off for the remainder of the life-course (Bradbury et al., 2000). This is due in part that newlywed

couples will often place unrealistic expectations on their spouse to be more than who they are. Or, it would appear that several newlywed spouses have merely hidden problem behaviors that become revealed much to the other spouse's displeasure later in the marriage relationship (VanLaningham, Johnson, & Amato, 2001), thus accounting for decreased reports of marital satisfaction.

The study by Schramm and colleagues (2005) of problem issues in marriage advanced knowledge of those previous studies (Center for Marriage and Family, 2000; Risch et al., 2003). This current study will attempt to develop further knowledge of the subscales by studying the specific changes that take place in reported problem issues from those in newlywed marriages to established marriage. Furthermore, this current study will provide information about how the individual subscales (Schramm et al., 2005) have a longitudinal impact on marital satisfaction.

Research Questions and Hypotheses

This study strives to better understand differences in problem subscale issues in marriage over time and between genders. It also seeks to better understand predictors of marital satisfaction by proposing a longitudinal test of distal variables and proximal variables as mediators. This study answers the following research questions:

Focus 1

Research question 1. What are the mean differences between reported problems in marriage at time 1 versus reports at time 3 for all participants, and are these differences statistically significant? Based on the literature discussed previously (e.g., Family

Development Theory; White & Klein, 2008), (H1) this study hypothesized that there would be significant mean difference scores from time 1 to time 3 as people tend to change roles and perceptions of the marital relationship over time and that marriage problems will also worsen as time goes on (e.g., Huston et al., 2001).

Research question 2. Do mean scores of reported problem subscales in marriage differ significantly between husbands and wives at time 3 compared to time 1? (H2) this study hypothesized that wives would report higher problem subscale scores than husbands as wives tend to report more problem issues in marriage than men (Amato & Rogers, 1997; Storaasli & Markman, 1990).

Research question 3. Will participants deemed "at-risk" show higher time 3 reported problem subscale scores than those who were deemed not "at-risk?" (H3) this study hypothesized that the "at-risk" participants would indeed have statistically significantly higher time 3 reported problem subscale scores than not "at-risk" participants.

Focus 2

Research question 4. To what extent do time 1 distal risk variables mediated by time 1 proximal risk variables longitudinally predict marriage satisfaction at time 3 for husbands and wives? Given previous literature (Amato & Rogers, 1997) on predictors of marital satisfaction (H4), this study hypothesized that there would be negative correlations between time 1 distal risk factors mediated by significant time 1 proximal risk factors on time 3 marriage satisfaction scores.

Research question 5. To what extent do individual time 1 problem subscales predict time 3 marital satisfaction scores for husbands and wives? (H5) this study hypothesized that there would be a significant relationship between all six individual time 1 subscales and marital satisfaction at time 3.

CHAPTER III

RESEARCH METHODS AND PROCEDURES

Sample and Data Collection Procedures

This study used an existing longitudinal panel of participants' quantitative data collected in collaboration with the Utah Governor's Commission on Marriage and Utah State University. A longitudinal panel refers to the same participants at different time points (i.e., year 2002 data and year 2007 data; Gall, Gall, & Borg, 1999). Data come from a random sample (every fourth newlywed) of persons who became married in Utah (excepting Salt Lake County) from January 2, 2002 to July 31, 2002 (a 7-month time span). Only persons who were in their first marriage and did not bring children into the marriage were incorporated into the study. This decision was made to avoid the potential for heterogeneity of experiences among newly married couples in terms of family structure. Demographic data from the sample are presented in Tables 2 through 10.

Table 2

Sample Size Characteristics of the Time 1 (T1) and Time 3(T3) Samples

	Sample size *n*		Percent of sample	
Variable	T1	T3	T1	T3
Gender				
Male (husband)	586	139	47.8	42.5
Female (wife)	640	188	52.2	57.5
Total	1226	327	100	100

Table 3

Age Characteristics of Husbands at Time 1 (T1) and Time 3 (T3) Samples

Age at first marriage	Sample size *n*		Percent of sample	
	T1	T3	T1	T3
16-19	13	3	2.2	2.1
20-24	371	79	63.3	56.8
25-30	195	47	28.1	33.8
31-40	30	8	5.2	5.8
41+	7	2	1.1	1.4
Mean	24.5		24.78	
SD	3.79		4.01	

Table 4

Race Characteristics of Husbands at Time 1 (T1) and Time 3 (T3) Samples

	Sample size (*n*)		Percent of sample	
Race	T1	T3	T1	T3
American Indian or Alaska Native	5	0	0.8	0.0
Asian	6	0	1.0	0.0
Black or African American	2	1	0.3	0.7
Hispanic or Latino	19	3	3.2	2.2
Pacific Islander	6	0	1.0	0.0
White, non-Hispanic	532	134	90.1	96.4
Multiracial	11	0	1.9	0.0
Missing	5	1	0.8	0.7

Table 5

Religious Characteristics of Husbands at Time 1(T1) and Time 3 (T3) Samples

	Sample size (*n*)		Percent of sample	
Religion	T1	T3	T1	T3
Buddhist	7	0	1.2	0.0
Catholic	20	3	3.4	2.1
Evangelical Christian	4	0	0.7	0.0
Latter-day Saint	467	123	79.7	88.5
Protestant	1	0	0.2	0.0
No formal religious affiliation	54	9	9.2	6.4
Other	28	2	4.8	1.4
Missing	5	2	0.9	1.4

Table 6

Education Characteristics of Husbands at Time 1 (T1) and Time 3 (T3) Samples

	Sample size (*n*)		Percent of sample	
Education level	T1	T3	T1	T3
Some high school	18	0	3.0	0.0
High school graduate	84	16	14.3	11.5
Technical school certificate	22	3	3.8	2.2
Some college	223	52	38.1	37.4
Associate's degree	93	22	15.9	15.8
Bachelor's degree	110	33	18.8	23.7
>Bachelor's degree	34	12	5.8	8.6
Missing	2	1	0.3	0.7

Table 7

Age Characteristics of Wives at Time 1 (T1) and Time 3 (T3) Samples

Age at first	Sample size *n*		Percent of sample	
marriage	T1	T3	T1	T3
16-19	72	18	11.2	9.6
20-24	437	137	68.2	72.9
25-30	113	27	17.6	14.3
31-40	16	5	2.5	2.6
41+	1	0	0.2	0.0
Missing	1	1	0.2	0.5
Mean	22.59		22.61	
SD	3.38		3.28	

Table 8

Race Characteristics of Wives at Time 1 (T1) and Time 3 (T3) Samples

	Sample size (*n*)		Percent of sample	
Race	T1	T3	T1	T3
American Indian or Alaska Native	4	0	0.6	0.0
Asian	9	2	1.4	1.1
Black or African American	1	0	0.2	0.0
Hispanic or Latino	16	0	2.5	0.0
Pacific Islander	6	1	0.9	0.5
White, non-Hispanic	589	181	91.9	96.3
Multiracial	9	3	1.4	1.6
Missing	7	1	1.1	0.5

Table 9

Religious Characteristics of Wives at Time 1(T1) and Time 3 (T3) Samples

	Sample size (*n*)		Percent of sample	
Religion	T1	T3	T1	T3
Buddhist	3	0	0.5	0.0
Catholic	17	2	2.7	1.1
Evangelical Christian	4	0	0.6	0.0
Hindu	1	1	0.2	0.5
Latter-day Saint	521	170	81.3	90.4
Protestant	5	2	0.8	1.1
No formal religious affiliation	57	10	8.9	5.3
Other	30	3	4.7	1.6
Missing	3	0	0.5	0.0

Table 10

Education Characteristics of Wives at Time 1 (T1) and Time 3 (T3) Samples

	Sample size (*n*)		Percent of sample	
Education level	T1	T3	T1	T3
Some high school	15	2	2.3	1.1
High school graduate	83	15	12.9	8.0
Technical school certificate	30	4	4.7	2.1
Some college	220	65	34.3	34.6
Associate's degree	128	40	20.0	21.3
Bachelor's degree	132	49	20.6	26.1
> Bachelor's degree	31	12	4.8	6.4
Missing	2	1	0.3	0.5

For the time 1 sample, husbands' age at first marriage (n = 586) ranged from 17 to 50 years old with a mean average of 24.3 years, a median age of 23, and a standard deviation of 3.8 which indicates that 68% (a majority) of the sample were between the ages of 20.5 and 28.1.

Moreover, in the time 1 sample, wives' age at first marriage (n = 640) ranged from 16 to 54 years old with a mean average of 22.6, a median age of 22, and a standard

deviation of 3.3 which indicates that 68% (a majority) of the sample were between the ages of 19.3 and 25.9. It should also be noted that these ages are within one standard deviation of the mean average age of first marriage in Utah which is 23 for men and 20 for women (Schramm et al., 2003).

For the time 3 paneled, longitudinal sample, there were some changes to the overall age at first marriage. For instance, husbands' age at first marriage (*n* = 139) ranged from 18 to 50 years old with a mean average of 24.8 years, a median age of 24, and a standard deviation of 4 which indicates that 68% (a majority) of the sample were between the ages of 20.8 and 28.8. Mean and median remained the same, from the time 1 to the time 3 paneled, longitudinal sample for wives (*n* = 188).

Original data was collected from handwritten surveys mailed to 1,226 first time newly married husbands and wives in Utah (see Appendix D). The survey asked for husbands and wives to fill out information separately regarding demographics and marital relationship. Couples were asked at time 1 (i.e., year 2002) to complete a survey that contained sociodemographic information, a question about their perceived transition to marriage, and the KMSS. The item "transition to marriage" was originally a four-item Likert scale. However, the Likert scale was re-coded to become dichotomous; differentiating between those with a "difficult" or "smooth" transition. This was done as a statistical procedure to ensure consistency between other dichotomous variables.

Once the surveys were completed, participants sent surveys back to researchers in a pre-paid envelope. An incentive to participate in the time 1 study was that participants would receive a two dollar bill upon completion. As a reminder, researchers mailed out a

card (see Appendix B) to those who had not yet turned in their surveys within 10 days. If participants had yet to respond after 10 days of the reminder card, then researchers mailed out another survey, this time without the two dollar bill incentive. After another 10 days, a final card was mailed out reminding couples to complete and mail in their surveys.

As part of the paneled, longitudinal data collection process, researchers mailed out surveys to the time 1 participants two years later (2004). Surveys were somewhat similar, but contained additional items and variations of the original questions. A $20 gift card to a Super WalMart was included as an incentive to complete the time 2 survey. The time 2 survey did have a response rate (n = 442) as time 1, with an attrition rate of 784 participants or 64% of the original sample. In addition, only 201 persons participated in all three waves (time 1, 2, and 3). Due to the significant attrition rate for using all three waves, this current study only used data from participants in time 1, then for the longitudinal aspect of the study, from those who completed the time 1 and time 3 survey (n = 327).

Researchers made multiple efforts including phone calls, address tracking services, and mail notifications in order to recoup participants and decrease the rate of attrition from time 1 to time 3. However, despite these efforts, the sample experienced a 73% attrition rate.

Those who continued in the longitudinal panel study from time 1 to five years later (time 3; n = 327) were asked to repeat a similar survey. Persons in time 3 (i.e., year 2007) were given an incentive of a five dollar gift code to be used for Amazon.com

products. While other data were collected in the surveys, this current study looked at specific content and, therefore, did not address the other survey items. As in time 1, participants in time 3 completed a questionnaire on the KMSS, which was used as the dependent variable in the second focus of this study.

Institutional Review Board Approval

An exempt application under category 4 to work with extant data was submitted to the Utah State University (USU) Institutional Review Board (IRB). USU IRB approved application #2878, granting certified exempt status to begin work with the extant data. See Appendix A for a copy of the IRB approval form.

Data and Instrumentation

Marital Satisfaction

For this study, the KMSS was used for the purpose of measuring marital satisfaction. It also served as a baseline measure of distressed versus non-distressed individuals. The Kansas Marital Satisfaction Scale (KMSS; Schumm et al., 1986) is a three-item survey intended to measure the level of marital satisfaction per individual in marital dyads. The KMSS is the shortest, peer reviewed marital quality scale available (Johnson, 1995). Multiple studies of the KMSS have documented its validity and reliability in measuring marital satisfaction (Blum & Mehrabian, 1999; Schumm et al., 1986). In a study conducted by Schumm and colleagues (1986), the KMSS had Cronbach's alpha levels ranging from .81 to .98, with most coefficients being .90 and

above (Schumm, 2001). Furthermore, the KMSS displayed concurrent validity, significantly correlating with the Dyadic Adjustment Scale (Busby et al., 1995) and the Quality Marriage Index (Norton, 1983). Schumm and colleagues (1986) established discriminant validity of the measure. Given that the KMSS is a valid and reliable psychometric measure (Schumm et al., 1986), it was appropriate for this study to include it as a variable. The items of the KMSS are displayed in Table 11.

Respondents answered using a 1- to 7-point Likert scale. Total scores ranged from three to 21, with 21 being the most satisfied. Total scores lower than 17 on the KMSS indicate relationship distress (Crane, Middleton, & Bean, 2000). Alpha levels for the current data were analyzed and reported for men and women separately. This study also used the KMSS to test possible differences between those who completed surveys at both time 1 and time 3 surveys against those who dropped out after completing time 1 surveys.

Problem Issues in Marriage

Problem issues in marriage were measured using an adapted version of the Creighton Problematic Issues in Marriage Measure (Center for Marriage and Family, 2000; see Appendix C) which was created by the Center for Marriage and Family at Creighton University. The original list was composed of 42 items then abbreviated to 30 items. Similar to the original measure (Center for Marriage and Family, 2000), Schramm and colleagues (2005) used a 10-point Likert scale ranging from zero (not at all problematic) to nine (very problematic). Individuals could also mark “not applicable” to any of the 30-items. This current study used Schramm and colleagues’ (2005) problem

Table 11

Kansas Marital Satisfaction Survey

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

subscale in various ways. First, the problem subscales were used as independent items for multiple *t* tests. Next, the individual problem subscale scores were totaled. This method allowed for a more streamlined multiple regression model. Rather than having essentially six more independent variables used as mediators, there was only one; the total score.

Six Problem Subscales

For the purposes of concision, a more recent study conducted by Schramm et al. (2005) used 30 of the original 42 problem issues items from the Center for Marriage and Family (2000) study. Using factor analysis, Schramm and colleagues (2005) created six problem subscales of the revised 30-item questionnaire: (1) "Decision-making," (2) "Activities," (3) "Affection," (4) "Conflict," (5) "Stability," and (6) "Values." Schramm et al. (2005) also found that distal sociodemographic factors as mediated by the proximal factors of problem subscales significantly impacted newlywed marital satisfaction. Table 12 depicts how each of the 30 items is organized.

Sociodemographic Factors

In addition to the KMSS and the Creighton measures, this study used commonly

Table 12

Individual Items Factored into Each of the Six Subscales

Subscale term	Individual item
Decision-making	Birth control
	Decision about when to have children
	Balancing job and marriage
	Wife employment
	Husband employment
	Gender roles
	Expectations about household tasks
	Debt brought into marriage
	Ill health
Activities	Time together
	Different recreational interests
	Personality differences
	Lack of mutual friends
Affection	Frequency of sexual relations
	Unsatisfying sexual relations
Conflict	Use of emotional force
	Use of verbal force
	Constant bickering
	Resolving major conflicts
	Resolving minor conflicts
	Financial decision-making
	Religious differences
Stability	Respect for each other
	Showing appreciation
	Commitment to your marriage
	Trusting your spouse
	Communication with your spouse
	Lack of mutual affection
Values	Parents
	In-laws

measured sociodemographic factors (Teachman, 2002) that previously have been shown to have impact on levels of marital satisfaction. Specifically, this study used multiple correlation techniques to examine potential linkages between marital satisfaction and (1) age at marriage, (2) cohabitation prior to marriage, (3) parents' marital status prior to their own marriage, (4) level of formal education, and (5) marriage education prior to marriage (measured dichotomously).

Analyses

Schramm et al. (2005) found that the adapted 30 problem issue items (e.g., Center for Marriage and Family, 2000) reduced to six subscale factors. As a preliminary step in this current study, using time 1data and then time 3 data, a confirmatory reliability test was conducted to determine if the subscale factors derived in the Schramm et al. (2005) study of the Creighton Problem Scale consisted of internal stability (Cortina, 1993; Cronbach, 1951). Because the confirmatory reliability test confirmed internal stability of Schramm and colleagues (2005) six problem subscales, these same subscales were used in this study's analysis rather than testing all 30 items individually. The internal consistency estimate of reliability results are found in Tables 13 and 14.

In order to shed light on the negative effect of attrition, this study looked at the mean differences between participants who continued in the study versus those who dropped. To accomplish this, a *t* test was conducted to measure the differences in reported time 1 problem subscale mean scores. Results are found in Table 15.

The next chapter will describe the methodological analyses process according to the

Table 13

Reliability Analysis of Internal Stability for Wives and Husbands at Time 3 (Established Marriage)

Subscale	Wives' reliability coefficient	Husbands' reliability coefficient
Decision-making	.77	.81
Activities	.78	.73
Affection	.78	.77
Conflict	.86	.86
Stability	.85	.84
Values	.68	.68
Overall reliability (all items)	.86	.87

Table 14

Reliability Analysis of the Six Problem Subscales by Wives and Husbands at Time 3 (Established Marriage)

Subscale	Wives' reliability coefficient	Husbands' reliability coefficient
Decision-making	.75	.72
Activities	.83	.81
Affection	.86	.85
Conflict	.89	.88
Stability	.77	.79
Values	.46	.19
Overall reliability (all items)	.88	.87

corresponding research questions.

Focus 1: Research question #1 What are the mean differences between reported problems in marriage at time 1 versus reports at time 3 for all participants, and are these differences statistically significant? Research question #2 Do mean scores of reported

Table 15

The Independent Samples t *Test Summary of Differences between Time 1 Problem Subscale Scores in Comparisons of Continuers Individual Scores and Drop-Out Individual Scores*

	Time 1			Time 3					
Variable	*M*	*SD*	*n*	*M*	*SD*	*n*	*t*	*df*	*ES*[a]
Decisionmaking	12.16	10.23	326	14.28	11.94	890	-3.06*	669	-.21
Activities	4.78	5.06	327	6.06	5.98	895	-3.74*	679	-.25
Affection	2.36	3.20	320	2.90	3.73	884	-2.45*	653	-.17
Conflict	6.00	7.31	306	8.51	9.62	841	-4.70*	708	-.34
Stability	3.96	5.21	316	5.57	7.33	873	-4.19*	782	-.31
Values	2.30	2.96	321	3.20	3.87	890	-4.28*	736	-.30

Note. [a]$ES = \frac{X\ Time\ 1 - X\ Time\ 3}{SD}$

problem subscales in marriage differ significantly between husbands and wives at time 3 compared to time 1? Research question #3 Will participants deemed "at-risk" show higher time 3 reported problem subscale scores than those who were deemed not "at-risk?"

The 73% attrition rate in participants from time 1 to time 3 was important to this study's findings in that participants who dropped out may have become divorced over the course of 5 years. The status of "divorced" would have disqualified participants from continuing with this study's data collection process. Or, as Table 15 shows, drop-out participants tended to report higher problem issue scores than the continuers, leading to the conclusion that the continuers had fewer problem issues and most likely experienced higher satisfaction in their marriages. Given that those who continued in the study had less problem issues and were not divorced, it was reasonable to hypothesize that the continuers had a more satisfied marriage and, therefore, do not generalize to a broad

spectrum of marriages in the U.S. These factors play an important role in why this study curbs its overall discussion and conclusion sections discussed later in Chapter V.

For the first focus of the study, paired and independent samples *t* tests were applied to test for potential differences in problem subscale issues in marriage; between time 1 and time 3 scores, time 3 differences between genders, and risk versus non-risk spouses.

Focus 2: Research question #4 To what extent do time 1 distal risk variables mediated by time 1 proximal risk variables longitudinally predict marriage satisfaction at time 3 for husbands and wives? Focus 2 of the study examined correlations between marital satisfaction and both distal and proximal variables. Figure 2 diagrams the model.

This was done in in multiple steps; first testing the distal factors at time 1 to establish direct effects (Baron & Kenny, 1986) on marital satisfaction at time 3. The study then tested the direct effect of the first proximal factor (time 1 problem subscale total score) as a mediator of the distal variables. After which, the study tested the direct effect of the second proximal factor (time 1 marriage satisfaction) as a mediator of the distal variables. The study then examined the direct effect of the first proximal mediator tested the direct effect of the second proximal mediator (marital satisfaction) on time 3 marital satisfaction. Finally, the study tested the direct effect of the second proximal mediator (marital satisfaction) on time 3 marital satisfaction. Variables that were not significantly correlated with the dependent variables were dropped through each process. In a separate model (see Figure 3), individual problem subscales were tested as predictors of marital satisfaction at time 3.

Research question #5: To what extent do individual time 1 problem subscales predict time 3 marital satisfaction scores for husbands and wives? The final procedure in this study's methodological progression was to perform a multiple regression analysis of the individual problem subscale scores from time 1 onto the time 3 marital satisfaction scores to test for relationship and significance.

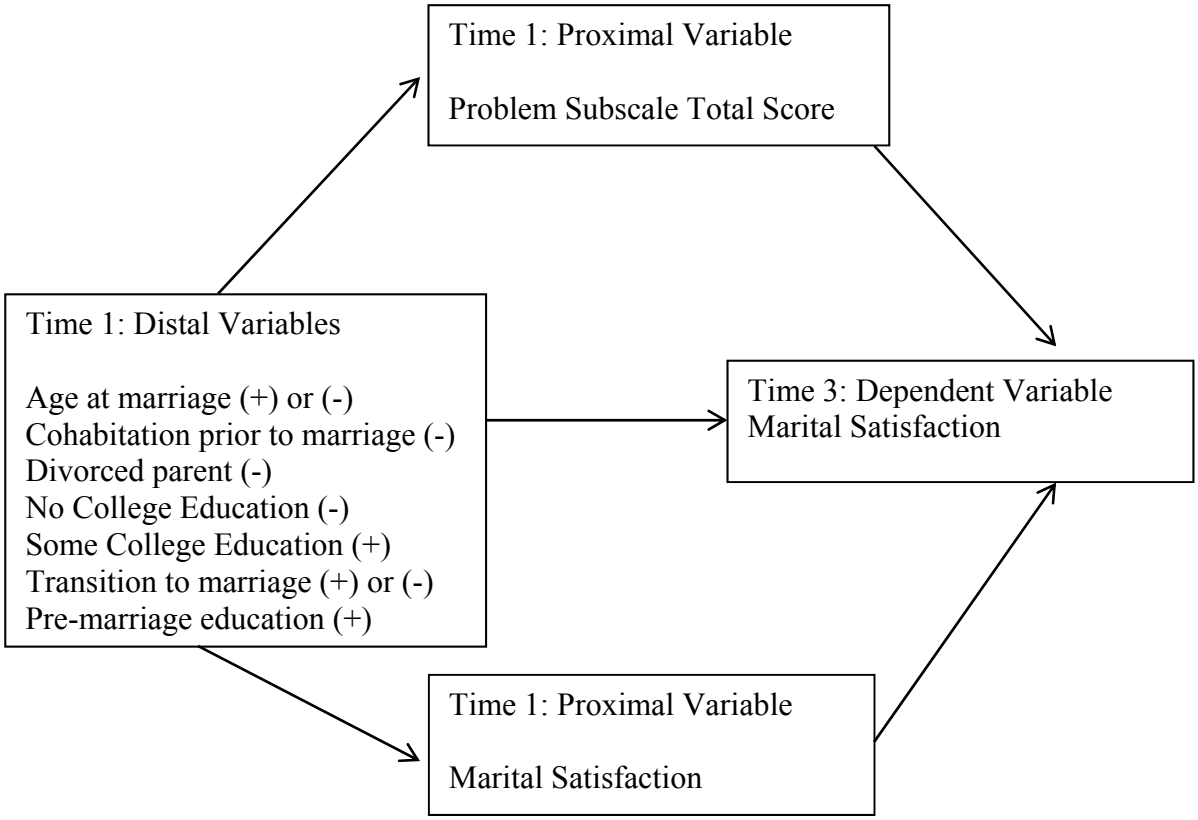

Figure 2. Combined conceptual model showing time 1 distal variables mediated by time 1 proximal variables longitudinally predicting marital satisfaction at time 3.
(time 1 problem subscale total score) on time 3 marital satisfaction.

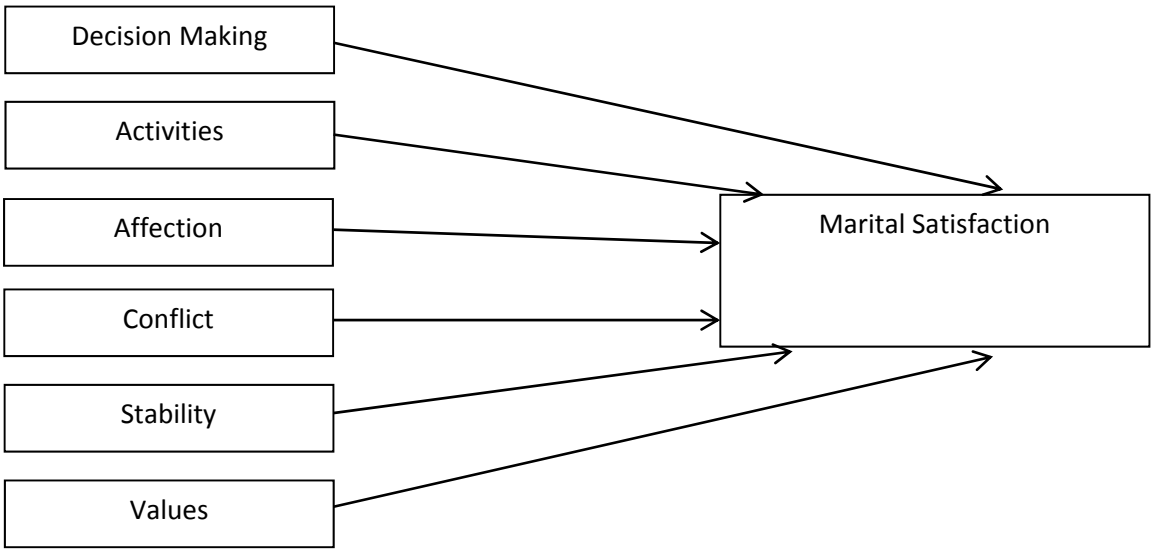

Figure 3. Conceptual model showing time 1 problem subscales longitudinally predicting marital satisfaction at time 3.

CHAPTER IV

ANALYSIS AND RESULTS

In this chapter, the results of the statistical analyses conducted on the five research questions in Chapter II are reported. The order of the results corresponds with each of the previously stated research questions. Furthermore, a breakdown of the statistical results follows each hypothesis. In addition, supplementary analyses were conducted to provide support for the research questions. A review along with tables is provided for all analyses.

For all five research questions, this study used the same paneled, longitudinal, extant data gathered from newlywed couples married in Utah (see Table 2 for demographic data). There were two main focuses to this study. Specifically, the first objective was to test for potential differences (over time, gender, and risk factors) in marital problem subscale scores using the subscales provided by Schramm and colleagues (2005). This was accomplished by running four different *t*-test models. The second focus of the study was to analyze multiple longitudinal predictors of marital satisfaction both in terms of distal independent variables and proximal mediators.

Focus 1: Marital Problems Across Time, Gender, and Risk Status

The first research question examined the mean differences between reported problem subscales in marriage at time 1 versus reports at time 3 for all participants. It was hypothesized that there would be significant differences from time 1 to time 3 as husbands and wives tend to change roles and perceptions of the marital relationship over

time (e.g., Family Development Theory; White & Klein, 2008). In addition, it was hypothesized that time 3 data would show higher reported problem subscale scores than time 1.

Prior to conducting the first *t* test, a reliability analysis for both husbands and wives was conducted for the six problem subscales (e.g., Schramm et al., 2005) using all participants from time 1 (n = 1,226). In addition, a similar factor analysis was conducted for time 3 (n = 327) scores. This was done to ensure the reliability of this relatively new measure.

The coefficients presented in Tables 13 and 14 come from a statistical measure of internal consistency known as "Cronbach's alpha." This statistical measure calculates just "how closely related a set of items are as a group" (UCLA Academic Technology Services, n.d., p. 1). Time 1 (Table 13), wives' reliability coefficients ranged from .68 to .86, while husbands' reliability coefficients ranged from .68 to .87. Even at the bottom of the range, a reliability coefficient of .68 is considered to be a strong predictor of internal consistency (Cronbach, 1951). Tables 13 and 14 display the reliability coefficients for time 1 and time 3 participants.

The reliability analysis confirms previous findings by Schramm and colleagues (2005) that the six problem subscales measure marital problems reliably. Time 3 reliability scores were high as well, with the exception of the "values" problem subscale. It was hypothesized, that this particular reliability score was much lower due to there being only two items for the factor as well as a lower n for time 3 (time 1 n = 1,226 versus time 3 n = 327). The data frequencies report did not yield any remarkable results

in terms of outliers or surprising patterns. The low reliability coefficient for the subscale of "values" was also found to have the lowest reliability of the six subscales in Schramm and colleagues' (2005) study. Despite this finding, for the sake of consistency, this study went ahead with the corresponding analyses; however, the findings specific to values in marital problems must be interpreted with caution due to the relatively low level of reliability of this subscale.

This study also compared the time 1 problem subscale scores of those who dropped out of the study after time 1 versus those who continued from time 1 to time 3. This was done for procedural rigor due to the 73% attrition of participants from time 1 to time 3 (i.e., 5 years).

To analyze the differences between groups, an independent samples *t* test was conducted to measure the mean differences of problem subscale scores in participants who were deemed continuers (having participated in time 1 and time 3 portions of the study) and participants who were deemed dropouts (having only participated at time 1). An independent sample *t* test was chosen over a paired sample *t* test as some individuals in the sample were continuers while their spouses were not. Had the *t* test been paired, the pairing would have created an unnecessary statistical tendency towards heterogamy. For the purposes of this research question, the term "heterogamy" is used to describe the differences between groups (continuers versus the "drop-outs").

For the purposes of measuring differences between group mean scores, this study used Cohen's *d* statistical analysis to view effect size for research questions 1, 2, and 3 as well as any prerequisite analyses. Cohen (1988) has provided rough estimates describing

effect sizes (e.g., Cohen's *d*). For example, *d* = .20 was reported as a small effect size. A *d* = .50 was medium, and a *d* = .80 was considered a large effect size. The effect size for each dependent variable (individual problem subscales) was calculated by subtracting the mean of the time 1 scores from the time 3 scores, then dividing by the time 1 standard deviation scores (Wood & Christensen, 2004). According to Taylor (personal communication, July 11, 2011):

> Effect sizes should be calculated and presented for mean tests with statistically significant results only. This is done to avoid a common confusion regarding the conclusions drawn from tests of statistical significance. When data fail to provide evidence that observed mean differences are sufficiently different from zero such that alternative hypotheses are considered, it is contradictory to then suggest differences exist. And thus, the resulting effect size is either zero, or undetermined. The latter suggests insufficient statistical power.

Given this methodological stance, this study provided a dash to indicate that calculating an effect size was inappropriate.

Data presented in Table 15 summarize the mean differences in problem subscale scores between the continuers and the dropouts. Certain subscale scores are higher or lower depending on how many items were included in the subscale. For example, the subscale "values" only has two items, while the subscale "decision-making" has nine items. Each item can vary in score from one (not problematic) to nine (very problematic). Additionally, participants can score an item as zero, indicating that this

item is not applicable. Therefore, for the subscale of "decision-making," it would be possible to have a score ranging from zero to 99.

This *t*-test analysis found that mean differences between all six subscale mean scores were statistically significant. This means that the participants' who dropped out had higher marital problem scores than those who continued in the study. In addition, a Levene's Test for equality of variances confirmed heterogeneity of variance for all six of the problem subscale items. Therefore, *t* and degree of freedom (*df*) scores were interpreted without equality of variances assumed. Implications to the study's overall generalizability will be discussed in Chapter V.

Research Question 1: What Are the Mean Differences Between Reported Problems in Marriage at Time 1 Versus Reports at Time 3 for All Participants and Are These Differences Statistically Significant?

A paired samples two-tailed *t* test with an alpha level at .05 was used for this particular research question as it would provide the clearest picture of how individual problem subscale scores have changed for paired spouses over a five-year timespan (time 1 to time 3). This level of significance is used in all research questions forthcoming. The *t* test showed statistically significant differences between mean differences scores reported in four of the six (67%) problem subscales in marriage at time 1 versus reports at time 3.

Data in Table 16 summarize the mean difference problem subscale scores between time 1 and time 3 (continuers). Problem subscale scores were measured in the exact same manner as scores in Table 15.

Table 16

Differences Between Marital Problems at Time 1 Versus with Time 3

Variable	Time 1		Time 3					
	M	*SD*	*M*	*SD*	*n*	*t*	*df*	*ES*
Decision-making	12.15	10.23	11.49	9.37	326	1.14	325	-
Activities	4.77	5.06	6.89	6.19	327	-6.86*	326	-.42
Affection	2.36	3.19	4.53	4.44	320	-9.05*	319	-.68
Conflict	6.00	7.31	8.29	9.35	306	-5.51*	305	-.31
Stability	3.95	5.21	6.33	5.56	316	-7.91*	315	-.46
Values	2.30	2.96	2.19	2.87	321	.56	320	-

*$p < .05$ (two-tailed)

The *t*-test analysis showed that a majority (four) of the six (67%) problem subscales showed a significant increase in problem subscale means. These findings were consistent with the hypothesis in that significant changes occurred. Effect sizes according to Cohen's *d* ranged from small (-.31) to moderate (-.68). Although not considered a large effect, these small and moderate effect sizes indicate that time did have some impact on the problem subscale scores.

Research Question 2. Do Mean Scores of Reported Problem Subscales in Marriage Differ Significantly Between Husbands and Wives at Time 3 Compared to Time 1?

A paired samples *t* test was used to determine potential gender differences between wife and husband time 1 problem subscale scores. This type of analysis was used as it would most accurately provide overall mean score differences and effect size scores compared with an independent samples *t* test.

Table 17

The Paired Samples t *Test Summary of Differences between Time 3 Problem Subscale Scores in Comparisons of Wife and Husband Scores*

	Wife		Husband					
Variable	*M*	*SD*	*M*	*SD*	*n*	*t*	*df*	*ES*
Decision-making	10.81	9.81	12.05	8.94	139	-1.74	138	-
Activities	6.34	6.33	7.47	6.20	139	-2.31*	138	-.18
Affection	4.04	4.07	4.92	4.51	136	-2.70*	135	-.22
Conflict	7.87	9.87	8.23	8.80	135	-.52	134	-
Stability	2.00	2.78	2.47	2.79	137	-1.86	136	-
Values	6.23	5.94	6.24	5.09	139	-.03	138	-

*$p < .05$ (two-tailed)

This study hypothesized that wives would report significantly higher problem subscale mean scores than husbands. In contrast with this study's hypothesis, only 2 of the 6 subscales (33%) were found to differ significantly by gender. In addition, despite findings in previous research (Amato & Rogers 1997; Miller et al., 2003) it wasmen who reported higher problem subscale scores for all subscales. This divergent finding will be discussed further in Chapter V. For the two significant results (activities & affection) the effect size is considered small (Cohen, 1988).

Research Question 3: Will Participants Deemed "At-risk" Show Higher Time 3 Reported Problem Subscale Scores Than Those Who Were Deemed Not "At-risk"?

An independent samples *t* test was conducted to measure the mean differences between participants who were deemed at-risk (having any one of the distal and or proximal risk factors at time 1) and participants who were deemed no-risk (having none

of the distal and or proximal risk factors at time 1). An independent sample *t* test was chosen over a paired sample *t* test as some individuals in the sample were at risk while their spouses were not. Had the *t* test been paired, the pairing would have created an added and unnecessary statistical bent towards heterogamy. Table 18 provides an overview of what specific items constituted a placement into the at-risk group.

This study hypothesized that at-risk participants would have significantly higher time 1 problem subscale scores than non-risk participants. While significance differences were found for four out of the six (67%) of the subscale scores, there were two subscales (stability and affection) that did not have statistically higher mean scores for at-risk participants. Effect size scores for the significant variables ranged from small (-.22) to moderate (-.47). Given the findings in Table 19, the hypothesis from research question 3 was partially confirmed.

A Levene's Test for equality of variances confirmed heterogeneity of variance for each of the four significant problem subscale items. Therefore, *t* and degree of freedom (*df*) scores were interpreted without equality of variances assumed.

Table 18

Distal and Proximal Risk Factors for At-Risk Group Placement (Time 1)

Variable	Risk
Distal	Teen at marriage
	Cohabitation prior to marriage
	Divorced parent
	No college education
	Difficult transition to marriage
Proximal	Low (distressed) marriage satisfaction

Table 19

Differences Between Time 3 Problem Subscale Scores in Comparisons of No-risk Individual Scores and At-risk Individual Scores

Variable	No-risk			At-risk					
	M	*SD*	*n*	*M*	*SD*	*n*	*t*	*df*	*ES*
Decision-making	10.22	8.04	191	13.26	10.73	136	-2.78*	237	-.38
Activities	5.96	5.18	191	8.21	7.21	136	-3.12*	231	-.43
Affection	4.47	4.21	191	4.59	4.78	133	-.25	322	--
Conflict	6.79	7.58	188	10.34	11.38	134	-3.14*	215	-.47
Stability	5.64	4.51	191	7.31	6.61	136	-1.83	323	--
Values	1.98	2.74	190	2.57	3.06	135	-2.55*	222	-.22

*$p < .05$ (two-tailed)

Focus 2: Predictors of Marital Satisfaction

Research Question 4: To What Extent Do Time 1 Distal Risk Variables Mediated by Time 1 Proximal Risk Variables Longitudinally Predict Marriage Satisfaction at Time 3 for Participants?

As a first step prior to conducting multiple regression, bivariate correlation analyses are presented for all of the variables. In addition, the bivariate correlation matrix consists of separate correlation tables specific to husbands and wives. Table 20 provides bivariate correlation coefficients of the relevant variables. Due to space constraints, variables were abbreviated and listed by a corresponding number. The bivariate correlation analysis shown in Table 20 found a number of significant correlations. This section will only note the significant correlations between predictor variables, mediators (time 1 total problem scale and time 1 marital satisfaction), and the dependent variable (time 3 marital satisfaction).

Table 20

Bivariate Correlations, Means, and SDs

Variable	1	2	3	4	5	6	7	8	9	10
1 Teenmar	1	.04	.06	.24*	-.22*	.02	-.04	-.01	.01	.02
2 Cohab	.04	1	.21*	.26*	-.04	.05	-.36*	.08	-.15*	-.06
3 Divpar	.05	.23*	1	.19*	-.17*	.03	-.18*	.06	-.08*	-.11
4 Nocol	.25*	.25*	.15*	1	-.25*	-.06	-.16*	.02	-.07	-.24*
5 Fouryr	-.17*	-.05	-.10*	-.25*	1	-.01	.13*	-.01	.09*	.05
6 Trans	.12*	.02	.04	.02	-.07	1	.01	.36*	-.34*	-.21*
7 Mared	-.09*	-.30*	-.09*	-.16*	.17*	-.06	1	-.01	.09*	.05
8 T1prob	.03	.08	.12*	-.01	-.11*	.44*	-.04	1	-.67*	-.40*
9 T1marsat	-.01	-.10*	-.06	-.07	.08	-.34*	.09*	-.62*	1	.43*
10 T3marsat	.05	-.16	-.08	-.01	.09	-.35*	.13	-.45*	.52*	1
Mean (men)	.12	.20	.24	.17	.24	.11	.51	37.86	19.83	19.09
SD (men)	.33	.40	.43	.37	.43	.32	.50	33.37	2.08	2.38
Mean (women)	.12	.20	.21	.15	.25	.14	.72	36.87	19.86	18.56
SD (women)	.33	.40	.41	.36	.44	.34	.45	33.19	1.91	3.29

Note. Women's coefficients are displayed on the top right and men's correlations are on the bottom left. 1 = Teen marriage, 2 = Cohabitation prior to marriage, 3 = Divorced parent, 4 = No College education, 5 = Four year college education, 6 = Transition to marriage, 7 = Pre-marriage education, 8 = Time 1 marital problem total score, 9 = Time 1 marital satisfaction, 10 = Time 3 marital satisfaction. (N = 306).
*p < .05 (two-tailed).

A difficult transition to marriage predicted an increase in marriage problems, and predicted time 1 and time 3 marriage satisfaction. There were five distal predictor variables that were significantly correlated with time 1 marital satisfaction. However, there were only two significant correlations between distal variables and the dependent variable.

It was also found that as time 1 problem subscale total score increases (higher severity of problem subscales), both time 1 and time 3 marital satisfaction decrease. Moreover, an increase in the other proximal mediator, time 1 marital satisfaction, is significantly correlated with an increase in the dependent variable, time 3 marital satisfaction. These findings are supportive of the proposed distal and two proximal

mediator conceptual model (Figure 2). Distal predictor variables as well as the two proximal mediator variables will be tested using multiple steps of regression analyses.

Multiple regression analysis. A linear step-by-step multivariate analysis was used to discover the extent to which time 1 distal risk variables longitudinally predict marriage satisfaction at time 3 for husbands and wives. It was hypothesized that, if present, distal predictors (the direct effects) would be mediated by time 1 proximal risk variables (e.g., Kenny, Kashy, & Bolger, 1998). This method was used to account for the multiple independent variables as well as using a two variable mediator model.

The combined conceptual model (see Figure 2) was broken down into a series of regressions. The first regression included the regression of time 1 distal variables onto time 3 marital satisfaction. Specifically, all time 1 distal variables were placed into a multiple regression model in order to determine which distal variables predicted variance in marital satisfaction at time 3.

This overall model was found to have a R^2 of .11 (df = 305) and $p < .001$. Reporting the R^2 in regression models is important because it quantifies the strength between the predictor variables and the dependent variable. In this case, the regression model is statistically significant, indicating a low chance of type I error. However, an R^2 value of .11 claims that only 11% of the variance in the dependent variable (time 3 marital satisfaction) can be explained by these predictor variables. Therefore, this particular regression model's predictive value should be somewhat curbed.

All time 1 distal independent variables are dichotomous. For example, the variable "age at marriage" was split into either "teen marriage" or not a teen marriage to

create a dichotomous variable.

Results for research question 4. After running a multiple regression analysis of all seven time 1 distal variables onto the main dependent variable (time 3 marital satisfaction), having no college education was significantly and negatively correlated with time 3 marital satisfaction. Additionally, experiencing a perceived difficult transition to marriage was found to have a significant negative correlation with time 3 marital satisfaction. In summary of Table 21, none of the protective factors significantly predicted time 3 marital satisfaction while two risk factors did.

The next step was to perform a multiple regression analysis of the time 1 distal variables onto the first mediator (time 1 problem subscale total score). The overall regression model had an R^2 of .17 (df = 1,127) and $p < .001$. Because this multiple regression tested time 1 distal variables onto time 1 total problem score, there was a larger sample size (n = 1,128). These data are reported in Table 22.

The multiple regression analysis (see Table 22) shows that a difficult transition to marriage was positively correlated with an increase in the marital problem total score.

Table 21

Multiple Regression Analysis of Time 1 Distal Variables onto Time 3 Marital Satisfaction

Variable	*B*	*SEB*	β
Teen marriage	.50	.59	.05
Cohabitation prior to marriage	-.91	.61	-.09
Divorced parent	-.49	.43	-.07
No college education	-1.26	.60	-.13*
Four year college education	.23	.37	.04
Transition to marriage	-2.59	.54	-.26*
Pre-marriage education	.32	.39	.05

*$p < .05$ (two-tailed)

Table 22

Multiple Regression Analysis of Time 1 Distal Variables onto Time 1 Problem Subscale Total Score (Mediator)

Variable	*B*	*SEB*	β
Teen marriage	-2.73	2.90	-.03
Cohabitation prior to marriage	3.01	2.43	.04
Divorced parent	4.82	2.23	.06*
No college education	-.38	2.66	-.01
Four year college education	-4.06	2.19	-.05
Transition to marriage	29.52	2.72	.40*
Pre-marriage education	.38	2.00	.01

*$p < .05$ (two-tailed)

Therefore, statistical evidence suggests that having a difficult transition to marriage is significantly correlated with an increase in marital problem total scores. Furthermore, having a divorced parent prior to a participant's own marriage was negatively correlated with the time 1 marital problem total score. As with the first multiple regression (Table 21), there were no significant correlations for protective factors.

Time 1 distal variables were then regressed onto the second mediator; time 1 marital satisfaction. Time 1 marital satisfaction is a total score of the KMSS, ranging from a poor satisfaction score of 3 to a good satisfaction score of 21. The overall regression model had a R^2 of .15 (df = 1,127) and $p < .001$. This current regression had a large sample size (n = 1,128) similar to the previous regression run with time 1 distal variables onto time 1 proximal mediator.

The multiple regression analysis for Table 23 shows that there were five significant correlations. Getting married as a teen appears to have a significant positive

Table 23

Multiple Regression Analysis of Time 1 Distal Variables onto Time 1 Marital Satisfaction (Mediator)

Variable	*B*	*SEB*	β
Teen marriage	.37	.17	.06*
Cohabitation prior to marriage	-.33	.14	-.07*
Divorced parent	-.13	.13	-.03
No college education	-.35	.16	-.07*
Four year college education	.28	.13	.06*
Transition to marriage	-2.04	.16	-.35*
Pre-marriage education	.07	.12	.02

*$p < .05$ (two-tailed)

correlation with time 1 marital satisfaction. This finding is in direct contrast with the models construction which has deemed a "teen marriage" as a risk factor. However, this variable predicts time 1 marital satisfaction and not satisfaction at time 3. Cohabitating prior to marriage had a significant negative correlation on initial levels of time 1 marital satisfaction scores. Not having a college education at the time of marriage was a significant negative correlation with time 1 marriage satisfaction. This finding is in line with previous research (i.e., Cherlin, 2010). In contrast, having a four year education appeared to have a positive correlation on time 1 marital satisfaction. This is the first significant correlation for any of the protective factors.

Next, this study conducted a regression analysis of time 1 mediator variable of marriage problem total score onto the dependent variable of time 3 marital satisfaction. This overall model had an r^2 of .17 ($df = 305$) and $p < .001$. Also, the sample size was decreased ($n = 306$) because this analysis included a time 3 variable. Table 24 indicates

that as the marital problem total score increased, time 3 marital satisfaction decreased significantly. In addition, this finding shows that the proximal mediator of problem subscale total score may be included with the correlational model.

The second proximal mediator of time 1 marital satisfaction was then regressed onto time 3 marital satisfaction. This overall model had a R^2 of .21 (df = 305) and $p <$ .001. Similar to the regression analysis shown in Table 23, this regression analysis had a sample size of n = 306.

The data in Table 24 show that as total problems increased, marital satisfaction decreased. The data in Table 25 show that as time 1 marital satisfaction scores increased, so did time 3 marital satisfaction scores.

Table 24

Regression Analysis of Time 1 Marriage Problem Total Score (Mediator) onto Time 3 Marital Satisfaction

Variable	*B*	*SEB*	β
Problem subscale total score	-.04	.01	-.41*

*$p < .05$ (two-tailed)

Table 25

Regression Analysis of Time 1 Marital Satisfaction (Mediator) onto Time 3 Marital Satisfaction

Variable	*B*	*SEB*	β
Time 1 marital satisfaction	.81	.09	.45*

*$p < .05$ (two-tailed)

These findings suggest that time 1 marital satisfaction is a proximal mediator of time 3 marital satisfaction. Also, transition to marriage was the only distal variable to remain significant throughout the step regression process, therefore; no other time 1 distal variables are included in the final correlational model.

Figure 4 displays the entire correlational model. Arrow directions indicate directionality of the model. Furthermore, correlation coefficients, significant at $p < .05$ have been included (along with the *SEB*). This study hypothesized that there would be significant correlations between time 1 distal risk factors mediated by time 1 proximal risk factors on time 3 marriage satisfaction. These regression analyses show that a difficult transition to marriage, as indicated by the negative correlation, appears to be the

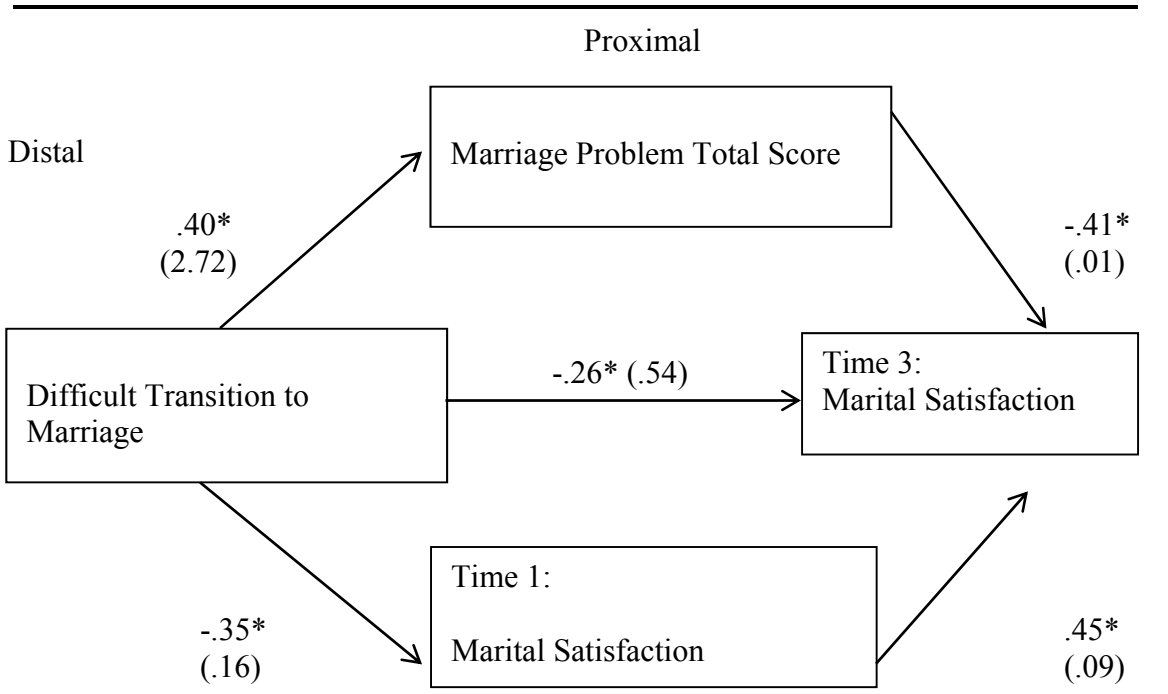

Figure 4. Combined correlational model.

only significant distal predictor of time 3 marital satisfaction. This relationship is mediated by time 1 marriage problems (total score) and marital satisfaction at time 1.

Research Question 5: To What Extent Do Individual Time 1 Problem Subscales Predict Time 3 Marital Satisfaction Scores for Husbands and Wives?

A multiple regression analysis was used to determine the correlation between time 1 problem subscales in predicting time 3 marital satisfaction scores. This study hypothesized that there would be a significant correlation for all six time 1 individual time 1 subscale scores and time 3 marital satisfaction.

The overall model for this multiple regression (Table 25) analysis had an R^2 of .25 (df = 301) and $p < .001$. Additionally, there was a small reduction of sample size (n = 302) as some participants at time 3 did not complete the entire questionnaire.

Only two (33%) of the six individual problem subscales were significant longitudinal predictors of marital satisfaction scores. Time 1 conflict significantly and negatively correlated with time 3 marital satisfaction. In addition, time 1 stability was significantly negatively correlated with time 3 marital satisfaction. Therefore, it can be concluded that the findings of this analysis are only partially consistent with the hypothesis.

Table 26

Regression Analysis Summary for Problem Subscale Variables Predicting Marital Satisfaction at Time 3

Variable	*B*	*SEB*	β
Decision-making	.03	.23	.10
Activities	-.05	.05	-.08
Affection	-.07	.06	-.08
Conflict	-.11	.03	-.29*
Stability	-.14	.05	-.25*
Values	.08	.06	.08

*$p < .05$ (two-tailed)

CHAPTER V

SUMMARY AND DISCUSSION

The two main purposes of this study were (a) to examine longitudinally how marital problems evolve from newlywed to established marriage, and (b) examine distal and proximal predictors of marital satisfaction in established marriage. The following represents this study's summary and conclusion of the findings. This section will examine the results of the hypotheses in order and discuss these results in terms of the theoretical content discussed earlier and in terms of existing literature. In addition, limitations and directions for future studies will also be discussed.

Research Question 1

Hypothesis 1 states that as time (5 years) progresses in marriage, and couples are faced with role adaptations and new expectations (e.g., Family Development Theory; White & Klein, 2008), accordingly, it was hypothesized that there are significant changes in the reported mean problem subscale scores.

The analysis found that four of the marital problem subscale scores were significantly different from time 1 to time 3, largely confirming hypothesis 1. What this finding suggests is, in accordance with FDT, families and problem issues change over time. As families experience transitions such as marriage, the birth of a first child, a new job, the purchase of a home, individuals in families are faced with adapting to new roles, expectations, and norms. The participants in this study also experienced a transition, evolving from newlyweds to established marriage couples. White and Klein (2008),

reported that one of the strengths of FDT is its longitudinal approach to understanding families. The findings from this study add empirical evidence to FDT and its strengths in that specific problem issues applicable to marriage appear to change over time.

Paired couples (who continued with time 3 of the study) reported that problems regarding activities, affection, conflict, and stability all worsened over time. This is an intriguing finding as it suggests that marriage problems will most likely worsen over time. Had the attrition rate been lower, this study hypothesizes that there would have been an even greater effect size between time 1 and time 3 reported problem issues, in favor of higher scores at time 3. In addition, none of the scores improved from time 1 to time 3.

Therefore, it is prudent for newlyweds to seek support and openly discuss the problem issues they face early on in marriage. In addition, this is an important finding as it may provide applicable insights for clinicians, clergy, educators, and marriage researchers to more specifically target these four areas (activities, affection, conflict, & stability) when creating programming, therapy, or future research questions aimed at helping couples transition from the newlywed to established marriage stages. This research suggests that open communication about problem issues be a top priority as successfully communicating about problem issues appears to be linked to improving overall marital functioning (Gottman, 1994; Gottman et al., 1998). Furthermore, previous studies have found that researchers, clinicians, and educators should focus their attention on providing opportunities and information to couples regarding role defining; the jobs and duties that help makes a marriage function healthfully. Poor role defining

may be a contributing factor that leads many newlywed couples to experience a difficult transition to marriage (Brotherson & Moen, 2011). Therefore, educational materials that are specific on how to communicate about role defining in the early years of marriage and even pre-marriage would be beneficial to couples.

Research Question 2

Hypothesis 2 stated that wives would report higher problem subscale scores than husbands. Surprisingly, this hypothesis proved to be dissimilar to previous research (e.g., Amato & Rogers, 1997; Storaasli & Markman, 1990). Furthermore, this result at time 3 (established marriage) is in contrast to Schramm and colleagues (2005) findings (using these same time 1 data) that there were no differences between newlywed spouses in reported problem areas. This study found that, over time, two of the six subscales were significantly different: "activities" and "affection." Although this finding was unexpected, Love and Stosny (2007) argued that it is common for husbands to report issues related to "activities" and "affection." As marriage dynamics change over time, husbands and wives often deviate from earlier (newlywed) patterns of intimate expression (affection) and shared endeavors (activities). Love and Stosny (2007) argued that husbands often feel their needs are met through physical activities and sexual intercourse, while wives' needs take the form of more verbal communication strategies and a sense of security. For this study's sample, it appears that husbands feel significantly stronger about the two issues of "affection" and "activities" than wives. However, due to the attrition rate, this conclusion is only generalizable to still married,

above average satisfied married couples. This study hypothesizes that had the entire sample been retained, the findings from research question 2 may have been flipped, meaning that wives would have reported more problem issues than men. This hypothesis is rooted in literature that has found a strong correlation between wives' low marital satisfaction and increases in divorce (Amato, Booth, Johnson, & Rogers, 2007). Therefore, it can be hypothesized that the "drop-outs" whom are likely to have been divorced, would have reported lower levels of marital satisfaction within the wife sample. Furthermore, previous work by Schramm and colleagues (2005) found a relationship between problem issues and lower marital satisfaction, bolstering this study's argument for an alternative hypothesis to research question 2.

Research Question 3

Hypothesis 3 stated that "at-risk" individual participants (those with one or more reported at-risk variables) would have higher reported time 3 subscale scores than those who were deemed not "at-risk" (not having any at-risk variables). This study found that individuals deemed as "at-risk" were significantly more likely to report higher problem subscale scores for "decision making," "activities," "conflict," and "values." It should also be noted that though not significant, "at-risk" participants reported higher scores for "affection" and "stability," therefore, hypothesis 3 appears to be largely consistent with the findings.

This finding suggests that couples who start out marriage as newlyweds with any reported "at-risk" issues are more susceptible to struggling with problem issues later on

in established marriage. These findings confirm the trend of higher marital satisfaction in established marriage when couples wait to get married until at least they are 20 years of age. Teen marriage appears to be a significant "risk" contributor. This finding is consistent with earlier research by Teachman (2002), showing that teen marriage, over time, is correlated with an increase in likelihood of divorce. The current data also confirm previous studies that show that cohabitation prior to marriage to be a risk factor. Level of education was also found to significantly predict later marital satisfaction. Cherlin (2010) reported that married couples with no college education tended to have higher levels of divorce than those who had some or a full four-year degree.

One risk factor that couples have little control over is their parents' marital status. While having divorced parents is seen as a risk factor, there is relatively nothing a couple can do about one or both parents' marital status. However, a prospective couple may choose to work with a professional to gain an understanding of how their parents' divorce may affect their own marriage. In their 25-year longitudinal study of the impact of experiencing their parents' divorce, Wallerstein, Lewis, and Blakeslee (2001), report that there are quite often many unexpected consequences as a result of having a divorced parent. For example, in reference to having divorced parents, Wallerstein et al. (2001) wrote, "In adulthood it affects personality, the ability to trust, expectations about relationships, and the ability to cope with change" (p. 298). These findings suggest that an individual from a divorced family, most likely has considerable interpersonal issues to work on in order to have a successful marriage of their own.

The findings from research question 3 bolster previous literature (e.g., Huston et

al., 2001; Teachman, 2002) on trajectories and predictors of marital problems as well as give an updated view on how being "at-risk" at the beginning of marriage will affect their reported problems later on in marriage.

Taken together, a majority of the at-risk variables presented in this study are of the pre-marriage and preventative type. Based on these findings, this research suggests that clergy, clinicians, and educators should give special notice towards premarital education to prevent these risk categories from becoming a reality for couples.

Specifically, premarital counseling and assessment questionnaires such as PREPARE/ENRICH, RELATE, and FOCCUS would be most beneficial for any couple who is serious about marriage. Premarital counseling can target particular issues within the relationship prior to marriage. For example, one partner in a relationship may come from a divorced-parent household. Given previous literature, this sociodemographic variable puts this individual at a higher risk to divorce in their own marriage (Teachman, 2002). Trained clergy and or therapists can discuss how the individual views marriage; if they believe that divorce is imminent or if they are capable of creating their own, unique path in marriage (e.g., Jordan, 2007). In addition, knowing that teen couples tend to make less emotionally mature decisions and are at greater risk for divorce, a premarital counselor may urge a couple in their teens to wait until they are older to get married. Overall, a trained premarital counselor can provide couples with valuable information and processing which very often leads to improvements in relationship functioning (Shadish et al., 1993).

Premarital education programs such as PREPARE/ENRICH take a relationship

inventory that identifies their strengths and weaknesses (Fowers, Montel, & Olson, 1996). In addition, this assessment approach to preventing divorce also encourages couples to become more aware of their own relationship habits while offering tips to use and traps to avoid. Premarital programs such as RELATE have been found to be successful in promoting both marital stability and satisfaction (Busby, Holman, & Taniguchi, 2001; Holman, 2001).

As with the previous research questions, research question 3's conclusions must be considered for more of a high-functioning, married couple, rather than be generalized to the general public. Had the retention rate been higher for this study, it is hypothesized that there would have been a greater disparity between the at-risk versus the non-risk participants. Meaning, problem issue scores would have been even more significantly higher for the at-risk population. Future marriage studies should give this same consideration to their findings when there is such a high instance of attrition.

Research Question 4

Hypothesis 4 stated that there would be a significant relationship between time 1 distal factors and time 3 marital satisfaction, and this relationship would be mediated by marriage problem total scores and time 1 marital satisfaction. The initial, direct analysis found that no college education and a difficult transition to marriage at time 1 were negatively correlated with time 3 marital satisfaction. Although there were many other distal independent variables, only a difficult transition to marriage was found to have a direct significant correlation with time 3 marital satisfaction when testing the

correlational model. Thus, hypothesis 4 is only partially correct. This longitudinal finding stresses the importance of preventing a difficult transition to marriage for couples early on.

However, had there been a lower attrition rate, this study hypothesizes that given the propensity of the dropouts to have greater problem issues and lower marital satisfaction, this study would have seen more distal risk factors as statistically significant.

The next step was to regress distal variables onto the other proximal mediator variable of time 1 marital satisfaction. In keeping consistent with the correlational model, non-significant distal variables from previous regressions are not included in the forthcoming conclusions.

As expected, a difficult transition to marriage significantly predicted time 1 marital satisfaction. In addition, this regression analysis found that cohabitation prior to marriage was significantly and negatively correlated with time 1 marital satisfaction. This finding is consistent with Bramlett and Mosher's (2002) previous studies of cohabitation's negative impact on marital satisfaction. This finding is also in line with Cherlin's (2010) previous research on education and marriage satisfaction. As with the previous regressions, having a difficult transition to marriage again acted as a risk factor and had a significant negative correlation with time 1 marital satisfaction. Perhaps, this finding would lead those who work with couples to discuss the pros and cons of cohabitation prior to marriage. While cohabitation may be gaining popularity (Cherlin, 2010), Bumpass and Lu (2000) reported that there was less stability in marriage for couples who have cohabited. However, this finding may be due to other

sociodemographic characteristics. For example persons who are lower socioeconomic status (SES) and/or are less educated are more likely to cohabitate prior to marriage (Smock, 2000). Consequently, low SES and low education (Cherlin, 2010) are also predictors of divorce.

Once the proximal mediators had been regressed onto the distal variables, it was time to test the next model. In keeping with the recommendations of Baron and Kenny (1986), a regression analysis was performed testing the link between the time 1 problem subscale total score (proximal mediator) and the dependent variable of time 3 marital satisfaction. This relationship was significant. This longitudinal result suggests that marital problems at the beginning of marriage continue to have impact over time, and indeed predict later marital satisfaction. Furthermore, these findings lend themself to suggest the development of education problems and research that focuses on communication strategies for newlyweds so that they can successfully discuss and navigate problem issues early on in marriage.

The final analysis was to regress time 1 marital satisfaction onto time 3 marital satisfaction. Not surprisingly, the relationship was significant. This finding suggests marital satisfaction at time 1 may work as a protective mediating variable. Stable marital satisfaction that is achieved relatively early on may mitigate the effects of a (previously) difficult transition to marriage. The results show that this process predicts higher satisfaction at time 3. Therefore, it can by hypothesized that if participants experienced a difficult transition to marriage and were dissatisfied with their marriage at time 1, this would only compound the negative relationship and correlate with much lower time 3

marital satisfaction scores.

This finding, that a distal variable is predictive of marital satisfaction, is in contradiction with similar research (Amato & Rogers, 1997; Schramm et al., 2005) in that a distal variable (transition to marriage) was a significant predictor of marital satisfaction, having a significant direct correlation with time 3 marital satisfaction. Amato and Rogers (1997) as well as Schramm and colleagues (2005) found that "distal, or demographic characteristics, rarely have a significant direct influence on the marriage relationship" (Schramm et al., p. 64). This unique finding may come as a result of this study using "transition to marriage" as a distal variable. The previous, similar studies (Amato & Rogers, 1997; Schramm et al., 2005) primarily categorized demographic variables as distal variables and did not use transition to marriage in their study. Therefore, this finding suggests that future studies should consider the use of transition to marriage as a distal predictor of marital satisfaction. This conclusion should perhaps be made somewhat tentatively because the variable "transition to marriage" was measured simply a dichotomous variable in this study (i.e., difficult or smooth transition). Future studies should focus on operationalizing with more finesse what a "difficult transition to marriage" means. The findings from this study suggest that there should be an overall effort to help couples experience a smooth transition to marriage, which will in turn support initial marital satisfaction levels. Had there been a lower attrition rate, this study hypothesizes that there would have been an even greater negative correlation between "difficult transition to marriage" and time 3 marital satisfaction.

As part of this study's second focus, the ABCX model (Hill, 1949) was employed

to theorize how individuals and families cope with stressful events. For example, the variable "teen marriage" in this study acts as the "event" in the ABCX model. The next step in the ABCX model is how families use resources to cope or adapt to the event. For this study, protective factors were viewed as resources. The next step in the ABCX model is family perception. For this study, the variable "transition to marriage" could act as the family perception. If the perception was poor, then the participants recorded their transition to marriage as difficult. The final part of the ABCX model is the "crisis." This is the result of how the family used resources to cope with the event and how they now perceive their situation. Having an event such as a teen marriage, with little to no resources, and a poor perception of the event and coping could, in theory, lead to lower marital satisfaction levels (e.g., Hill, 1949). This current study was unable to employ an exact conceptual model similar to that of the ABCX model; however, this theory does appear to have value in predicting marital satisfaction through a two mediator model process. In this way, the theory is somewhat similar to this study's conceptual model approach. Therefore, the empirical evidence in this study provides some backing for the ABCX model as a conceptual framework that can explain marital satisfaction outcomes.

The ABCX model not only provides marriage and relationship researchers a conceptual model in which they may harness the structure of a theory, but in addition a methodologically sound, linear regression model in-line with current studies (Amato & Rogers, 1997; Schramm et al., 2005) to help predict marital outcomes. For this reason, this study recommends further development and implementation of conceptual models that follow the ABCX model.

Research Question 5

Hypothesis 5 stated that there would be a significant relationship between all six individual time 1 subscales and marital satisfaction at time 3. Hypothesis 5 was only partially confirmed. "conflict" and "stability" were the only two of the six individual problem subscales to register a significant negative correlation with time 3 marital satisfaction. This longitudinal finding is somewhat consistent with the work of Gottman and colleagues (1998) in that initial marriage issues with conflict are predictive of lower marital satisfaction over time. It is somewhat consistent with Schramm and colleagues' (2005) study, finding that the subscales of "stability and "activities" were the strongest concurrent predictors of marital satisfaction for newlyweds. This key difference is that, in this longitudinal study, the subscale of activities was no longer a significant predictor of marital satisfaction. Instead, the subscale of conflict was a significant predictor of marital satisfaction, leading this study to suggest that conflict plays a bigger role over time in predicting established marriage marital satisfaction.

The findings from this part of the study can inform clinicians, clergy, educators, and marriage researchers who are working with newlywed couples, to focus their efforts on preventative strategies for "conflict" and "stability" issues in newlywed marriage.

As shown in a preliminary analysis, it is speculated that, due to the dropouts having higher problem issue scores, there might have been more significant correlations between problem issues and time 3 marital satisfaction had there been a lower attrition rate.

Limitations and Recommendations

Threats to Internal Validity

While this study found Schramm and colleagues' (2005) problem subscale measure to have relatively high internal reliability, it is still reasonably new and unproven with diverse samples. Therefore, using this new measure could present a threat to reliability. Further testing of this measure, and with more diverse samples, is needed.

The extant data set was collected using random sample methods to collect data from Utah newlyweds (time 1; excluding Salt Lake County). These same participants were then contacted to complete follow-up surveys three and five years later.

The principal investigator responsible for the original data collection for this study reported that at the time of the initial data collection from time 1 (2002), further longitudinal data collection was not planned for. Participants were not primed for future survey participation, thus contributing to the high attrition rate (T. Lee, personal communication, August 5, 2011). An initial plan to collect data longitudinally would have allowed researchers more preparation to retain their sample. Methods of retention such as post card reminders may have increased the rate of retention in the original data collection process.

During the span of 5 years there was a relatively high (73%) attrition rate of participants from time 1 to time 3, thus potentially introducing substantial attrition bias to the results. Because of this issue, differences were examined between those who continued with the study from time 1 to time 3 versus those who dropped out of the study after completing the time 1 questionnaire. This finding suggests that the dropouts had

significantly higher reported problem subscale scores at time 1 compared with those who continued with the study to time 3. This indicates that those who continued with the study had significantly lower reported problem subscales and thus, given previous work (Schramm et al., 2005), were more likely to report higher levels of overall marital satisfaction. Thus, the attrition is concluded as being systematic according to these results. In addition, this level of attrition (73%) moves the sample closer to being regarded as a convenience sample as continuers were still married, wanted to participate, and had much lower problem issue scores than the dropouts.

In addition, as with similar longitudinal panel studies, history should be taken into account. It is unknown if the participants obtained more education, marital education, marriage therapy, suffered job losses, and so forth; these variables were not controlled for. Therefore, longitudinal results should be considered with the threat of history.

Another limitation to the study is that there was no guarantee that the participants completed their surveys separately. Participants were instructed to complete surveys separately, but this may not have been the case as one spouse could have completed both surveys, or spouses could have completed the surveys together and thus filtered their responses. Furthermore, it is not known how honestly participants answered their surveys. Wishing to be perceived as having a successful marriage, the issue of social desirability may have biased some of the participants' answers.

Threats to External Validity

A significant limitation to the generalizability of the results of this study to other U.S., married couples is the demographic and cultural homogeneity of this sample.

Roughly 96% of time 3 participants were white, non-Hispanic, and 90% identified as Latter-day Saints (LDS). Stratified random sampling would capture a more representative of the population sample.

Another significant limitation to the generalizability of the results of this study to the overall U.S. married population is that those who continued with the study from time 1 to time 3 appeared to report significantly lower problem scores than those (73%) who dropped out.

Also, problem scores were significantly and negatively correlated with time 3 marital satisfaction. This finding leads this study to infer that those who continued with the study had more satisfied marriages. Therefore, the longitudinal conclusions in this section are skewed somewhat to generalize to happier married couples. Whether the findings would be similar among more martially distressed couples remains an empirical question.

Conclusions

Focus 1 of this study was able to contribute to earlier work by Schramm and colleagues (2005) by discovering that problem subscale issues change and worsen over time, differ by gender, and tend to worsen for participants who identify as at-risk at the onset of marriage. Focus 2 of this study used a regression method adapted from Amato and Rogers' (1997) mediator model. Focus 2 also advanced work by Schramm and colleagues (2005) by testing problem subscale issues over time as longitudinal predictors of established marital satisfaction levels.

There is still a need for future longitudinal marriage studies. Decades pass, trends change, and people change. Therefore, updated studies will always be necessary. While this study focused on predictors of marital satisfaction from newlywed to established marriage, it only encompassed five years of participants' marriage. Therefore, it is recommended that future studies continue to use the problem subscales as well as sociodemographic variables to predict marital satisfaction, but much farther into the course of marriage. For example, it would be valuable to have these longitudinal panel findings collected at years 1, 5, 10, 15, and 20 of marriage. This length of information would truly provide an accurate picture of the most significant predictors of marital satisfaction and if in fact variables at the newlywed stage are still significant at year 20.

Overall, this study was able to update and advance prior knowledge of the predictors of marital satisfaction as well as bolster the use of theory in relationship literature. From the findings of this study, it is apparent that the early years of marriage set the stage for many longitudinal outcomes, and that clergy, educators, therapists, and researchers must continue to pay careful attention to these processes.

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APPENDICES

Appendix A. IRB Approval

UtahState University

Institutional Review Board
4460 Old Main Hill, SER 140
Logan, UT 84322-4460
Telephone: (435) 797-1821
Fax: (435) 797-3769

Richard D. Gordin
True M. Fox

IRB Certified Exempt: 3/10/2011 Exempt Certification
Expires: 3/9/2014

Certificate of Exemption – Category #4

FROM: Richard D. Gordin, Acting IRB Chair True M. Fox, IRB Administrator

TO: Kay Bradford Dan Moen DATE: 3/10/2011
RE: Protocol # 2878
Newlywed to Established Marriage: A Longitudinal Study of Early Risk and Protective Factors that Influence Marital

TITLE:
Satisfaction

The Institutional Review Board has determined that the above-referenced study is exempt from review under federal guidelines 45 CFR Part 46.101(b) Category #4: Research, involving the collection or study of existing data, documents, records, pathological specimens, or diagnostic specimens, if these sources are publicly available or if the information is recorded by the investigator in such a manner that subjects cannot be identified, directly or through identifiers linked to the subjects.

This exemption is valid for three years from the date of this correspondence, after which the study will be closed. If the research will extend beyond three years, it is your responsibility as the Principal Investigator to notify the IRB before the study's expiration date and submit a new application to continue the research. Research activities that continue beyond the expiration date without new certification of exempt status will be in violation of those federal guidelines which permit the exempt status.

As part of the IRB's quality assurance procedures, this research may be randomly selected for continuing review during the three year period of exemption. If so, you will receive a request for completion of a Protocol Status Report during the month of the anniversary date of this certification. In all cases, it is your responsibility to notify the IRB prior to making any changes to the study by submitting an Amendment/Modification request. This will document whether or not the study still meets the requirements for exempt status under federal regulations.

Upon receipt of this memo, you may begin your research. If you have questions, please call the IRB office at (435) 797-1821 or email to irb@usu.edu.

The IRB wishes you success with your research.

Appendix B. Cover Letters and Reminder Cards

First Cover Letter

Dear Newlyweds, September 6, 2002

Congratulations on your marriage. We hope you find a lifetime of joy in your new journey together. The success of your marriage is also important to our state and society. Perhaps now more than ever, successful marriages are recognized as being critically important to the health of our society.

The Utah Governor's Commission on Marriage in partnership with Utah State University is conducting a study to learn more about the first year of married life. We received your name when you filled out the marriage survey included in the marriage video. You have been selected to participate in this research by completing a survey on preparation for marriage, including questions regarding the recent marriage video, "Marriage News You Can Use", and the new marriage web site www.UtahMarriage.org. In addition, we are interested in the adjustments you may have had to make in your lives, and how these changes relate to your marital happiness. It is important that we hear back from you, no matter the experiences you have had. The information you contribute will help us provide better preparation to people getting married in the future. Your participation in this process will play an essential role.

There are minimal risks from participating in a study such as this. You may find it even provides for some useful discussion with your spouse. We have included a **two-dollar bill** to thank you in advance for taking the time to fill out the survey. Involvement in this research project is strictly voluntary. You may refuse to participate or withdraw at any time. All of your responses are, and will remain confidential. There will be no reference to your identity at any point in the research. The survey # at the top of your survey will be used to track who has turned in their surveys and will not be used to identify you personally. Return of this survey implies consent to participation in this research. Please **DO NOT** put your names on the survey.

This survey takes 15-20 minutes to complete. Please complete the surveys separately, without consulting with each other. After completing the surveys, you are welcome to discuss them together, but please don't change your original answers. When you have completed all of the sections of the survey, please return them in the self-addressed stamped envelope provided.
If you have any questions regarding this study, you may contact us at the numbers listed below. Additionally, if you have questions regarding your rights as a participant in this research study, you may contact the USU Institutional Review Board office at 435-797-1821. Thank you for your participation and your personal contribution to strengthening the future of marriage in Utah.

Thomas R. Lee Ph.D.	David G. Schramm	Fay Belnap
Project Director	Researcher	Researcher
Utah State University	Utah State University	Utah State University
(435) 797-1551	(435) 797-1542	(435) 797-1542

First Reminder Postcard

Dear Newlyweds, September 20, 2002

A week ago we mailed you a marriage survey and our records indicate that we have not received your survey back yet. We would like to remind you, if you have not done so already, to take a few minutes now to complete the survey. If you have completed the survey and mailed it in, please accept our thanks. We appreciate your help in understanding how we can strengthen marriages in Utah. Thank you for your participation.

Sincerely,
Thomas R. Lee, Ph.D., Project Director
David G. Schramm, Researcher
Fay Belnap, Researcher

Second Cover Letter

October 23, 2002

Dear Newlyweds,

Recently you should have received a marriage survey from the Utah Governor's Commission on Marriage in conjunction with Utah State University regarding your preparation for and adjustment to marriage. Our records indicate that we have not received your survey yet. If you have already completed our survey and have mailed it in, please accept our thanks and do not return this survey. In the case that you may not have received our survey in the initial mailing or have misplaced your original survey, we are including an identical survey with this letter for your convenience. Your response is valuable to us, and we would like to include your responses in our study. We would appreciate your prompt reply and have provided a self-addressed postage paid envelope. Thank you for your cooperation.

We initially received your name when you filled out the marriage survey included in the marriage video "Marriage News You Can Use". You have been selected to participate in this current research by completing the survey provided which addresses your preparation for marriage, including questions regarding the recent marriage video and the new marriage web site www.UtahMarriage.org. In addition, we are interested in the adjustments you may have had to make in your lives, and how these changes relate to your marital happiness. It is important that we hear back from you, no matter the experiences you have had. The information you contribute will help us provide better preparation to people getting married in the future. Your participation in this process will play an essential role.

There are minimal risks from participating in a study such as this. You may find it even provides for some useful discussion with your spouse. Involvement in this research project is strictly voluntary. You may refuse to participate or withdraw at any time. All of your responses are, and will remain confidential. There will be no reference to your identity at any point in the research. The survey # at the top of your survey will be used to track who has turned in their surveys and will not be used to identify you personally. Return of this survey implies consent to participation in this research. Please **DO NOT** put your names on the survey.

This survey takes 15-20 minutes to complete. Please complete the surveys separately, without consulting with each other. After completing the surveys, you are welcome to discuss them together, but please don't change your original answers. When you have completed all of the sections of the survey, please return them in the self-addressed stamped envelope provided. We encourage you as a couple to take a few minutes now to complete the survey.

If you have any questions regarding this study, you may contact Thomas R Lee PhD. at (435) 797-1551. Additionally, if you have questions regarding your rights as a participant in this research study, you may contact the USU Institutional Review Board office at (435)-797-1821. Thank you for your participation and your personal contribution to strengthening the future of marriage in Utah.

Sincerely,

Thomas R. Lee PhD., Project Director
David G. Schramm, Researcher
Fay Belnap, Researcher

Second Reminder Postcard

Dear Newlyweds, October 15, 2002

A few weeks ago we mailed you a marriage survey and our records indicate that we have not received your survey back yet. We would like to remind you, if you have not done so already, to take a few minutes now to complete the survey. If you have completed the survey and mailed it in, please accept our thanks. We appreciate your help in understanding how we can strengthen marriages in Utah. Thank you for your participation.

Sincerely,
Thomas R. Lee, PhD., Project Director
David G. Schramm, Researcher
Fay Belnap, Researcher

Appendix C. Time 1 Instrumentation

Survey # _____

The Utah Governor's Commission on Marriage in partnership with Utah State University is interested in receiving feedback about your first months of marriage, with hopes that we can continually strengthen marriages in Utah. Your information is critical in furthering this vital goal. Please start on the section below together and then complete the husband and wife forms separately. **Please do not put your names on any of the surveys.** Remember, all responses are confidential. Thank you.

A. This first section asks general information about you as a couple. It can be completed by either husband or wife. If possible, we encourage you to take a few minutes and complete it together.

Please indicate who is completing this section of the survey: ☐ Husband ☐ Wife ☐ Both

1. Husband: Age: ____ Number of marriage: ☐ 1st ☐ 2nd ☐ 3rd or more
2. Wife: Age: ____ Number of marriage: ☐ 1st ☐ 2nd ☐ 3rd or more
3. Did you or your spouse bring children into the marriage with you? ☐ No ☐ Yes
   3a. If yes, how many? ☐ 1 ☐ 2 ☐ 3 or more
4. About how long did you date prior to becoming engaged?
   0-3 months ☐ 3-6 months ☐ 6-12 months ☐ 12 months or more ☐ Did not get engaged ☐
5. How long was your engagement?
   0-3 months ☐ 3-6 months ☐ 6-12 months ☐ 12 months or more ☐ Did not get engaged ☐
6. Date of marriage: _____ (Month/Date/Year)
7. Did you cohabit (live together) prior to marriage? ☐ No ☐ Yes
8. Where were you married?
   ☐ County Clerk's office/Justice of the Peace chambers
   ☐ Church, Synagogue, Mosque
   ☐ LDS Temple
   ☐ Other facility (country club, reception center, etc.)
   ☐ Other: _____

Survey #_____

WIFE'S SURVEY

B. This section is just for **wives.** Husbands complete the blue Husband Survey form. Please complete your sections separately. When you are finished, please place it (along with the green form and the blue Husband Survey Form) in the readdressed envelope provided. Please remember that all of your answers are confidential. **Please do not put your name on the survey.** (check one box per question)

1. Utah is the first state to produce a marriage video to be freely distributed to newlyweds when they apply for a marriage license. Do you feel the marriage video you received was . . .

☐ Did not receive a video (please skip the next question)
☐ Received a video but did not watch it
☐ Very helpful
☐ Somewhat helpful
☐ Not very helpful
☐ Not at all helpful

2. How soon after receiving the video did you watch it?

☐ Haven't watched it yet
☐ Within one week
☐ After 2-3 weeks
☐ After a month
☐ Between 1-2 months

3. Utah has recently created a marriage web site designed to help people have happier marriages. (www.UtahMarriage.org) Do you feel the web site is . . .

☐ Haven't visited the web site
☐ Very useful
☐ Somewhat useful
☐ Not very useful
☐ Not at all useful

The following questions ask for information about marriage preparation you may have had and how beneficial it may have been. (check one box per question)

4. Did you have any formal education in high school that addressed marriage?

☐ No
☐ Yes

5. Have you enrolled in any formal classes in a technical school or college that focused on marriage?

☐ Did not attend college
☐ No
☐ Yes

6. Did you take other types of marriage preparation classes/workshops? (religious, community, etc.)

- ☐ No
- ☐ Yes

The following questions pertain to your preparation & attitudes towards marriage education (check one box per question).

7. Overall, looking back, how prepared do you feel you were going into the marriage?

- ☐ Very well prepared
- ☐ Fairly well prepared
- ☐ Somewhat prepared
- ☐ Not well prepared

8. How likely is it that you would recommend premarital education to other engaged couples?

- ☐ Definitely would
- ☐ Probably would
- ☐ Probably would not
- ☐ Definitely would not

9. How interested are you now in taking a free class designed for couples at your stage of marriage?

- ☐ Very interested
- ☐ Somewhat interested
- ☐ Somewhat uninterested
- ☐ Very uninterested

10. At what *one* point do you feel that marriage education would MOST LIKELY benefit you?

- ☐ Prior to dating
- ☐ During dating
- ☐ During engagement
- ☐ 1-6 months into the marriage
- ☐ 6-12 months into the marriage

11. How do you feel about the idea of a statewide educational effort to promote marriages and reduce divorces? Do you think this would be a ...

- ☐ Very good idea
- ☐ Good idea
- ☐ Not sure
- ☐ Bad idea
- ☐ Very bad idea

12. **This next section asks about other things you may have done to prepare for marriage. For each activity that you participated, please rate its helpfulness to you in preparing you for marriage, and mark Not Applicable (N/A) for activities in which you did not participate. Then, for each activity that you marked "Not Applicable" (N/A), please mark the MAJOR reason why you DID NOT participate in the activity. If there are other reasons you may have not participated in an activity, please leave your comments in the space provided below the table.**

If you have additional comments regarding why you DID NOT participate in these or other marriage education activities, please provide them here:

_____

_____

Use the following scale to answer the three questions below (check one box per question).

	Extremely Satisfied	**Very Satisfied**	**Somewhat Satisfied**	**Mixed**	**Somewhat Dissatisfied**	**Very Dissatisfied**	**Extremely Dissatisfied**
13. How satisfied are you with your *marriage*?	☐	☐	☐	☐	☐	☐	☐
14. How satisfied are you with your husband *as a spouse*?	☐	☐	☐	☐	☐	☐	☐
15. How satisfied are you with your *relationship* with your husband?	☐	☐	☐	☐	☐	☐	☐

Most couples have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your spouse for each item on the following list (check one box per question).

	Always Agree	Almost Always Agree	Occasionally Agree	Frequently Disagree	Almost Always Disagree	Always Disagree
16. Religious matters	☐	☐	☐	☐	☐	☐
17. Demonstration of affection	☐	☐	☐	☐	☐	☐
18. Making Major decisions	☐	☐	☐	☐	☐	☐
19. Sex relations	☐	☐	☐	☐	☐	☐

20. Convent-
ionality…..….☐……..☐…….☐…….☐……..☐……☐
(Correct or proper behavior)
21. Career
decisions …..☐……..☐…….☐…….☐……..☐……☐

	All the time	**Most of the time**	**More often than not**	**Occasionally**	**Rarely**	**Ne ver**
22. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	☐	☐	☐	☐	☐	☐
23. How often do you and your partner quarrel?	☐	☐	☐	☐	☐	☐
24. Do you ever regret that you are married?	☐	☐	☐	☐	☐	☐
25. How often do you and your mate "get on each other's nerves"?	☐	☐	☐	☐	☐	☐

26. Do you and your mate engage in outside interests together? (check one box)

Everyday	Almost Everyday	Occasionally	Rarely	Never
☐	☐	☐	☐	☐

How often would you say the following events occur between you and your mate? (check one box per question)

27. Have a stimulating exchange of ideas

Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More than once a day
☐	☐	☐	☐	☐	☐

28. Work together on a project

Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More than once a day
☐	☐	☐	☐	☐	☐

29. Calmly discuss something

Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More than once a day
☐	☐	☐	☐	☐	☐

The following questions pertain to the first FEW MONTHS of your marriage. (check one box per question)

30. Which of the following best describes your transition to marriage?

Very Smooth	Fairly Smooth	Fairly Difficult	Very Difficult
☐	☐	☐	☐

31. Would you say the first FEW MONTHS of your marriage was . . .

Much better than I expected	Better than I expected	About what I expected	More difficult than I expected	Much more difficult than I expected
☐	☐	☐	☐	

32. The following are areas that might be problematic during the early years of marriage. On a scale from **1 to 9**, please indicate for each item the highest level it is <u>or has ever been</u> problematic within your marriage. (Circle **0** if the item has never been problematic or check **NA** if it is not applicable; only circle one number per item).

	Not problematic									*Very problematic*	*NA*
a. Balancing job and marriage	0	1	2	3	4	5	6	7	8	9	___
b. Birth control	0	1	2	3	4	5	6	7	8	9	___
c. Constant bickering	0	1	2	3	4	5	6	7	8	9	
d. Career											
d1. Wife employment	0	1	2	3	4	5	6	7	8	9	___
d2. Husband employment	0	1	2	3	4	5	6	7	8	9	___
e. Commit to your marriage	0	1	2	3	4	5	6	7	8	9	___
f. Communic with your spouse	0	1	2	3	4	5	6	7	8	9	___
g. Debt brought into marriage	0	1	2	3	4	5	6	7	8	9	___
h. Decision about when to have children	0	1	2	3	4	5	6	7	8	9	___
i. Diff. recreational interests	0	1	2	3	4	5	6	7	8	9	___
j. Expectations about household tasks	0	1	2	3	4	5	6	7	8	9	___
k. Financial decision making	0	1	2	3	4	5	6	7	8	9	___
l. Freq of sexual relations	0	1	2	3	4	5	6	7	8	9	___
m.Gender roles	0	1	2	3	4	5	6	7	8	9	___
n. Ill health	0	1	2	3	4	5	6	7	8	9	___
o. In-laws	0	1	2	3	4	5	6	7	8	9	___
p. Lack of mutual affection (no longer in love)	0	1	2	3	4	5	6	7	8	9	___
q. Lack of mutual friends	0	1	2	3	4	5	6	7	8	9	___
r. Parents	0	1	2	3	4	5	6	7	8	9	___
s. Personality differences	0	1	2	3	4	5	6	7	8	9	___
t. Religious differences	0	1	2	3	4	5	6	7	8	9	___
u. Resolving minor conflicts	0	1	2	3	4	5	6	7	8	9	___
v. Resolving major conflicts	0	1	2	3	4	5	6	7	8	9	___
w. Respect for each other	0	1	2	3	4	5	6	7	8	9	___
x. Showing appreciation	0	1	2	3	4	5	6	7	8	9	___
y. Time spent together	0	1	2	3	4	5	6	7	8	9	___
z. Trusting your spouse	0	1	2	3	4	5	6	7	8	9	___
aa. Unsatisfying sex relations	0	1	2	3	4	5	6	7	8	9	___
bb. Use of emotional force	0	1	2	3	4	5	6	7	8	9	___
cc. Use of verbal force	0	1	2	3	4	5	6	7	8	9	___
dd. Other (_____) please specify	0	1	2	3	4	5	6	7	8	9	___

Here are some final questions about you (check one box per question).

33. Which of the following racial groups best describes you?

American Indian or Alaska Native ☐ Asian ☐ Black or African American ☐ Hispanic or Latino ☐ Pacific Islander ☐

White, non-Hispanic ☐ Multiracial ☐ Other (please specify) _____

34. What is your highest level of education?

☐ Some high school
☐ High school graduate
☐ Technical school/certificate
☐ Some college
☐ Associate's degree
☐ Bachelor's degree
☐ Higher than bachelor's degree

35. Approximately how much consumer debt (NOT including a house mortgage) did YOU enter the marriage with?

☐ None ☐ Under $1,000 ☐ Between $1,000-$5,000 ☐ Between $5,000-$20,000
☐ Between $20,000-$50,000 ☐ Over $50,000

35a. If you brought debt into the marriage, what was the source(s)? (check all that apply)

☐ Medical bills ☐ Credit card ☐ Auto loan ☐ School loan

Other _____
(please specify)

36. What is your **parents'** current marital status?

☐ Single and never married
☐ Married, first marriage
☐ Remarried
☐ Divorced
☐ Widowed
☐ Other

37. Please indicate your present religious affiliation

☐ Buddhist
☐ Catholic
☐ Evangelical Christian
☐ Hindu
☐ Islamic
☐ Jewish
☐ Latter-day Saint
☐ Protestant
☐ No formal religious affiliation
☐ Other (please specify) _____

38. Would you consider yourself …

Very Religious ☐ Fairly Religious ☐ Somewhat Religious ☐ Slightly Religious ☐ Not at all Religious ☐

If you would like to receive a summary of results from this survey and be included in similar surveys in the future (perhaps every 2-3 years), please fill out the card that was included in the envelope and mail it in separately from this survey. With your help in completing further surveys we hope to further benefit marriages in Utah and beyond.

Thank you for your participation. Please place the survey in the preaddressed envelope and mail it in.

Survey #_____

HUSBAND'S SURVEY

B. This section is just for **husbands.** Wives complete the blue Wife Survey form. Please complete
your sections separately. When you are finished, please place it (along with the green form and the blue Wife Survey Form) in the preaddressed envelope provided. Please remember that all of your answers are confidential. **Please do not put your name on the survey.** (check one box per question)

1. Utah is the first state to produce a marriage video to be freely distributed to newlyweds when they apply for a marriage license. Do you feel the marriage video you received was . . .
☐ Did not receive a video (please skip the next question) ☐ Received a video but did not watch it
☐ Very helpful ☐ Somewhat helpful ☐ Not very helpful ☐ Not at all helpful
2. How soon after receiving the video did you watch it?
☐ Haven't watched it yet ☐ Within one week ☐ After 2-3 weeks ☐ After a month
☐ Between 1-2 months
3. Utah has recently created a marriage web site designed to help people have happier marriages. (www.UtahMarriage.org) Do you feel the web site is . . .
☐ Haven't visited the web site ☐ Very useful ☐ Somewhat useful
☐ Not very useful ☐ Not at all useful

The following questions ask for information about marriage preparation you may have had
and how beneficial it may have been. (check one box per question)
4. Did you have any formal education in high school that addressed marriage?
☐ No ☐ Yes
5. Have you enrolled in any formal classes in a technical school or college that focused on marriage? ☐ Did not attend college ☐ No ☐ Yes
6. Did you take other types of marriage preparation classes/workshops? (religious, community, etc.) ☐ No ☐ Yes
The following questions pertain to your preparation & attitudes towards marriage education (check one box per question).
7. Overall, looking back, how prepared do you feel you were going into the marriage?
☐ Very well prepared ☐ Fairly well prepared ☐ Somewhat prepared ☐ Not well prepared
8. How likely is it that you would recommend premarital education to other engaged couples?
☐ Definitely would ☐ Probably would ☐ Probably would not ☐ Definitely would not

9. How interested are you now in taking a free class designed for couples at your stage of marriage?

☐ Very interested ☐ Somewhat interested ☐ Somewhat uninterested
☐ Very uninterested

10. At what *one* point do you feel that marriage education would MOST LIKELY benefit you? ☐ Prior to dating ☐ During dating ☐ During engagement
☐ 1-6 months into the marriage ☐ 6-12 months into the marriage

11. How do you feel about the idea of a statewide educational effort to promote marriages and reduce divorces? Do you think this would be a ...

☐ Very good idea ☐ Good idea ☐ Not sure ☐ Bad idea ☐ Very bad idea

12. **This next section asks about other things you may have done to prepare for marriage. For each activity that you participated, please rate its helpfulness to you in preparing you for marriage, and mark Not Applicable (N/A) for activities in which you did not participate. Then, for each activity that you marked "Not Applicable" (N/A), please mark the MAJOR reason why you DID NOT participate in the activity. If there are other reasons you may have not participated in an activity, please leave your comments in the space provided below the table.**

If you have additional comments regarding why you DID NOT participate in these or other marriage education activities, please provide them here:

_____

_____

Use the following scale to answer the three questions below (check one box per question).

	Extremely Satisfied	**Very Satisfied**	**Somewhat Satisfied**	**Mixed**	**Somewhat Dissatisfied**	**Very Dissatisfied**	**Extremely Dissatisfied**
13. How satisfied are you with your *marriage*?	☐	☐	☐	☐	☐	☐	☐
14. How satisfied are you with your wife *as a spouse*?	☐	☐	☐	☐	☐	☐	☐
15. How satisfied are you with your *relationship* with your wife?	☐	☐	☐	☐	☐	☐	☐

Most couples have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your spouse for each item on the following list (check one box per question)

	Always Agree	Almost Always Agree	Occasionally Agree	Frequently Disagree	Almost Always Disagree	Always Disagree
16. Religious matters	☐	☐	☐	☐	☐	☐
17. Demonstration of affection	☐	☐	☐	☐	☐	☐
18. Making Major decisions	☐	☐	☐	☐	☐	☐
19. Sex relations	☐	☐	☐	☐	☐	☐
20. Conventionality (Correct or proper behavior)	☐	☐	☐	☐	☐	☐
21. Career decisions	☐	☐	☐	☐	☐	☐

	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
22. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	☐	☐	☐	☐	☐	☐
23. How often do you and your partner quarrel?	☐	☐	☐	☐	☐	☐
24. Do you ever regret that you are married?	☐	☐	☐	☐	☐	☐
25. How often do you and your mate "get on each other's nerves"?	☐	☐	☐	☐	☐	☐

26. Do you and your mate engage in outside interests together? (check one box)

Everyday	Almost Everyday	Occasionally	Rarely	Never
☐	☐	☐	☐	☐

How often would you say the following events occur between you and your mate? (check one box per question)

27. Have a stimulating exchange of ideas

Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More than once a day
☐	☐	☐	☐	☐	☐

28. Work together on a project

Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More than once a day
☐	☐	☐	☐	☐	☐

29. Calmly discuss something

Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More than once a day
☐	☐	☐	☐	☐	☐

The following questions pertain to the first FEW MONTHS of your marriage. (check one box per question)

30. Which of the following best describes your transition to marriage?

Very Smooth	Fairly Smooth	Fairly Difficult	Very Difficult
☐	☐	☐	☐

31. Would you say the first FEW MONTHS of your marriage was . . .

Much better than I expected	Better than I expected	About what I expected	More difficult than I expected	Much more difficult than I expected
☐	☐	☐	☐	☐

34. The following are areas that might be problematic during the early years of marriage. On a scale from **1 to 9**, please indicate for each item the highest level it is <u>or has ever been</u> problematic within your marriage. (Circle **0** if the item has never been problematic or check **NA** if it is not applicable; only circle one number per item).

	Not problematic									*Very problematic*	*NA*
a. Balancing job and marriage	0	1	2	3	4	5	6	7	8	9	___
b. Birth control	0	1	2	3	4	5	6	7	8	9	___
c. Constant bickering	0	1	2	3	4	5	6	7	8	9	
d. Career											
d1. Wife employment	0	1	2	3	4	5	6	7	8	9	___
d2. Husband employment	0	1	2	3	4	5	6	7	8	9	___
e. Commit to your marriage	0	1	2	3	4	5	6	7	8	9	___
f. Communic with your spouse	0	1	2	3	4	5	6	7	8	9	___
g. Debt brought into marriage	0	1	2	3	4	5	6	7	8	9	___
h. Decision about when to have children	0	1	2	3	4	5	6	7	8	9	___
i. Diff. recreational interests	0	1	2	3	4	5	6	7	8	9	___
j. Expectations about household tasks	0	1	2	3	4	5	6	7	8	9	___
k. Financial decision making	0	1	2	3	4	5	6	7	8	9	___
l. Freq of sexual relations	0	1	2	3	4	5	6	7	8	9	___
m.Gender roles	0	1	2	3	4	5	6	7	8	9	___
n. Ill health	0	1	2	3	4	5	6	7	8	9	___
o. In-laws	0	1	2	3	4	5	6	7	8	9	___
p. Lack of mutual affection (no longer in love)	0	1	2	3	4	5	6	7	8	9	___
q. Lack of mutual friends	0	1	2	3	4	5	6	7	8	9	___
r. Parents	0	1	2	3	4	5	6	7	8	9	___
s. Personality differences	0	1	2	3	4	5	6	7	8	9	___
t. Religious differences	0	1	2	3	4	5	6	7	8	9	___
u. Resolving minor conflicts	0	1	2	3	4	5	6	7	8	9	___
v. Resolving major conflicts	0	1	2	3	4	5	6	7	8	9	___
w. Respect for each other	0	1	2	3	4	5	6	7	8	9	___
x. Showing appreciation	0	1	2	3	4	5	6	7	8	9	___
y. Time spent together	0	1	2	3	4	5	6	7	8	9	___
z. Trusting your spouse	0	1	2	3	4	5	6	7	8	9	___
aa. Unsatisfying sex relations	0	1	2	3	4	5	6	7	8	9	___
bb. Use of emotional force	0	1	2	3	4	5	6	7	8	9	___
cc. Use of verbal force	0	1	2	3	4	5	6	7	8	9	___
dd. Other (_____) please specify	0	1	2	3	4	5	6	7	8	9	___

Here are some final questions about you (check one box per question).

35.Which of the following racial groups best describes you?

American Indian or Alaska Native	Asian	Black or African American	Hispanic or Latino	Pacific Islander
☐	☐	☐	☐	☐

White, non-Hispanic	Multiracial	Other (please specify) _____
☐	☐	

36. What is your highest level of education?

- ☐ Some high school
- ☐ High school graduate
- ☐ Technical school/certificate
- ☐ Some college
- ☐ Associate's degree
- ☐ Bachelor's degree
- ☐ Higher than bachelor's degree

37. Approximately how much consumer debt (NOT including a house mortgage) did YOU enter the marriage with?

☐ None ☐ Under $1,000 ☐ Between $1,000-$5,000 ☐ Between $5,000-$20,000
☐ Between $20,000-$50,000 ☐ Over $50,000

37a. If you brought debt into the marriage, what was the source(s)? (check all that apply)

☐ Medical bills ☐ Credit card ☐ Auto loan ☐ School loan
Other _____
(please specify)

38. What is your **parents'** current marital status?

- ☐ Single and never married
- ☐ Married, first marriage
- ☐ Remarried
- ☐ Divorced
- ☐ Widowed
- ☐ Other

39. Please indicate your present religious affiliation

- ☐ Buddhist
- ☐ Catholic
- ☐ Evangelical Christian
- ☐ Hindu
- ☐ Islamic
- ☐ Jewish
- ☐ Latter-day Saint
- ☐ Protestant
- ☐ No formal religious affiliation
- ☐ Other (please specify) _____

40. Would you consider yourself …

Very Religious	Fairly Religious	Somewhat Religious	Slightly Religious	Not at All Religious
☐	☐	☐	☐	☐

If you would like to receive a summary of results from this survey and be included in similar surveys in the future (perhaps every 2-3 years), please fill out the card that was included in the envelope and mail it in separately from this survey. With your help in completing further surveys we hope to further benefit marriages in Utah and beyond.

Thank you for your participation. Please place the survey in the preaddressed envelope and mail it in.

Kansas Marital Satisfaction Scale

How satisfied are you with your *marriage*?

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

How satisfied are you with your wife *as a spouse*?

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

How satisfied are you with your *relationship* with your wife (or husband)?

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

Satisfaction scores are calculated by adding the three scores for each question together. Scores may range from 3 to 21. Total scores of 17 and above indicate an individual is non-distressed, while scores of 16 and below indicate distress.

APPENDIX D. Time 3 Instrumentation

Survey #_____

In 2002, you participated in a survey of newlyweds in Utah. We are now contacting you and the other couples who responded in their first year of marriage to ask them to again complete a survey to examine some of the changes and adjustments they have experienced in their first years of marriage. This information will be helpful to us in developing educational materials to help strengthen marriages in Utah. Your information is critical in furthering this vital goal. All of the questions on this survey are in regards to your marriage that took place in 2002. Please complete all the questions in each section. Please take the survey separately from your spouse. All responses are confidential. Your answers will be averaged together with all the other respondents in the survey, and will not be individually identified.

When we receive a completed survey from both you and your spouse, you will receive a gift code good for $5 to use in shopping online at Amazon.com. Thank you.

WIFE'S SURVEY

Is this the first marriage for both you and your spouse?

☐ Yes ☐ No

If no, thank you for your participation.

This version of the survey is for wives. Please complete the survey separately from your husband.

SECTION A. MARRIAGE RELATIONSHIP

This first group of questions is about adjustments in your marriage relationship.

1. Do you and your spouse engage in outside interests together?

☐ Almost everyday ☐ Everyday ☐ Occasionally ☐ Rarely ☐ Never

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

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More than once a day
2. Have a stimulating exchange of ideas	☐	☐	☐	☐	☐	☐
3. Work together on a project	☐	☐	☐	☐	☐	☐
4. Calmly discuss something	☐	☐	☐	☐	☐	☐
5. Discuss or work on financial matters	☐	☐	☐	☐	☐	☐

How often do you and your spouse agree or disagree on each item?

	Always Agree	Almost Always Agree	Occasionally Agree	Frequently Disagree	Almost Always Disagree	Always Disagree
6. Religious matters	☐	☐	☐	☐	☐	☐
7. Demonstrating affection	☐	☐	☐	☐	☐	☐
8. Making major decisions	☐	☐	☐	☐	☐	☐
9. How to save/spend money	☐	☐	☐	☐	☐	☐
10. Sexual relations	☐	☐	☐	☐	☐	☐
11. Conventionality (correct/proper behavior)	☐	☐	☐	☐	☐	☐
12. Career decisions	☐	☐	☐	☐	☐	☐

How often do the following things happen?

	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
13. You discuss or consider divorce, separation, or terminating your relationship?	☐	☐	☐	☐	☐	☐
14. You and your partner quarrel?	☐	☐	☐	☐	☐	☐
15. You regret that you are married?	☐	☐	☐	☐	☐	☐
16. You and your partner "get on each other's nerves"?	☐	☐	☐	☐	☐	☐

How satisfied are you with…

	Extremely Satisfied	Very Satisfied	Somewhat Satisfied	Mixed	Somewhat Dissatisfied	Very Dissatisfied	Extremely Dissatisfied
17. your *marriage*?	☐	☐	☐	☐	☐	☐	☐
18. your husband *as a spouse*?	☐	☐	☐	☐	☐	☐	☐
19. your *relationship* with your husband?	☐	☐	☐	☐	☐	☐	☐

Below is a list of potential problem areas in marriage. On a scale from 0 to 9, please indicate how problematic each item currently is within your marriage. (Circle 0 if the item is not at all problematic or check NA if it is not applicable; <u>only circle one number per item</u>).

	Not at all problematic									Very problematic	
20. Balancing job and marriage	0	1	2	3	4	5	6	7	8	9	NA
21. Birth control	0	1	2	3	4	5	6	7	8	9	NA
22. Constant bickering	0	1	2	3	4	5	6	7	8	9	NA
23. Wife employment	0	1	2	3	4	5	6	7	8	9	NA
24. Husband employment	0	1	2	3	4	5	6	7	8	9	NA
25. Commitment to your marriage	0	1	2	3	4	5	6	7	8	9	NA
26. Communication with your spouse	0	1	2	3	4	5	6	7	8	9	NA
27. Debt brought into marriage	0	1	2	3	4	5	6	7	8	9	NA
28. Decision about when to have children	0	1	2	3	4	5	6	7	8	9	NA
29. Different recreational interests	0	1	2	3	4	5	6	7	8	9	NA
30. Expectations about household tasks	0	1	2	3	4	5	6	7	8	9	NA
31. Financial decision making	0	1	2	3	4	5	6	7	8	9	NA
32. Frequency of sexual relations	0	1	2	3	4	5	6	7	8	9	NA
33. Gender roles	0	1	2	3	4	5	6	7	8	9	NA
34. Ill health	0	1	2	3	4	5	6	7	8	9	NA
35. In-laws	0	1	2	3	4	5	6	7	8	9	NA
36. Lack of mutual affection (no longer in love)	0	1	2	3	4	5	6	7	8	9	NA
37. Lack of mutual friends	0	1	2	3	4	5	6	7	8	9	NA
38. Parents	0	1	2	3	4	5	6	7	8	9	NA
39. Personality differences	0	1	2	3	4	5	6	7	8	9	NA
40. Religious differences	0	1	2	3	4	5	6	7	8	9	NA
41. Resolving minor conflicts	0	1	2	3	4	5	6	7	8	9	NA
42. Resolving major conflicts	0	1	2	3	4	5	6	7	8	9	NA
43. Respect for each other	0	1	2	3	4	5	6	7	8	9	NA
44. Saving practices	0	1	2	3	4	5	6	7	8	9	NA
45. Showing appreciation	0	1	2	3	4	5	6	7	8	9	NA
46. Spending practices	0	1	2	3	4	5	6	7	8	9	NA
47. Time spent together	0	1	2	3	4	5	6	7	8	9	NA
48. Trusting your spouse	0	1	2	3	4	5	6	7	8	9	NA
49. Unsatisfying sexual relations	0	1	2	3	4	5	6	7	8	9	NA
50. Use of emotional force	0	1	2	3	4	5	6	7	8	9	NA
51. Use of verbal force	0	1	2	3	4	5	6	7	8	9	NA
52. Other (_____) Please specify	0	1	2	3	4	5	6	7	8	9	NA

Please think about your daily interactions with your husband. In a typical day, how frequently do YOU:

	Never	Once or Twice	A few times	Several Times	Many Times
53. Compliment your husband	☐	☐	☐	☐	☐
54. Make your husband laugh	☐	☐	☐	☐	☐
55. Say "I love you" to your husband	☐	☐	☐	☐	☐
56. Do something nice for your husband	☐	☐	☐	☐	☐
57. Talk about the day's events with your husband	☐	☐	☐	☐	☐
58. Share physical affection (kissing, hugging) with your husband	☐	☐	☐	☐	☐
59. Share emotions, feelings, or problems with your husband	☐	☐	☐	☐	☐
60. Seem bored or uninterested with your husband	☐	☐	☐	☐	☐
61. Dominate the conversation with your husband	☐	☐	☐	☐	☐
62. Show anger or impatience towards your husband	☐	☐	☐	☐	☐
63. Criticize or complain to your husband	☐	☐	☐	☐	☐
64. Fail to do something that your husband asked	☐	☐	☐	☐	☐
65. Do things that annoy (e.g., habits) your husband	☐	☐	☐	☐	☐

Please think about your daily interactions with your spouse. In YOUR opinion, in a typical day how frequently does your HUSBAND:

	Never	Once or Twice	A few times	Several Times	Many Times
66. Compliment you	☐	☐	☐	☐	☐
67. Make you laugh	☐	☐	☐	☐	☐
68. Say "I love you"	☐	☐	☐	☐	☐
69. Do something nice for you	☐	☐	☐	☐	☐
70. Talk about the day's events with you	☐	☐	☐	☐	☐
71. Share physical affection (kissing, hugging) with you	☐	☐	☐	☐	☐
72. Share emotions, feelings, or problems	☐	☐	☐	☐	☐
73. Seem bored or uninterested with you	☐	☐	☐	☐	☐
74. Dominate the conversation with you	☐	☐	☐	☐	☐
75. Show anger or impatience towards you	☐	☐	☐	☐	☐
76. Criticize or complain to you	☐	☐	☐	☐	☐
77. Fail to do something that you asked	☐	☐	☐	☐	☐
78. Do things that annoy you	☐	☐	☐	☐	☐

When negative changes have occurred in marriage, spouses sometimes experience a sense of disillusionment, disappointment, or disenchantment. To which extent do you agree with the following statements?

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
79. I am very disappointed in my marriage.	1	2	3	4	5
80. I am very disappointed in my husband.	1	2	3	4	5
81. My spouse used to be my best friend; now I often don't like him as a person.	1	2	3	4	5
82. I feel tricked, cheated, or deceived by love.	1	2	3	4	5
83. Marriage is not as enjoyable as I had expected it to be.	1	2	3	4	5
84. If I could go back in time, I would not marry my husband again.	1	2	3	4	5

85. How long – in weeks – has it been since just the two of you went out on a date? _____

SECTION B. ADJUSTMENTS TO PARENTHOOD

Questions in this section are ONLY for women who have had a child <u>since you have been married to your current husband</u>. If you have not had a child since your 2002 marriage, please skip to SECTION C.

Below is a list of potential problem areas in marriage having to do with children. On a scale from 0 to 9, please indicate how problematic each item currently is within your marriage. (Circle 0 if the item is not at all problematic or check NA if it is not applicable; <u>only circle one number per item</u>).

	Not at all problematic									Very problematic	
1. Child care/day care issues	0	1	2	3	4	5	6	7	8	9	NA
2. Father's role in parenting	0	1	2	3	4	5	6	7	8	9	NA
3. Mother's role in parenting	0	1	2	3	4	5	6	7	8	9	NA
4. Children's impact on marital relationship	0	1	2	3	4	5	6	7	8	9	NA
5. Balancing parenting and couple time	0	1	2	3	4	5	6	7	8	9	NA
6. Child's expenses	0	1	2	3	4	5	6	7	8	9	NA

7. Was your most recent child born within the past…

☐ 3 months ☐ 9 months ☐ 1 ½ years
☐ 6 months ☐ 1 year ☐ 2 or more years

8. Was your most recent child unplanned or unexpected? (You were not trying to have a child at the time of conception).

☐ No, we were trying to have a child ☐ Yes, we were not expecting this pregnancy

The following statements describe feelings and perceptions about the experience of being a parent. Think of each of the items in terms of how your relationship with your child or children typically is. Please indicate the degree to which you agree or disagree with the following items by marking the appropriate box in the space provided.

	Strongly disagree	Disagree	Undecided	Agree	Strongly Agree
9. I am happy in my role as a parent.	☐	☐	☐	☐	☐
10. There is little or nothing I wouldn't do for my child(ren) if it was necessary.	☐	☐	☐	☐	☐
11. Caring for my child(ren) sometimes takes more time and energy than I have to give	☐	☐	☐	☐	☐
12. I sometimes worry whether I am doing enough for my child(ren).	☐	☐	☐	☐	☐
13. I feel close to my child(ren).	☐	☐	☐	☐	☐
14. I enjoy spending time with my child(ren)	☐	☐	☐	☐	☐
15. My child(ren) is an important source of affection for me	☐	☐	☐	☐	☐
16. Having child(ren) gives me a more certain and optimistic view for the future.	☐	☐	☐	☐	☐
17. The major source of stress in my life is my child(ren).	☐	☐	☐	☐	☐
18. Having child(ren) leaves little time and flexibility in my life.	☐	☐	☐	☐	☐
19. Having child(ren) has been a financial burden.	☐	☐	☐	☐	☐
20. It is difficult to balance different responsibilities because of my child(ren).	☐	☐	☐	☐	☐
21. The behavior of my child(ren) is often embarrassing or stressful to me.	☐	☐	☐	☐	☐
22. If I had it to do over again, I might decide not to have child(ren).	☐	☐	☐	☐	☐
23. I feel overwhelmed by the responsibility of being a parent.	☐	☐	☐	☐	☐
24. Having child(ren) has meant having too few choices and too little control over my life.	☐	☐	☐	☐	☐
25. I am satisfied as a parent.	☐	☐	☐	☐	☐
26. I find my child(ren) enjoyable.	☐	☐	☐	☐	☐

Please rate your husband's involvement with your child or children in the following areas according to the scales below.

Please rate your husband ***as you think he really*** is by indicating the appropriate number on the line *before* each of the following items.

5. Always involved
4. Often involved
3. Sometimes involved
2. Rarely involved
1. Never involved

Please rate your husband ***as you would ideally like him to be*** by indicating the appropriate number on the line *after* each of the following items.

5. Much more involved
4. A little more involved
3. It was just right
2. A little less involved
1. Much less involved

5	4	3	2	1	27. Intellectual Development	5	4	3	2	1
5	4	3	2	1	28. Emotional Development	5	4	3	2	1
5	4	3	2	1	29. Social Development	5	4	3	2	1
5	4	3	2	1	30. Ethical/Moral Development	5	4	3	2	1
5	4	3	2	1	31. Spiritual Development	5	4	3	2	1
5	4	3	2	1	32. Physical Development	5	4	3	2	1
5	4	3	2	1	33. Developing Responsibility	5	4	3	2	1
5	4	3	2	1	34. Developing Independence	5	4	3	2	1
5	4	3	2	1	35. Developing Competence	5	4	3	2	1
5	4	3	2	1	36. Leisure, Fun, Play	5	4	3	2	1
5	4	3	2	1	37. Providing Income	5	4	3	2	1
5	4	3	2	1	38. Sharing Activities/Interests	5	4	3	2	1
5	4	3	2	1	39. Mentoring/Teaching	5	4	3	2	1
5	4	3	2	1	40. Caregiving	5	4	3	2	1
5	4	3	2	1	41. Being Protective	5	4	3	2	1
5	4	3	2	1	42. Advising	5	4	3	2	1
5	4	3	2	1	43. Discipline	5	4	3	2	1
5	4	3	2	1	44. School/Homework	5	4	3	2	1
5	4	3	2	1	45. Companionship	5	4	3	2	1

46. **How much does your husband *enjoy* being a father?**
    - ☐ A great deal
    - ☐ Very Much
    - ☐ Somewhat
    - ☐ A little
    - ☐ Not at all

47. **When your child needed *support,* was your husband there for him/her?**
    - ☐ Always there
    - ☐ Often there
    - ☐ Sometimes there
    - ☐ Rarely there
    - ☐ Never there

48. **Does your husband have enough *energy* to meet your child's needs?**
    ☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

49. **Do you feel that your child can *confide* (talk about personal things) with your husband?**
    ☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

50. **Is your husband available to spend *time* with your child in activities?**
☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

51. **How *emotionally close* is your husband to your child?**
☐ Extremely close
☐ Very close
☐ Somewhat close
☐ A little close
☐ Not at all close

52. **Overall, how would you *rate* your husband as a father?**
☐ Outstanding
☐ Very good
☐ Good
☐ Fair
☐ Poor

53. **As your husband goes through his day, how much of a *psychological presence* does your child have in his daily thoughts and feelings?**
☐ Always there
☐ Often there
☐ Sometimes there
☐ Rarely there
☐ Never there

54. **Is your husband's relationship with your child:**
☐ Extremely close
☐ Quite close
☐ Fairly close
☐ Not very close

55. **How much do you want your child to be like the kind of person your husband is when he/she is an adult?**
☐ A lot ☐ Quite a bit ☐ Just a little ☐ Not at all

56. **Do your husband and your child do things together that your husband enjoys?**
☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

57. **When your child has done something especially good, does your husband:**
☐ Often tell him/her that he is pleased
☐ Sometimes tell him/her that he is pleased
☐ Never tell him/her that he is pleased?

58. **When your child has done something wrong, does your husband:**
☐ Often talk to him/her about what he/she did wrong
☐ Sometimes talk to him/her about what he/she did wrong
☐ Never talk to him/her about what he/she did wrong?

59. **In your child's first year, how often did your husband participate in the following activities of physical care?**

	Always	Often	Sometimes	Rarely	Never
A. Changing diapers	☐	☐	☐	☐	☐
B. Getting out of bed at night	☐	☐	☐	☐	☐
C. Washing and bathing	☐	☐	☐	☐	☐
D. Taking child to the doctor	☐	☐	☐	☐	☐
E. Staying home with sick child	☐	☐	☐	☐	☐

60. **How often does your husband participate in the following activities with your child?**

	Always	Often	Sometimes	Rarely	Never
A. Buying presents for child's birthday	☐	☐	☐	☐	☐
B. Going on outings with child	☐	☐	☐	☐	☐
C. Reading	☐	☐	☐	☐	☐
D. Playing	☐	☐	☐	☐	☐
E. Snuggling/Holding/Rocking/Soothing	☐	☐	☐	☐	☐

61. **Listed below are some common challenges that many people experience as they become new parents. Please tell us how much of a problem each of these challenges has actually been for you personally so far.**

	A very big problem	A pretty big problem	Somewhat of a problem	Not much of a problem	No problem at all
1. Sharing housework	☐	☐	☐	☐	☐
2. Sharing childcare	☐	☐	☐	☐	☐
3. Finding time for personal leisure	☐	☐	☐	☐	☐
4. Maintaining an enjoyable sexual relationship	☐	☐	☐	☐	☐
5. Finding money to pay for child's expenses	☐	☐	☐	☐	☐
6. Feeling more distant from your spouse	☐	☐	☐	☐	☐
7. Balancing work/school and family responsibilities	☐	☐	☐	☐	☐
8. Finding time to be just with your spouse	☐	☐	☐	☐	☐

62. **Overall, how well do you feel you have been able to adjust to all the changes that go along with becoming new parents?**

☐ Not at all ☐ Not too well ☐ Fairly well ☐ Pretty well ☐ Very well

SECTION C. DIVISION OF HOUSEHOLD RESPONSIBILITIES

Now let us ask you a few questions about how you and your spouse divide up the common tasks in your household..

In your family, who is generally responsible for each of the following?	**Husband Alone**	**Mostly Husband**	**Both Husband and Wife**	**Mostly Wife**	**Wife Alone**	**Neither**
1. Food preparation	☐	☐	☐	☐	☐	☐
2. Planning menus	☐	☐	☐	☐	☐	☐
3. Shopping for food	☐	☐	☐	☐	☐	☐
4. After-meal cleanup	☐	☐	☐	☐	☐	☐
5. Chauffeuring child(ren)	☐	☐	☐	☐	☐	☐
6. Attending functions with child(ren)	☐	☐	☐	☐	☐	☐
7. Daily care of child(ren)	☐	☐	☐	☐	☐	☐
8. Minor car repairs	☐	☐	☐	☐	☐	☐
9. Washing car(s)	☐	☐	☐	☐	☐	☐
10. Repair and maintenance of the house	☐	☐	☐	☐	☐	☐
11. Organizing social activities	☐	☐	☐	☐	☐	☐
12. Planning family recreation	☐	☐	☐	☐	☐	☐
13. Coordinating day-to-day family activities	☐	☐	☐	☐	☐	☐
14. Paying bills and balancing the checkbook	☐	☐	☐	☐	☐	☐
15. Planning investments	☐	☐	☐	☐	☐	☐
16. Vacuuming	☐	☐	☐	☐	☐	☐
17. Other cleaning	☐	☐	☐	☐	☐	☐
18. Laundry	☐	☐	☐	☐	☐	☐
19. Gardening	☐	☐	☐	☐	☐	☐
20. Lawn mowing and care	☐	☐	☐	☐	☐	☐

	True	Mostly True	Partially True	Mostly Not True	Not True
21. I am pleased with the how my spouse and I divide household tasks.	☐	☐	☐	☐	☐

Consider both positive (satisfying) and negative (dissatisfying) aspects of housework (including childcare) and paid work to evaluate the truthfulness of the following statements in your life. If you are not currently employed outside your home answer how you feel you would respond if you were currently employed.

	True	Mostly True	Partially True	Mostly Not True	Not True
22. I enjoy the work that I do at home more than the work I do at work.	☐	☐	☐	☐	☐
23. I would rather cope with the stresses at work than those at home.	☐	☐	☐	☐	☐
24. I find the labor I do at home more rewarding than the labor I do at work.	☐	☐	☐	☐	☐

25. On average, how much time do you and your spouse spend on housework (including childcare) during a typical week?

Husband:

☐ 1-5 hours ☐ 26-30 hours
☐ 6-10 hours ☐ 31-35 hours
☐ 11-15 hours ☐ 36-40 hours
☐ 16-20 hours ☐ More than 40 hours a week
☐ 21-25 hours

Wife:

☐ 1-5 hours ☐ 26-30 hours
☐ 6-10 hours ☐ 31-35 hours
☐ 11-15 hours ☐ 36-40 hours
☐ 16-20 hours ☐ More than 40 hours a week
☐ 21-25 hours

SECTION D. RELIGIOSITY AND SPIRITUALITY

Religion and/or spirituality is an important part of most marriages. Please answer a few questions about this aspect of your marriage.

1. Please indicate your present religious affiliation
   - ☐ Buddhist
   - ☐ Catholic
   - ☐ Evangelical Christian
   - ☐ Hindu
   - ☐ Islamic
   - ☐ Jewish
   - ☐ Latter-day Saint
   - ☐ Protestant
   - ☐ No formal religious affiliation
   - ☐ Other (please specify)

   _____

2. For you, how important is religion to your *relationship*?
   ☐ Not at all important ☐ Slightly important ☐ Somewhat important
   ☐ Fairly important ☐ Very important

3. All things considered, how *religious* would you say that you are?
   ☐ Not at all religious ☐ Slightly religious ☐ Somewhat religious
   ☐ Fairly religious ☐ Very religious

4. All things considered, how *spiritual* would you say that you are?
   ☐ Not at all spiritual ☐ Slightly spiritual ☐ Somewhat spiritual
   ☐ Fairly spiritual ☐ Very spiritual

How often do you do the following things as a couple and individually?

5. Attend religious services in a typical *month*:	As a couple	0	1	2	3	4	5	6	7+
	Without your spouse	0	1	2	3	4	5	6	7+
6. Talk about religion and/or spiritual topics in a typical *week*:	As a couple	0	1	2	3	4	5	6	7+
	Without your spouse	0	1	2	3	4	5	6	7+
7. Pray in a typical *week*:	As a couple	0	1	2	3	4	5	6	7+
	Without your spouse	0	1	2	3	4	5	6	7+
8. Read spiritual or religious texts (scripture, books, magazines, etc.) in a typical *week*:	As a couple	0	1	2	3	4	5	6	7+
	Without your spouse	0	1	2	3	4	5	6	7+

SECTION E. GENERAL INFORMATION

This section asks general information about you and your spouse.

1. Do you currently live in Utah? ☐ Yes ☐ No

2. How long have you been married? _____ Years _____ Months

3. What is your highest level of education?
   - ☐ Some high school
   - ☐ High school graduate
   - ☐ Technical school/certificate
   - ☐ Associate's degree
   - ☐ Bachelor's degree
   - ☐ Higher than bachelor's degree

☐ Some college

4. What is your current work status?
   ☐ Working full-time
   ☐ Working part-time
   ☐ Work full-time while attending school
   ☐ Work part-time while attending school
   ☐ Full-time student/not working
   ☐ Part-time student/not working
   ☐ Full-time homemaker
   ☐ Unemployed/looking for work
   ☐ Retired
   ☐ Disabled
   ☐ Other

5. Please list the age and gender of all children born since your 2002 marriage currently residing with you.
   ☐ We/I currently have no children living with us/me.
   ☐ We/I are/am expecting a child.

Age	Gender	
	☐ Male	☐ Female
	☐ Male	☐ Female
	☐ Male	☐ Female
	☐ Male	☐ Female
	☐ Male	☐ Female
	☐ Male	☐ Female

6. What is your **parents'** current marital status?
   ☐ Single and never married
   ☐ Married, first marriage
   ☐ Remarried
   ☐ Divorced
   ☐ Widowed
   ☐ Other

7. Many couples have debt from sources **other than a home mortgage**. Please indicate whether you have any of the types of debt listed below and the amount of that debt.

Yes No
☐ ☐ **Credit cards** ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐$15,000 or more

☐ ☐ **Auto loans** ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐$15,000 or more

☐ ☐ **School loans** ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐$15,000 or more

☐ ☐ **Medical bills** ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐$15,000 or more

☐ ☐ _____ ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐$15,000 or more
(Other, not including mortgage)

8. Overall, has your financial situation become worse (more debt/expenses) or better since your first year of marriage?
   ☐ Much better ☐ Somewhat better ☐ Stayed about the same ☐ Somewhat worse ☐ Much worse

8a. If you answered "somewhat worse" or "much worse" please indicate how much each of the following items contributed by circling the appropriate number on the scale.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
We/I have ignored or avoided the issue	1	2	3	4	5
We/I have taken on more debt due to school-related expenses	1	2	3	4	5
We/I have taken on more debt due to consumer expenses	1	2	3	4	5
We have strong disagreements about spending habits and budgeting	1	2	3	4	5
We/I have experienced unexpected challenges (job loss, medical costs, etc.)	1	2	3	4	5
We/I have taken on mortgage debt	1	2	3	4	5
Other (_____)	1	2	3	4	5

9. Have you ever sought counseling about your marriage from a therapist OR from a religious leader?
   ☐ Neither ☐ Therapist ☐ Religious leader ☐ Both

10. Would you consider using relationship education, such as workshops or classes to strengthen your marriage?
    ☐ Yes ☐ No

11. How interested are you now in taking a free class designed for couples at your stage of marriage?
    ☐ Very interested ☐ Somewhat interested ☐ Somewhat uninterested ☐ Very uninterested

12. Now that you have been married for a few years, how likely is it that you would recommend premarital education to other dating/engaged couples?
    ☐ Definitely would ☐ Probably would ☐ Probably would not ☐ Definitely would not

13. Have either of you accessed the Marriage web site at www.UtahMarriage.org ?
    ☐ Yes ☐ No

    13a. If yes, how helpful was this web site?
    ☐ Very helpful ☐ Somewhat helpful ☐ Not very helpful ☐ Not at all helpful

14. For statistical purposes only, what is your current (combined) annual household income?
    ☐ Under $10,000
    ☐ $10,000 to $19,999
    ☐ $20,000 to $29,999
    ☐ $30,000 to $39,999
    ☐ $40,000 to $49,999
    ☐ $50,000 to $59,999
    ☐ $60,000 to $69,999
    ☐ $70,000 to $79,999
    ☐ $80,000 to $89,999
    ☐ $90,000 to $99,999
    ☐ $100,000 or more

Thank You!

Survey #_____

In 2002, you participated in a survey of newlyweds in Utah. We are now contacting you and the other couples who responded in their first year of marriage to ask them to again complete a survey to examine some of the changes and adjustments they have experienced in their first years of marriage. This information will be helpful to us in developing educational materials to help strengthen marriages in Utah. Your information is critical in furthering this vital goal. All of the questions on this survey are in regards to your marriage that took place in 2002. Please complete all the questions in each section. Please take the survey separately from your spouse. All responses are confidential. Your answers will be averaged together with all the other respondents in the survey, and will not be individually identified.

When we receive a completed survey from both you and your spouse, you will receive a gift code good for $5 to use in shopping online at Amazon.com. Thank you.

HUSBAND'S SURVEY

Is this the first marriage for both you and your spouse?
☐ Yes ☐ No
If no, thank you for your participation.

This version of the survey is for wives. Please complete the survey separately from your wife.
SECTION A. MARRIAGE RELATIONSHIP

This first group of questions is about adjustments in your marriage relationship.
86. Do you and your spouse engage in outside interests together?
☐ Almost every day ☐ Everyday ☐ Occasionally ☐ Rarely ☐ Never

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

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More than once a day
87. Have a stimulating exchange of ideas	☐	☐	☐	☐	☐	☐
88. Work together on a project	☐	☐	☐	☐	☐	☐
89. Calmly discuss something	☐	☐	☐	☐	☐	☐
90. Discuss or work on financial matters	☐	☐	☐	☐	☐	☐

How often do you and your spouse agree or disagree on each item?

	Always Agree	Almost Always Agree	Occasionally Agree	Frequently Disagree	Almost Always Disagree	Always Disagree
91. Religious matters	☐	☐	☐	☐	☐	☐
92. Demonstrating affection	☐	☐	☐	☐	☐	☐
93. Making major decisions	☐	☐	☐	☐	☐	☐
94. How to save/spend money	☐	☐	☐	☐	☐	☐
95. Sexual relations	☐	☐	☐	☐	☐	☐
96. Conventionality (correct/proper behavior)	☐	☐	☐	☐	☐	☐
97. Career decisions	☐	☐	☐	☐	☐	☐

How often do the following things happen?

	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
98. You discuss or consider divorce, separation, or terminating your relationship?	☐	☐	☐	☐	☐	☐
99. You and your partner quarrel?	☐	☐	☐	☐	☐	☐
100. You regret that you are married?	☐	☐	☐	☐	☐	☐
101. You and your partner "get on each other's nerves"?	☐	☐	☐	☐	☐	☐

Hw satisfied are you with…

	Extremely Satisfied	Very Satisfied	Somewhat Satisfied	Mixed	Somewhat Dissatisfied	Very Dissatisfied	Extremely Dissatisfied
102. your *marriage*?	☐	☐	☐	☐	☐	☐	☐
103. your wife *as a spouse*?	☐	☐	☐	☐	☐	☐	☐
104. your *relationship* with your wife?	☐	☐	☐	☐	☐	☐	☐

Below is a list of potential problem areas in marriage. On a scale from 0 to 9, please indicate how problematic each item currently is within your marriage. (Circle 0 if the item is not at all problematic or check NA if it is not applicable; <u>only circle one number per item</u>).

	Not at all problematic									Very problematic	
105. Balancing job and marriage	0	1	2	3	4	5	6	7	8	9	NA
106. Birth control	0	1	2	3	4	5	6	7	8	9	NA
107. Constant bickering	0	1	2	3	4	5	6	7	8	9	NA
108. Wife employment	0	1	2	3	4	5	6	7	8	9	NA
109. Husband employment	0	1	2	3	4	5	6	7	8	9	NA
110. Commitment to your marriage	0	1	2	3	4	5	6	7	8	9	NA
111. Communication with your spouse	0	1	2	3	4	5	6	7	8	9	NA
112. Debt brought into marriage	0	1	2	3	4	5	6	7	8	9	NA
113. Decision about when to have children	0	1	2	3	4	5	6	7	8	9	NA
114. Different recreational interests	0	1	2	3	4	5	6	7	8	9	NA
115. Expectations about household tasks	0	1	2	3	4	5	6	7	8	9	NA

116. Financial decision making	0	1	2	3	4	5	6	7	8	9	NA
117. Frequency of sexual relations	0	1	2	3	4	5	6	7	8	9	NA
118. Gender roles	0	1	2	3	4	5	6	7	8	9	NA
119. Ill health	0	1	2	3	4	5	6	7	8	9	NA
120. In-laws	0	1	2	3	4	5	6	7	8	9	NA
121. Lack of mutual affection (no longer in love)	0	1	2	3	4	5	6	7	8	9	NA
122. Lack of mutual friends	0	1	2	3	4	5	6	7	8	9	NA
123. Parents	0	1	2	3	4	5	6	7	8	9	NA
124. Personality differences	0	1	2	3	4	5	6	7	8	9	NA
125. Religious differences	0	1	2	3	4	5	6	7	8	9	NA
126. Resolving minor conflicts	0	1	2	3	4	5	6	7	8	9	NA
127. Resolving major conflicts	0	1	2	3	4	5	6	7	8	9	NA
128. Respect for each other	0	1	2	3	4	5	6	7	8	9	NA
129. Saving practices	0	1	2	3	4	5	6	7	8	9	NA
130. Showing appreciation	0	1	2	3	4	5	6	7	8	9	NA
131. Spending practices	0	1	2	3	4	5	6	7	8	9	NA
132. Time spent together	0	1	2	3	4	5	6	7	8	9	NA
133. Trusting your spouse	0	1	2	3	4	5	6	7	8	9	NA
134. Unsatisfying sexual relations	0	1	2	3	4	5	6	7	8	9	NA
135. Use of emotional force	0	1	2	3	4	5	6	7	8	9	NA
136. Use of verbal force	0	1	2	3	4	5	6	7	8	9	NA
137. Other (_____) Please specify	0	1	2	3	4	5	6	7	8	9	NA

Please think about your daily interactions with your wife. In a typical day, how frequently do YOU:

	Never	Once or Twice	A few times	Several Times	Many Times
138. Compliment your wife	☐	☐	☐	☐	☐
139. Make your wife laugh	☐	☐	☐	☐	☐
140. Say "I love you" to your wife	☐	☐	☐	☐	☐
141. Do something nice for your wife	☐	☐	☐	☐	☐
142. Talk about the day's events with your wife	☐	☐	☐	☐	☐
143. Share physical affection (kissing, hugging) with your wife	☐	☐	☐	☐	☐
144. Share emotions, feelings, or problems with your wife	☐	☐	☐	☐	☐

145. Seem bored or uninterested with your wife	☐	☐	☐	☐	☐
146. Dominate the conversation with your wife	☐	☐	☐	☐	☐
147. Show anger or impatience towards your wife	☐	☐	☐	☐	☐
148. Criticize or complain to your wife	☐	☐	☐	☐	☐
149. Fail to do something that your wifeasked	☐	☐	☐	☐	☐
150. Do things that annoy (e.g., habits) your wife	☐	☐	☐	☐	☐

Please think about your daily interactions with your spouse. In YOUR opinion, in a typical day how frequently does your WIFE:

	Never	Once or Twice	A few times	Several Times	Many Times
151. Compliment you	☐	☐	☐	☐	☐
152. Make you laugh	☐	☐	☐	☐	☐
153. Say "I love you"	☐	☐	☐	☐	☐
154. Do something nice for you	☐	☐	☐	☐	☐
155. Talk about the day's events with you	☐	☐	☐	☐	☐
156. Share physical affection (kissing, hugging) with you	☐	☐	☐	☐	☐
157. Share emotions, feelings, or problems	☐	☐	☐	☐	☐
158. Seem bored or uninterested with you	☐	☐	☐	☐	☐
159. Dominate the conversation with you	☐	☐	☐	☐	☐
160. Show anger or impatience towards you	☐	☐	☐	☐	☐
161. Criticize or complain to you	☐	☐	☐	☐	☐
162. Fail to do something that you asked	☐	☐	☐	☐	☐
163. Do things that annoy you	☐	☐	☐	☐	☐

When negative changes have occurred in marriage, spouses sometimes experience a sense of disillusionment, disappointment, or disenchantment. To which extent do you agree with the following statements?

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
164. I am very disappointed in my marriage.	1	2	3	4	5
165. I am very disappointed in my wife.	1	2	3	4	5
166. My spouse used to be my best friend; now I often don't like him as a person.	1	2	3	4	5
167. I feel tricked, cheated, or deceived by love.	1	2	3	4	5
168. Marriage is not as enjoyable as I had expected it to be.	1	2	3	4	5
169. If I could go back in time, I would not marry my wife again.	1	2	3	4	5

170. How long – in weeks – has it been since just the two of you went out on a date? _____

SECTION B. ADJUSTMENTS TO PARENTHOOD

Questions in this section are ONLY for women who have had a child <u>since you have been married to your current wife</u>. If you have not had a child since your 2002 marriage, please skip to SECTION C.

Below is a list of potential problem areas in marriage having to do with children. On a scale from 0 to 9, please indicate how problematic each item currently is within your marriage. (Circle 0 if the item is not at all problematic or check NA if it is not applicable; <u>only circle one number per item</u>).

	Not at all problematic									Very problematic	
63. Child care/day care issues	0	1	2	3	4	5	6	7	8	9	NA
64. Father's role in parenting	0	1	2	3	4	5	6	7	8	9	NA
65. Mother's role in parenting	0	1	2	3	4	5	6	7	8	9	NA
66. Children's impact on marital relationship	0	1	2	3	4	5	6	7	8	9	NA
67. Balancing parenting and couple time	0	1	2	3	4	5	6	7	8	9	NA
68. Child's expenses	0	1	2	3	4	5	6	7	8	9	NA

69. Was your most recent child born within the past…
☐ 3 months ☐ 9 months ☐ 1 ½ years
☐ 6 months ☐ 1 year ☐ 2 or more years

70. Was your most recent child unplanned or unexpected? (You were not trying to have a child at the time of conception).
☐ No, we were trying to have a child ☐ Yes, we were not expecting this pregnancy

The following statements describe feelings and perceptions about the experience of being a parent. Think of each of the items in terms of how your relationship with your child or children typically is. Please indicate the degree to which you agree or disagree with the following items by marking the appropriate box in the space provided.

	Strongly disagree	Disagree	Undecided	Agree	Strongly Agree
71. I am happy in my role as a parent.	☐	☐	☐	☐	☐
72. There is little or nothing I wouldn't do for my child(ren) if it was necessary.	☐	☐	☐	☐	☐
73. Caring for my child(ren) sometimes takes more time and energy than I have to give	☐	☐	☐	☐	☐
74. I sometimes worry whether I am doing enough for my child(ren).	☐	☐	☐	☐	☐
75. I feel close to my child(ren).	☐	☐	☐	☐	☐
76. I enjoy spending time with my child(ren)	☐	☐	☐	☐	☐
77. My child(ren) is an important source of affection for me	☐	☐	☐	☐	☐

78. Having child(ren) gives me a more certain and optimistic view for the future.	☐	☐	☐	☐	☐
79. The major source of stress in my life is my child(ren).	☐	☐	☐	☐	☐
80. Having child(ren) leaves little time and flexibility in my life.	☐	☐	☐	☐	☐
81. Having child(ren) has been a financial burden.	☐	☐	☐	☐	☐
82. It is difficult to balance different responsibilities because of my child(ren).	☐	☐	☐	☐	☐
83. The behavior of my child(ren) is often embarrassing or stressful to me.	☐	☐	☐	☐	☐
84. If I had it to do over again, I might decide not to have child(ren).	☐	☐	☐	☐	☐
85. I feel overwhelmed by the responsibility of being a parent.	☐	☐	☐	☐	☐
86. Having child(ren) has meant having too few choices and too little control over my life.	☐	☐	☐	☐	☐
87. I am satisfied as a parent.	☐	☐	☐	☐	☐
88. I find my child(ren) enjoyable.	☐	☐	☐	☐	☐

Please rate your wife's involvement with your child or children in the following areas according to the scales below.

Please rate your wife ***as you think she really*** is by indicating the appropriate number on the line *before* each of the following items.

5. Always involved
4. Often involved
3. Sometimes involved
2. Rarely involved
1. Never involved

Please rate your wife ***as you would ideally like her to be*** by indicating the appropriate number on the line *after* each of the following items.

5. Much more involved
4. A little more involved
3. It was just right
2. A little less involved
1. Much less involved

5	4	3	2	1	89. Intellectual Development	5	4	3	2	1
5	4	3	2	1	90. Emotional Development	5	4	3	2	1
5	4	3	2	1	91. Social Development	5	4	3	2	1
5	4	3	2	1	92. Ethical/Moral Development	5	4	3	2	1
5	4	3	2	1	93. Spiritual Development	5	4	3	2	1
5	4	3	2	1	94. Physical Development	5	4	3	2	1
5	4	3	2	1	95. Developing Responsibility	5	4	3	2	1
5	4	3	2	1	96. Developing Independence	5	4	3	2	1
5	4	3	2	1	97. Developing Competence	5	4	3	2	1
5	4	3	2	1	98. Leisure, Fun, Play	5	4	3	2	1
5	4	3	2	1	99. Providing Income	5	4	3	2	1
5	4	3	2	1	100. Sharing Activities/Interests	5	4	3	2	1
5	4	3	2	1	101. Mentoring/Teaching	5	4	3	2	1
5	4	3	2	1	102. Caregiving	5	4	3	2	1
5	4	3	2	1	103. Being Protective	5	4	3	2	1
5	4	3	2	1	104. Advising	5	4	3	2	1
5	4	3	2	1	105. Discipline	5	4	3	2	1
5	4	3	2	1	106. School/Homework	5	4	3	2	1
5	4	3	2	1	107. Companionship	5	4	3	2	1

108. **How much does your wife *enjoy* being a father?**
☐ A great dea ☐ Very Much ☐ Somewhat
☐ A little ☐ Not at all

109. **When your child needed *support*, was your wife there for him/her?**
☐ Always there ☐ Often there ☐ Sometimes there
☐ Rarely there ☐ Never there

110. **Does your wife have enough *energy* to meet your child's needs?**
☐ Always ☐ Often ☐ Sometimes
☐ Rarely ☐ Never

111. **Do you feel that your child can *confide* (talk about personal things) with your wife?**
☐ Always ☐ Often ☐ Sometimes
☐ Rarely ☐ Never

112. **Is your wife available to spend *time* with your child in activities?**
☐ Always ☐ Often ☐ Sometimes
☐ Rarely ☐ Never

113. **How *emotionally close* is your wife to your child?**
☐ Extremely close ☐ Very close ☐ Somewhat close
☐ A little close ☐ Not at all close

114. **Overall, how would you *rate* your wife as a father?**
☐ Outstanding ☐ Very good ☐ Good
☐ Fair ☐ Poor

115. **As your wife goes through his day, how much of a *psychological presence* does your child have in his daily thoughts and feelings?**
☐ Always there ☐ Often there ☐ Sometimes there
☐ Rarely there ☐ Never there

116. **Is your wife's relationship with your child:**
☐ Extremely close ☐ Quite close ☐ Fairly close ☐ Not very close

117. **How much do you want your child to be like the kind of person your wife is when he/she is an adult?**
☐ A lot ☐ Quite a bit ☐ Just a little ☐ Not at all

118. **Do your wife and your child do things together that your husband enjoys?**
☐ Always ☐ Often ☐ Sometimes
☐ Rarely ☐ Never

119. **When your child has done something especially good, does your wife:**
☐ Often tell him/her that he is pleased
☐ Sometimes tell him/her that he is pleased
☐ Never tell him/her that he is pleased?

120. **When your child has done something wrong, does your wife:**
☐ Often talk to him/her about what he/she did wrong
☐ Sometimes talk to him/her about what he/she did wrong
☐ Never talk to him/her about what he/she did wrong?

121. **In your child's first year, how often did your wife participate in the following activities of physical care?**

	Always	Often	Sometimes	Rarely	Never
A. Changing diapers	☐	☐	☐	☐	☐
B. Getting out of bed at night	☐	☐	☐	☐	☐
C. Washing and bathing	☐	☐	☐	☐	☐
D. Taking child to the doctor	☐	☐	☐	☐	☐
E. Staying home with sick child	☐	☐	☐	☐	☐

122. **How often does your wife participate in the following activities with your child?**

	Always	Often	Sometimes	Rarely	Never
A. Buying presents for child's birthday	☐	☐	☐	☐	☐
B. Going on outings with child	☐	☐	☐	☐	☐
C. Reading	☐	☐	☐	☐	☐
D. Playing	☐	☐	☐	☐	☐
E. Snuggling/Holding/Rocking/Soothing	☐	☐	☐	☐	☐

123. **Listed below are some common challenges that many people experience as they become new parents. Please tell us how much of a problem each of these challenges has actually been for you personally so far.**

	A very big problem	A pretty big problem	Somewhat of a problem	Not much of a problem	No problem at all
9. Sharing housework	☐	☐	☐	☐	☐
10. Sharing childcare	☐	☐	☐	☐	☐
11. Finding time for personal leisure	☐	☐	☐	☐	☐
12. Maintaining an enjoyable sexual relationship	☐	☐	☐	☐	☐
13. Finding money to pay for child's expenses	☐	☐	☐	☐	☐
14. Feeling more distant from your spouse	☐	☐	☐	☐	☐
15. Balancing work/school and family responsibilities	☐	☐	☐	☐	☐
16. Finding time to be just with your spouse	☐	☐	☐	☐	☐

124. **Overall, how well do you feel you have been able to adjust to all the changes that go along with becoming new parents?**
☐ Not at all ☐ Not too well ☐ Fairly well ☐ Pretty well ☐ Very well

SECTION C. DIVISION OF HOUSEHOLD RESPONSIBILITIES

Now let us ask you a few questions about how you and your spouse divide up the common tasks in your household..

In your family, who is generally responsible for each of the following?	**Husband Alone**	**Mostly Husband**	**Both Husband and Wife**	**Mostly Wife**	**Wife Alone**	**Neither**
26. Food preparation	☐	☐	☐	☐	☐	☐
27. Planning menus	☐	☐	☐	☐	☐	☐
28. Shopping for food	☐	☐	☐	☐	☐	☐
29. After-meal cleanup	☐	☐	☐	☐	☐	☐
30. Chauffeuring child(ren)	☐	☐	☐	☐	☐	☐
31. Attending functions with child(ren)	☐	☐	☐	☐	☐	☐
32. Daily care of child(ren)	☐	☐	☐	☐	☐	☐
33. Minor car repairs	☐	☐	☐	☐	☐	☐
34. Washing car(s)	☐	☐	☐	☐	☐	☐
35. Repair and maintenance of the house	☐	☐	☐	☐	☐	☐
36. Organizing social activities	☐	☐	☐	☐	☐	☐
37. Planning family recreation	☐	☐	☐	☐	☐	☐
38. Coordinating day-to-day family activities	☐	☐	☐	☐	☐	☐
39. Paying bills and balancing the checkbook	☐	☐	☐	☐	☐	☐
40. Planning investments	☐	☐	☐	☐	☐	☐
41. Vacuuming	☐	☐	☐	☐	☐	☐
42. Other cleaning	☐	☐	☐	☐	☐	☐
43. Laundry	☐	☐	☐	☐	☐	☐
44. Gardening	☐	☐	☐	☐	☐	☐
45. Lawn mowing and care	☐	☐	☐	☐	☐	☐

	True	Mostly True	Partially True	Mostly Not True	Not True
46. I am pleased with the how my spouse and I divide household tasks.	☐	☐	☐	☐	☐

Consider both positive (satisfying) and negative (dissatisfying) aspects of housework (including childcare) and paid work to evaluate the truthfulness of the following statements in your life. If you are not currently employed outside your home answer how you feel you would respond if you were currently employed.

	True	Mostly True	Partially True	Mostly Not True	Not True
47. I enjoy the work that I do at home more than the work I do at work.	☐	☐	☐	☐	☐
48. I would rather cope with the stresses at work than those at home.	☐	☐	☐	☐	☐
49. I find the labor I do at home more rewarding than the labor I do at work.	☐	☐	☐	☐	☐

50. On average, how much time do you and your spouse spend on housework (including childcare) during a typical week?

Husband:

☐ 1-5 hours ☐ 26-30 hours
☐ 6-10 hours ☐ 31-35 hours
☐ 11-15 hours ☐ 36-40 hours
☐ 16-20 hours ☐ More than 40 hours a Week
☐ 21-25 hours

Wife:

☐ 1-5 hours ☐ 26-30 hours
☐ 6-10 hours ☐ 31-35 hours
☐ 11-15 hours ☐ 36-40 hours
☐ 16-20 hours ☐ More than 40 hours a week
☐ 21-25 hours

SECTION D. RELIGIOSITY AND SPIRITUALITY

Religion and/or spirituality is an important part of most marriages. Please answer a few questions about this aspect of your marriage.

9. Please indicate your present religious affiliation
   - ☐ Buddhist
   - ☐ Catholic
   - ☐ Evangelical Christian
   - ☐ Hindu
   - ☐ Islamic
   - ☐ Jewish
   - ☐ Latter-day Saint
   - ☐ Protestant
   - ☐ No formal religious affiliation
   - ☐ Other (please specify)

_____

10. For you, how important is religion to your *relationship*?

    ☐ Not at all important ☐ Slightly important ☐ Somewhat important ☐ Fairly important ☐ Very important

11. All things considered, how *religious* would you say that you are?

    ☐ Not at all religious ☐ Slightly religious ☐ Somewhat religious ☐ Fairly religious ☐ Very religious

12. All things considered, how *spiritual* would you say that you are?

    ☐ Not at all spiritual ☐ Slightly spiritual ☐ Somewhat spiritual ☐ Fairly spiritual ☐ Very spiritual

How often do you do the following things as a couple and individually?

13. Attend religious services in a typical *month*:	As a couple	0	1	2	3	4	5	6	7+
	Without your spouse	0	1	2	3	4	5	6	7+
14. Talk about religion and/or spiritual topics in a typical *week*:	As a couple	0	1	2	3	4	5	6	7+
	Without your spouse	0	1	2	3	4	5	6	7+
15. Pray in a typical *week*:	As a couple	0	1	2	3	4	5	6	7+
	Without your spouse	0	1	2	3	4	5	6	7+
16. Read spiritual or religious texts (scripture, books, magazines, etc.) in a typical *week*:	As a couple	0	1	2	3	4	5	6	7+
	Without your spouse	0	1	2	3	4	5	6	7+

SECTION E. GENERAL INFORMATION

This section asks general information about you and your spouse.

15. Do you currently live in Utah? ☐ Yes ☐ No

16. How long have you been married? _____ Years _____ Months

17. What is your highest level of education?
    - ☐ Some high school
    - ☐ High school graduate
    - ☐ Technical school/certificate
    - ☐ Some college
    - ☐ Associate's degree
    - ☐ Bachelor's degree
    - ☐ Higher than bachelor's degree

18. What is your current work status?

☐ ☐ Working full-time
☐ ☐ Working part-time
☐ ☐ Work full-time while attending school
☐ ☐ Work part-time while attending school
☐ ☐ Full-time student/not working
☐ ☐ Part-time student/not working
☐ ☐ Full-time homemaker
☐ ☐ Unemployed/looking for work
☐ ☐ Retired
☐ ☐ Disabled
☐ ☐ Other

19. Please list the age and gender of all children born since your 2002 marriage currently residing with you.

☐ We/I currently have no children living with us/me.
☐ We/I are/am expecting a child.

Age	Gender	
	☐ Male	☐ Female
	☐ Male	☐ Female
	☐ Male	☐ Female
	☐ Male	☐ Female
	☐ Male	☐ Female
	☐ Male	☐ Female

20. What is your **parents'** current marital status?

☐ Single and never married
☐ Married, first marriage
☐ Remarried
☐ Divorced
☐ Widowed
☐ Other

21. Many couples have debt from sources **other than a home mortgage**. Please indicate whether you have any of the types of debt listed below and the amount of that debt.

Yes No

☐ ☐ **Credit cards** ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐$15,000 or more

☐ ☐ **Auto loans** ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐$15,000 or more

☐ ☐ **School loans** ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐$15,000 or more

☐ ☐ **Medical bills** ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐ ☐$15,000 or more

☐ ☐ _____ ☐Under $500 ☐$501-$999 ☐$1000-$4999 ☐$5,000-$9,999 ☐$10,000-$14,999 ☐ ☐$15,000 or more

(Other, not including mortgage)

22. Overall, has your financial situation become worse (more debt/expenses) or better since your first year of marriage?

☐ Much better ☐ Somewhat better ☐ Stayed about the same ☐ Somewhat worse ☐ Much worse

22a. If you answered "somewhat worse" or "much worse" please indicate how much each of the following items contributed by circling the appropriate number on the scale.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
We/I have ignored or avoided the issue	1	2	3	4	5
We/I have taken on more debt due to school-related expenses	1	2	3	4	5
We/I have taken on more debt due to consumer expenses	1	2	3	4	5
We have strong disagreements about spending habits and budgeting	1	2	3	4	5
We/I have experienced unexpected challenges (job loss, medical costs, etc.)	1	2	3	4	5
We/I have taken on mortgage debt	1	2	3	4	5
Other (_____)	1	2	3	4	5

23. Have you ever sought counseling about your marriage from a therapist OR from a religious leader?
☐ Neither ☐ Therapist ☐ Religious leader ☐ Both

24. Would you consider using relationship education, such as workshops or classes to strengthen your marriage?
☐ Yes ☐ No

25. How interested are you now in taking a free class designed for couples at your stage of marriage?
☐ Very interested ☐ Somewhat interested ☐ Somewhat uninterested ☐ Very uninterested

26. Now that you have been married for a few years, how likely is it that you would recommend premarital education to other dating/engaged couples?
☐ Definitely would ☐ Probably would ☐ Probably would not ☐ Definitely would not

27. Have either of you accessed the Marriage web site at www.UtahMarriage.org ?
☐ Yes ☐ No

27a. If yes, how helpful was this web site?
☐ Very helpful ☐ Somewhat helpful ☐ Not very helpful ☐ Not at all helpful

28. For statistical purposes only, what is your current (combined) annual household income?
☐ Under $10,000
☐ $10,000 to $19,999
☐ $20,000 to $29,999
☐ $30,000 to $39,999
☐ $40,000 to $49,999
☐ $50,000 to $59,999
☐ $60,000 to $69,999
☐ $70,000 to $79,999
☐ $80,000 to $89,999
☐ $90,000 to $99,999
☐ $100,000 or more

Thank You!

CURRICULUM VITAE

DANIEL A. MOEN

Department of Family Consumer Science
102 Wiecking Center
Minnesota State University
Mankato, MN 56001

EDUCATION

Doctor of Philosophy, Family, Consumer, & Human Development
Utah State University, Logan, UT
August, 2011
Dissertation: Newlywed to Established Marriage: A Longitudinal Study of Early Risk and Protective Factors that Influence Marital Satisfaction
(Dr. Kay Bradford, Major Professor)

Post Master's Certificate, Marriage & Family Therapy
Saint Cloud State University 2005
Saint Cloud, MN

Post Master's Certificate, Chemical Dependency Counseling
Saint Cloud State University 2004
Saint Cloud, MN

Master of Science, Child Development & Family Science
North Dakota State University 2004
Fargo, ND
Thesis: Perceptions of a Marriage Newsletter for Couples in the Early Years of Marriage
(Dr. Sean Brotherson, Major Professor)

Bachelor of Science, Child Development & Family Science
Minor: Individual & Family Wellness
North Dakota State University 2001
Fargo, ND

CERTIFICATIONS

Professional Certification

AAMFT Supervisor Candidate (Completed 30-hr Supervisor Training)	2011
United Marriage Enhancement Training Instructor - Certified	2010
Licensed Marriage and Family Therapist, Utah - # 7218248-3902	2009

PROFESSIONAL EXPERIENCE

Utah State University, Logan, UT, 2008 – Present

Graduate Instructor

Courses Taught:

FCHD 3210 *Online*	Family & Cultural Diversity	Spring 2011
FCHD 2400	Marriage & Family Relationships	Fall 2010
FCHD 3210	Family & Cultural Diversity	Spring 2010

- Develop both online and face-to-face course content
- Advise Students: academic success and career options
- Prepare lesson materials and present subject matter to students, grade student assignments, and provide advising for students
- Provide course creation and facilitation mentoring for a master's level teaching assistant

Teaching Assistant

Courses:

FCHD 6360	Ethical Development in Marriage & Family Therapy	Spring 2011
FCHD 5540 *Online*	Methods in Family Life Education	Spring 2010
FCHD 5540	Methods in Family Life Education	Spring 2010
FCHD 3210 *(Abroad)*	Family & Cultural Diversity	Summer 2010
FCHD 4830 *Online*	Senior Capstone	Spring 2010, Summer 2010
FCHD 3210 *Online*	Family & Cultural Diversity	Spring 2009, Summer 2010
FCHD 3130	Research Methods	Fall 2009
FCHD 1010 *Online*	Balancing Work & Family	Summer 2009
FCHD 3210	Family & Cultural Diversity	Spring 2009, Fall 2009

- Organize lesson materials and present subject matter to students under the guidance of professors, using lectures and discussions
- Assist in the organization/development of the Family Life Science On-line Degree Program

Guest Lecturer

Courses:

FCHD 6360	Ethical Development in Marriage & Family Therapy	Spring 2011
FCHD 5540	Methods in Family Life Education	Spring 2010
FCHD 1010	Balancing Work & Family	Spring 2009, Spring 2010
FCHD 3210	Family & Cultural Diversity	Spring 2009, Fall 2009, Fall 2010

Research Assistant

- Collect, record, organize, and interpret quantitative and qualitative data using multiple data systems (SPSS, Excel, & NVivo)
- Create and aid in sample selection methods/procedures
- Serve as co-principal investigator on multiple studies

University of Minnesota Medical Center at Fairview, Minneapolis, MN, 2005 – 2008

Counselor II

- Facilitated intensive dual diagnosis outpatient chemical dependency treatment groups for adults and family members
- Developed and taught a 6-week life skills curriculum for adults
- Conducted diagnostic assessments to adults in medical units, behavioral health units, and outpatient clinic sites
- Led family support groups
- Participated in client-crisis intervention meetings

Saint Cloud Hospital – Recovery Plus, St. Cloud, MN, 2004 – 2005

Counselor II / Child Counselor

- Provided dual diagnosis mental health and chemical dependency counseling/case management services to adults
- Facilitated group counseling sessions, family group therapy sessions, and psychoeducation classes
- Delivered initial mental health diagnostic intake services for elementary school children
- Led group activities, life skills education, and mentoring

North Dakota State University, Fargo, ND, 2001 – 2003

Graduate Research Assistant

- Observed and recorded data
- Assisted in the summary of research projects for multiple professors
- Presented research findings at National Conference of Society for Research in Child Development in Tampa, FL
- Presented research findings at State Conference for Kids at Risk in Rural America Conference in Minot, ND

Parent Educator

- Created and facilitated family relationship enrichment program with immigrant and refugee families
- Taught life skills education program to immigrant and refugee parents and children
- Worked in conjunction with school counselor to evaluate and improve programming
- Developed and facilitated family enrichment workshops for parents and child care professionals in rural settings

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Fargo Public Schools, Fargo, ND, 2001 – 2002

Student Leadership Council / Activities Coordinator

- Facilitated academic and personal growth opportunities for school-aged children in the student leadership program
- Led fundraising operations for student leadership council activities
- Created and managed an afterschool chess club for school-aged children

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YMCA, Fargo, ND & Fergus, Falls, MN, 1998 – 2001

Youth Program Coordinator

- Managed multiple youth programs which included the supervision of 150 children and 15 staff members' day-to-day routines in two locations.
- Created policies relating to payments, discipline, child safety, and staff responsibilities.
- Led staff trainings and meetings
- Coordinated youth activities including out of town field trips

RESEARCH

PUBLICATIONS

Refereed Journal Articles

Openshaw, D. K., Pfister, R., Silverbaltt, H., & **Moen, D.** (2011). Providing mental health services to women diagnosed with depression in rural Utah communities: Using technologically assisted psychotherapeutic intervention as the delivery medium. *Journal of Rural Mental Health, 35*(1), 23-31.

Refereed Journal Articles under Review

Openshaw, D. K., Pfister, R., **Moen, D**., & Silverbaltt, H. Mental health services for women diagnosed with depression in rural Utah communities: A pilot study evaluating the clinical effectiveness of a technologically assisted psychotherapeutic intervention (TAPI). *Journal of Rural Community Psychology*.

Harris, V. W., **Moen, D.**, & Teemant, B. UMET (United Marriage Enhancement Training) now what?: A qualitative review. *Family Science Review*.

Brotherson, S.E., & **Moen, D**. Establishing a Home in Early Marriage: An Exploratory Study of Practical Dimensions in the Transition to Marriage. *Family Science Review.*

Technical Report

Hektner, J. M. & **Moen, D**. (2003). *Richland County 21st Century Community Learning Centers 2001-2002 Evaluation*. Fargo: North Dakota State University.

Publications in Preparation

Teemant, B., **Moen, D.**, & Harris, V. W. *Multicultural education: Increasing intercultural sensitivity and multicultural awareness*.

Openshaw, D. K., & **Moen, D**. *Enhancing the delivery of rural mental health services to couples: Providing resiliency and relationships skills training using interactive video conferencing technology extending protocol 2215 (Feasibility) and 2500 (Couples Training).*

Openshaw, D. K., & **Moen, D**. *Feasibility of providing mental health services to rural Utah residents: Examining the support of community resources for technologically assisted psychotherapeutic intervention*.

Openshaw, D. K., **Moen, D**., Morrow, J. A., & Pfister, R. *A pilot study examining the satisfaction of women residing in rural Utah who received therapy for depression through teletherapy*.

Teemant, B., & **Moen, D.** *Assessing the feasibility of Problem Based Learning techniques in the social sciences*.

Openshaw, D. K., Farmer, B., & **Moen, D**. *Effectiveness of teletherapy in the treatment of anxiety in women living in rural areas*.

Harris, V. W., Teemant, B., & **Moen, D.** *Using the Attention, Interact, Apply, Invite and Fact, Think, Feel, Do (AIAI & FTFD) teaching strategy across multiple academic and career disciplines: Is it effective?*

Harris, V. W., Shaffer, M., **Moen, D.**, & Teemant, B. *Qualities of strong german marriages.*

Openshaw, D.K., Jensen, T., Allen, K., & **Moen, D**. *Assessing the relationship needs in military families pre, post, and during deployment*.

Proposals Submitted

- Catholic Family Services. Moen, D. Grant proposal submitted to Alex Stern Family Foundation (2001; $50,000 FY01-05).

- Catholic Family Services. Moen, D. Grant proposal submitted to Wallace Global Fund (2001; $50,000 FY01-05).

Acknowledge Contributions

Hektner, J. M., Schmidt, J. A., & Csikszentmihalyi, M. (2007). *Experience Sampling Method: Measuring the quality of everyday life*. Thousand Oaks, CA: Sage.

Fact Sheets

Moen, D. (2009). *Strategies for facilitating online educational courses.* Submitted to Utah State University Faculty.

PRESENTATIONS

National Peer-Reviewed Presentations and Workshops

Moen, D. (2009). *Strategies for facilitating online educational courses*. Lecture presented at the Family Science Association National Conference, Saint George, UT.

Hektner, J. M. & **Moen, D**. (2003). *After school community learning programs: Gender, grade, and school differences in classroom behavior and student satisfaction*. Poster session presented at the biennial meeting of the Society for Research in Child Development, Tampa, FL.

State Peer-Reviewed Presentations and Workshops

Moen, D., & Teemant, B. (2011). *Effective strategies for facilitating online educational courses*. Poster session presented at Utah Valley University Scholarship of Teaching and Engagement Conference, Orem, UT.

Teemant, B., **Moen, D**., & Harris, V. (2011). *Problem-based learning and the behavioral sciences: Goodness of fit and increased motivation*. Poster session presented at Utah Valley University Scholarship of Teaching and Engagement Conference, Orem, UT.

Openshaw, D. K., & **Moen, D**. (2011). *A pilot study examining the satisfaction of women residing in rural Utah who received therapy for depression through teletherapy*. Poster session presented at Utah Council of Family Relations, Ogden, UT.

Bradford, K., Allen, J., Bingham, D., Broadbent, C., Dasianu, A., Fawson, A., Gordon, J., Hanks, E., Hebert, S., **Moen, D**., Petersen, C., Sparks, J., & Stewart, W. (2011). *Common ethical issues facing MFTs*. Workshop presented for the Utah Association for Marriage and Family Therapy, April 1, 2011, Logan, UT.

Moen, D. (2004). *Systems approach to substance abuse treatment*. Poster session presented at the annual meeting of the Saint Cloud State University Student Research Colloquium, St. Cloud, MN.

Bartoszuk, K., Brotherson, S., Pleban, F., Courney, J., & **Moen, D**. (2003). *Rural North Dakota adults' and teens' perceptions of their communities, challenges, and options.* Paper presented at the Kids at Risk in Rural America Conference, Minot, ND.

COMMUNITY TEACHING

University of Minnesota Medical Center at Fairview
Minneapolis, MN 2005 – 2008

Moen, D. (2005). *Communication, Family Roles, and Relationships*. Presented on multiple occasions at University of Minnesota Medical Center at Fairview.

Moen, D. (2005). *Anger Management and Assertiveness Training*. Presented on multiple occasions at University of Minnesota Medical Center at Fairview.

Moen, D. (2005). *Positive Psychology*. Presented on multiple occasions at University of Minnesota Medical Center at Fairview.

Moen, D. (2005). *Medical Aspects of Chemical Dependency*. Presented on multiple occasions at University of Minnesota Medical Center at Fairview.

Moen, D. (2005). *Body Image and Self-Esteem Improvement*. Presented on multiple occasions at University of Minnesota Medical Center at Fairview.

Moen, D. (2005). *The Process of Grief and Loss*. Presented on multiple occasions at University of Minnesota Medical Center at Fairview.

Moen, D. (2005). *Physical Health, Exercise, and Nutrition*. Presented on multiple occasions at University of Minnesota Medical Center at Fairview.

Moen, D. (2005). *Substance Abuse Relapse Prevention*. Presented on multiple occasions at University of Minnesota Medical Center at Fairview.

Saint Cloud Hospital – Recovery Plus
Saint Cloud, MN 2004 – 2005

Moen, D. (2003). *Family Relationships in Recovery*. Presented on multiple occasions at Saint Cloud Hospital – Recovery Plus.

Moen, D. (2003). *Dealing with Issues of Grief and Loss*. Presented on Multiple occasions at Saint Cloud Hospital – Recovery Plus.

Moen, D. (2003). *Methamphetamine Addiction: Effects on Brain Functioning, Family Relationships, and Strategies for Recovery*. Presented on Multiple occasions at Saint Cloud Hospital – Recovery Plus.

SERVICE

Committees

- Utah State University College Curriculum Board, Official Representative Logan, UT (2010)

Reviewer

- National Counsel on Family Relations National Conference (2011)
- American Association for Marriage and Family Therapy National Conference (2011)
- Family Science Association National Conference (2009)

Volunteer

- Cache Humane Society Logan, UT (2010)
- YWCA Fargo, ND (2000)

PROFESSIONAL AFFILIATIONS

- National Council on Family Relations (NCFR)
- Clinical Member, American Association for Marriage and Family Therapy (AAMFT)
- Family Science Association (FSA)
- Utah State University: LGBTQA - Allies on Campus Ally

AWARDS

Academic

Dean's List (North Dakota State University) Fargo, ND (2000)