***description, scoring & interpretation of couple therapy measures Andrew Christensen 2010***

1. Demographic Questionnaire for Couples. Developed by Christensen, this measure describes basic demographic information about the couple (e.g., age, years together, and children) and will be used in the first session to get to know the couple.
2. Couple Satisfaction Index (CSI-16). Developed by Funk and Rogge (2007), this measure provides an empirically validated indication of the level of satisfaction in the relationship. It is used at intake and at termination, as well as periodically during treatment to assess improvement in satisfaction over the course of therapy.
3. Couple Questionnaire. Developed by Christensen, this measure is designed to assess a) couple satisfaction (using a short, 4-item form of the Couple Satisfaction Index (CSI-4), Funk & Rogge, 2007), b) intimate partner violence (using 3 items developed from consultation with Dan O’Leary, Rick Heyman, and Katherine Iverson), and c) commitment to the relationship. It is used during the assessment phase to evaluate these three important areas of functioning.
4. Problem Areas Questionnaire. Developed by Heavey, Christensen, and Malamuth (1995), this measure evaluates what common areas of relationship functioning such as money and sex are problems for the couple. It is used during the assessment phase to develop a formulation of the couple’s problems.
5. Weekly Questionnaire. Developed by Christensen, this measure is designed to assess couple satisfaction (using a short, 4-item form of the Couple Satisfaction Index (CSI-4), Funk & Rogge, 2007) during the course of therapy and to assess important incidents and issues between the couple that will provide the agenda for couple therapy. The measure is used weekly to provide feedback on how the couple is doing and to structure the therapy sessions.

*Administration of Measures*

The Demographic Questionnaire for Couples is given prior to or during the first session. All other measures except the Weekly Questionnaire are given to each partner at the end of the first session with instructions that the partners complete them privately and independently and return them at their individual session. Once the evaluation and feedback sessions are completed, the Weekly Questionnaire is completed weekly by each partner in the couple before coming to the session. If one or both did not complete the measure prior to the session, have them complete it at the beginning of the session. The Couple Satisfaction Index is given again at the end of the last session.

*Scoring and Interpretation of Measures*

1. Couple Satisfaction Index (CSI-16). This index is scored by tally up the total points. The measure has an alpha of .98. Scores range from 0-81with a mean of 61 and standard deviation of 17. Scores below 51.5 are considered in the distressed range. People seeking divorce typically score around 24.
2. Couple Questionnaire. Only the CSI-4 is scored by tallying up the total. The measure has an alpha of .94. Scores range from 0-21with a mean of 16 and standard deviation of 4.7. Scores below 13.5 are considered in the distressed range.
3. Weekly Questionnaire. Only the CSI-4 is scored by tallying up the total. The measure has an alpha of .94. Scores range from 0-21with a mean of 16 and standard deviation of 4.7. Scores below 13.5 are considered in the distressed range.
4. Other Questionnaires. All other questionnaires are not numerically scored but simply examined for the information they provide relevant to the clinical formulation of the case.

*References*

Funk, J. L. & Rogge, R. D. (2007). *Testing the Ruler With Item Response Theory: Increasing Precision of Measurement for Relationship Satisfaction With the Couples Satisfaction Index.* Journal of Family Psychology, 21, 572-583. Note that various version of the Couples Satisfaction Index can be obtained from http://www.courses.rochester.edu/surveys/funk/

Heavey, C.L., Christensen, A., Malamuth, N.M. (1995). *The longitudinal impact of demand and withdrawal during marital conflict*. Journal of Consulting and Clinical Psychology. 63, 797-801.