

Annexure 7.1: The Dyadic Adjustment Scale

(From Spanier, 1976, pp. 27-28)

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

	Always agree	Almost always agree	Occasionally agree	Frequently disagree	Almost always disagree	Always disagree
1. Handling family finances	5	4	3	2	1	0
2. Matters of recreation	5	4	3	2	1	0
3. Religious matters	5	4	3	2	1	0
4. Demonstrations of affection	5	4	3	2	1	0
5. Friends	5	4	3	2	1	0
6. Sex relations	5	4	3	2	1	0
7. Conventionality (correct or proper behaviour)	5	4	3	2	1	0
8. Philosophy of life	5	4	3	2	1	0
9. Ways of dealing with parents or in-laws	5	4	3	2	1	0
10. Aims, goals and things believed important	5	4	3	2	1	0
11. Amount of time spent together	5	4	3	2	1	0
12. Making major decisions	5	4	3	2	1	0
13. Household tasks	5	4	3	2	1	0
14. Leisure time interests and activities	5	4	3	2	1	0
15. Career decisions	5	4	3	2	1	0

	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	0	1	2	3	4	5
17. How often do you or your mate leave the house after a fight?	0	1	2	3	4	5
18. In general, how often do you think that things between you and your partner are going well?	5	4	3	2	1	0
19. Do you confide in your mate?	5	4	3	2	1	0
20. Do you ever regret that you married? (or lived together?)	0	1	2	3	4	5
21. How often do you and your partner quarrel?	0	1	2	3	4	5
22. How often do you and your mate "get on each other's nerves"?	0	1	2	3	4	5

	Every day	Almost every day	Occasionally	Rarely	Never
23. Do you kiss your mate?	4	3	2	1	0

	All of them	Most of them	Some of them	Very few of them	None of them
24. Do you and your mate engage in outside interests together?	4	3	2	1	0

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

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
25. Have a stimulating exchange of ideas	0	1	2	3	4	5
26. Laugh together	0	1	2	3	4	5
27. Calmly discuss something	0	1	2	3	4	5
28. Work together on a project	0	1	2	3	4	5

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

	Yes	No	
29.	0	1	Being too tired for sex.
30.	0	1	Not showing love.

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

0	1	2	3	4	5	6
●	●	●	●	●	●	●
Extremely unhappy	Fairly unhappy	A little unhappy	Happy	Very happy	Extremely happy	Perfect

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

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

Annexure 7.2: Single-item technique for assessing relationship satisfaction

1. Would you share your life with the same partner again if you had a chance?

Yes	No
1	0

2. Does the following statement describe you? "I am happy when I'm with my partner".

Does not describe me at all	Sometimes describes me	Describes me most of the time	Describes me completely
0	1	2	3

3. During the previous year, how often did you consider your relationship to be in trouble?

Never	Rarely	Occasionally	More often than not	Most of the time	Every day
5	4	3	2	1	0

Annexure 7.3: The Bem Sex-Role Inventory

(Bem, 1981a)

(Short form items are listed in the top half of every column)

Indicate how well the listed characteristics describe you / your partner. (On a 7-point scale provided, from "never" / "almost never true of me (or my partner)", to "always" / "almost always true of me (or my partner)")

Masculine items	Feminine items	Neutral items (fillers)
Defend my own beliefs Independent Assertive Strong personality Forceful Have leadership abilities Willing to take risks Dominant Willing to take a stand Aggressive Self reliant Athletic Analytical Make decisions easily Self-sufficient Individualistic Masculine Competitive Ambitious Act as a leader	Affectionate Sympathetic Sensitive to needs of others Understanding Compassionate Eager to soothe hurt feelings Warm Tender Love children Gentle Yielding Cheerful Shy Flatterable Loyal Soft-spoken Gullible Childlike Do not use harsh language Feminine	Conscientious Moody Reliable Jealous Truthful Secretive Adaptable Conceited Tactful Conventional Helpful Unsystematic Inefficient Theatrical Happy Unpredictable Solemn Likable Sincere Friendly

Annexure 7.4: Prinsloo Guttman-rating for sex-role identity

(From Prinsloo, 1990, pp. 159-162)

(Adapted after application of ACL procedure with 171 initial items)

Mark as many of the characteristics given below that you feel describe yourself (or your partner)

(In the fieldwork material, the adjectives were unmarked and shuffled)

[Note: initially, a 36-item, rather than 28-item version, was considered, with the eight items marked with “*” dropped later. Also, a 20-item short form could also be produced by dropping the eight items marked with “**”]

	Socially desirable	Socially undesirable
For masculinity	Adventurous Cool Courageous Independent * Inventive Logical Practical * Daring ** Handsome **	Arrogant * Boastful Cruel Dominant Exploitive Reckless * Unemotional Coarse ** Disorderly **
For femininity	Affectionate Appreciative * Dreamy * Gentle Intuitive Sympathetic Warm Emotional ** Sensitive **	Complaining Nagging Nervous Passive * Timid * Weak Worrying Fearful ** Touchy **

Sex-role identity scoring:

Decision rule: The number of adjectives selected by an individual is above the median number selected by the sample

Individual rated as:**When decision rule applies to:**

Androgynous:

masculinity and femininity

Masculine:

masculinity only

Feminine:

femininity only

Indifferent:

neither masculinity nor femininity

Annexure 7.5: Questionnaire for demographic and other contextual information

Section 1: General information (for official use only)

- 1.1 Type of sub-sample: 1 = homosexual (same-sex, male)
2 = lesbian (same-sex, female)
3 = normal heterosexual dyad
4 = problematic heterosexual dyad
- 1.2 Couple number: unique, serially allocated number
- 1.3 Partner number: 1 = partner 1, homosexual (male)
2 = partner 2, homosexual (male)
3 = partner 1, lesbian (female)
4 = partner 2, lesbian (female)
5 = husband, normal heterosexual couple (male)
6 = wife, normal heterosexual couple (female)
7 = husband, problem heterosexual couple (male)
8 = wife, problem heterosexual couple (female)
- 1.4 Couple relationship satisfaction category: 1 = both satisfied (heterosexual)
2 = only husband / male satisfied (heterosexual)
3 = only wife / female satisfied (heterosexual)
4 = neither satisfied (heterosexual)
5 = both satisfied (same-sex dyad)
6 = only one male satisfied (same-sex dyad)
7 = only one female satisfied (same-sex dyad)
8 = neither satisfied (same-sex dyad)
- 1.5 Couple sex-role identity configuration: 1 = similarity
2 = mixed, with similarity of femininity only
3 = mixed, with similarity of masculinity only
4 = dissimilarity
(and at least one of couple is 5 = androgynous
6 = feminine
7 = masculine
8 = undifferentiated)
- Note: In 1.4 and 1.5 two different ways of coding are displayed. In 1.4, pre-coding into the data set is done. In 1.5, sub-groups have to be formed by using 1.1 with 1.5 in selection statements during programming.
- 1.6 Career / job patterns: 1 = both are professionals
2 = one is a professional
3 = neither is a professional
- 1.7 Source of income: 1 = double-earner dyad
2 = single-earner dyad
3 = no income
- 1.8 Age difference between partners: male older by full years
female older by full years
(coded afterwards in intervals of 3-5 years)
- 1.9 Couple income before deductions: 1 = joint income is high
2 = joint income is average
3 = joint income is low (cut-offs determined after inspecting data)
- 1.10 Total number of children living with couple: reported number
- 1.11 Couple's relationship history configuration: 1 = first long-term relationship for both
2 = first long-term relationship for only one
3 = second (or more) relationship for both

Section 2: Personal characteristics

Personal characteristics may determine our attitudes and values. Please circle the one option applicable to you as

2.1 What is the highest academic qualification you have achieved?
1 = Standard 8 / Grade 10
2 = Standard 10 / Grade 12
3 = Technical certificate
4 = Diploma
5 = Degree
6 = Post-graduate qualification (Honours, Master's, Doctoral degree)

2.2 Rate your own emotional functioning on the following scale.
1 = Mostly moody, difficult or depressed
2 = Often moody, difficult or depressed
3 = Seldom moody, difficult or depressed
4 = Almost never moody, difficult or depressed

2.3 Rate your feelings about sex. 1 = I never enjoy sex
2 = I seldom enjoy sex
3 = I am in two minds about sex
4 = I mostly enjoy sex
5 = I always enjoy sex

2.4 Which type of close relationship do you prefer?
1 = an egalitarian (modern) one, in which my partner and I are equal in all rights and chores
2 = a comradeship (modern) one, in which my partner and I negotiate all aspects of our relationship as we go along
3 = a traditional one, where one party is stronger, makes the rules and decisions, and exercises all authority, and the other follow in obedience

2.5 Do you see yourself more as: 1 = extraverted, social and outgoing, or as
2 = introverted, reserved and quiet?

2.6 Do you see yourself more as: 1 = emotionally stable, or as
2 = emotionally uneven or unsteady?

2.7 Do you see yourself more as: 1 = free and independent, or as
2 = timid and dependent?

2.8 Are you on average rather: 1 = good at solving problems and conflict through discussing matters, or
2 = poor at solving problems and conflict through discussing matters?

2.9 How happy and satisfied are you with your life in a general sense?
1 = most unhappy
2 = rather unhappy
3 = very in-between
4 = mostly happy
5 = very happy

2.10 How much satisfaction do you get from your job? 0 = not applicable
1 = none
2 = a little
3 = very in-between
4 = enough, most of the time
5 = quite a lot

Some circumstances or situations that one can do nothing about now or over the short term, may also determine our attitudes, values and life-style. Please circle the one option applicable to you as individual in each case.

- 324

6 = over 64

- 3.3 How healthy are you on average? 1 = ill or not well most of the time
2 = often ill or unwell
3 = in-between
4 = feeling well most of the time
5 = very healthy most or all of the time
- 3.4 What is your individual / personal income before deductions (include car allowances and the like)?
1 = no income
2 = R1 to R20 000 per year
3 = R20 001 to R40 000 per year
4 = R40 001 to R80 000 per year
5 = R80 001 to R160 000 per year
6 = R160 001 to R320 000 per year
7 = more than R320 000 per year
- 3.5 Which of the following descriptions best fit your current household and relationship stage?
1 = live together as couple (still) without children
2 = live as couple with eldest child younger than 36 months
3 = live as couple with pre-school children, with eldest of age three to six
4 = live as couple with schoolchildren, with eldest of age seven to twelve
5 = live as couple with teenagers, with eldest of age 13 to 20
6 = live as couple launching children, with first to last leaving home
7 = live alone as middle-aged couple from start of empty nest till retirement (may have grandchildren)
8 = live as ageing couple beyond retirement and oldest partner is older than 65
- 3.6 How many of your children live with you?
- 3.7 Do you follow a professional career, i.e., one for which you train long and become registered with a supervisory board or council of some sort? 1 = no
2 = yes

Section 4: Other demographic information

- 4.1 Which of the following descriptions best fit your present relationship status?
0 = married for first time
1 = living together for first time
2 = married after one previous marriage
3 = living together after one previous marriage
4 = married after more than one previous marriage
5 = living together after more than one previous marriage
6 = married after one previous cohabiting / living-together relationship
7 = living together after one previous cohabiting / living-together relationship
8 = married after more than one previous cohabiting / living-together relationship
9 = living together after more than one previous cohabiting / living-together relationship
- 4.2 Which language is your mother tongue or home language? 1 = English
2 = Afrikaans
3 = African language
4 = other
- 4.3 Where do you live? 1 = rural area or farm
2 = in a village or small town
3 = in a big town or city
- 4.4 To which ethnic / population group do you belong? 1 = Black
2 = Coloured
3 = Asian
4 = White
- 4.5 How long (in completed years) have you been in your present close relationship?
1 = 3-5 years
2 = 6-10 years
3 = 11-20 years
4 = 21-40 years
5 = more than 40 years
- 4.6 What type of relationship did your parents have? (If they did not share, or have not shared, the same type, rate

the question for the parent you have been closest to for the longest period of time, or for the type of relationship that influenced you most.) 1 = heterosexual marriage

2 = heterosexual cohabitation

3 = same-sex (homosexual or lesbian) dyad / relationship

4 = divorced

5 = single person / parent (never married)

4.7 How long did your parent(s) live in the type of relationship indicated in 4.6?

1 = fewer than 3 years

2 = 3-5 years

3 = 6-10 years

4 = 11-20 years

5 = 21-40 years

6 = more than 40 years

4.8 How often did the type of close relationship of your most significant parent change during all his / her adult years? times over years

4.9 What was the level of relationship satisfaction, in your view, that your **father** experienced most of the time?

1 = extremely unhappy

2 = more unhappy than happy

3 = more happy than unhappy

4 = could not be happier

4.10 What was the level of relationship satisfaction, in your view, that your **mother** experienced most of the time?

1 = extremely unhappy

2 = more unhappy than happy

3 = more happy than unhappy

4 = could not be happier

4.11 Do you practice any religion? 1 = no
2 = yes

4.12 If your response was no, are you: 1 = an atheist
2 = an agnostic
3 = other?

4.13 If you practice any religion, which one is it? 1 = Muslim
2 = Hindu/Buddhist/oriental
3 = Christian
4 = Jewish
5 = other

Annexure 7.6: Background information and covering letter

Dear Research Participant

Thank you for being prepared to devote some of your valuable time to the cause of research. This project aims to find out more about the factors that can improve our close relationships. Some of these factors may lie in our circumstances, some within ourselves, and others in a variety of conditions that we may not understand yet, but can only explore. Your honest responses to the attached questionnaires will ensure data of good quality. In turn, the data may hold the key to important breakthroughs in our knowledge of close relationships, and the theoretical foundations on which they rest.

Rest assured that your anonymity will be guaranteed at all stages. Your identity will not be made known or be linked to the completed forms. The way in which the data are analysed, also determines that patterns are investigated, and not the behaviour of individuals or isolated couples. The data also exist only in coded form.

The field of science at stake here is psychology. The research is done as part of a doctoral thesis in this discipline by the undersigned. The work will be submitted to the candidate's promoters (Dr E. Cronje, and Prof. L.C. Gerdes) at the University of South Africa within about a year.

If you have been living together as a close couple in an intimate relationship for more than three years, you qualify to participate, irrespective of whether you are formally married or not, or whether you are in a heterosexual or a same-sex relationship. The only requirement is that you have shared your lives on a continuous basis for three years or more. Each partner in the relationship is asked to complete the set of materials on his/her own. This has to be done totally independently. Only in this way will the information on the functioning of the relationship be objective. (You may wish to discuss some of your responses with each other afterwards. Please feel free to do so. However, do not revise or change any of your responses then.)

In certain instances, participants may wish to learn more about themselves or their relationships, or just receive feedback in a general sense. It is not uncommon that projects such as the present one create expectations in terms of further information, deeper understanding, or even assistance. If you want to get in touch with the researcher for any of these reasons, please use the opportunity to provide your contact details in the space given below (see #). Appropriate arrangements will be negotiated with those interested.

The various items to be completed are numbered and properly sequenced. You may rest in between, but try to complete all of them on the same day. Each questionnaire has its own instructions for completion. Completion was designed in such a way that it would require as little effort as possible. In fact, you will seldom have to do more than ~~circle pre-coded responses~~. The total completion time is estimated to be 45 minutes. This limit is not likely to be exceeded if one follows the strategy of not thinking long and hard about one's responses, but rather accepts as closest to the truth the first spontaneous answer that comes to mind.

Please return the questionnaires in the way it was arranged with you. This will most probably entail that either a go-between or the researcher himself will collect them at the arranged date, time and place.

Thank you again for your cooperation.

|Mr C. H. Prinsloo, P.O. Box 906038,
|Magalieskruin, 0150
|Tel: (012) 543 1085 (h), 302 2236 (w)
|E-mail: CHPrinsloo@hsr.ac.za

.....
Cas Prinsloo

Please contact me: Name:

Address:

.....

..... (postal code:)

Tel: code (.....)(h)(w)

E-mail: