

## Couples Satisfaction Index (CSI-32)

This is a validated scale for measuring relationship satisfaction. Please complete this 32 question index as honestly as you can. You can complete it together, separately, or just have one person complete it. Feel free to revisit this index once a year and see how your score changes over time.

Please indicate the degree of happiness, all things considered, of your relationship.

<b>Extremely Unhappy</b>	<b>Fairly Unhappy</b>	<b>A Little Unhappy</b>	<b>Happy</b>	<b>Very Happy</b>	<b>Extremely Happy</b>	<b>Perfect</b>
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

Most people 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.

	<b>Always Agree</b>	<b>Almost Always Agree</b>	<b>Occasionally Disagree</b>	<b>Frequently Disagree</b>	<b>Almost Always Disagree</b>	<b>Always Disagree</b>
Amount of time spent together	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
Making major decisions	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
Demonstrations of affection	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>

	<b>All the time</b>	<b>Most of the time</b>	<b>More often than not</b>	<b>Occasionally</b>	<b>Rarely</b>	<b>Never</b>
In general, how often do you think that things between you and your partner are going well?	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
How often do you wish you hadn't gotten into this relationship?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

	<b>Not at all true</b>	<b>A little true</b>	<b>Somewhat true</b>	<b>Mostly true</b>	<b>Almost completely true</b>	<b>Completely true</b>
I still feel a strong connection with my partner	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
If I had my life to live over, I would marry (or live with / date) the same person	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Our relationship is strong	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I sometimes wonder if there is someone else out there for me	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
My relationship with my partner makes me happy	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I have a warm and comfortable relationship with my partner	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I can't imagine ending my relationship with my partner	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I feel that I can confide in my partner about virtually anything	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I have had second thoughts about this relationship recently	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
For me, my partner is the perfect romantic partner	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I really feel like <b>part of a team</b> with my partner	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
I cannot imagine another person making me as happy as my partner does	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

	<b>Not at all</b>	<b>A little</b>	<b>Somewhat</b>	<b>Mostly</b>	<b>Almost completely</b>	<b>Completely</b>
How rewarding is your relationship with your partner?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
How well does your partner meet your needs?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
To what extent has your relationship met your original expectations?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
In general, how satisfied are you with your relationship?	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

How good is your relationship compared to most?	Worse than all others (Extremely bad)			Better than all others (Extremely good)		
	0	1	2	3	4	5
		Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
Do you enjoy your partner's company?	0	1	2	3	4	5
How often do you and your partner have fun together?	0	1	2	3	4	5

For each of the following items, select the answer that best describes *how you feel about your relationship*. Base your responses on your first impressions and immediate feelings about the item.

<b>INTERESTING</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>BORING</b>
<b>BAD</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>GOOD</b>
<b>FULL</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>EMPTY</b>
<b>LONELY</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>FRIENDLY</b>
<b>STURDY</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>FRAGILE</b>
<b>DISCOURAGING</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>HOPEFUL</b>
<b>ENJOYABLE</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>MISERABLE</b>

**SCORING**

To score results, simply sum the responses across all of the items. The point values of each response of each item are shown above.

**INTERPRETATION**

Scores can range from 0 to 161. Higher scores indicate higher levels of relationship satisfaction. Scores falling below 104.5 suggest notable relationship dissatisfaction.

**CITATIONS**

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.

Recently revalidated in:

Quinn-Nilas, C. (2023). Time for a Measurement Check-Up: Testing the Couple's Satisfaction Index and the Global Measure of Sexual Satisfaction Using Structural Equation Modeling and Item Response Theory. *Journal of Social and Personal Relationships, 40*(7), 2252-2276.

**NOTES**

Additional notes from Two Happy:

Take a look at your results (and compare it with your partner's results if you chose to do it separately). What do you think? When and how might you use this to begin or continue a real conversation with your partner about your life together?

Your questionnaire may reveal specific elements that you want to celebrate, and others that you may want to work on as a couple. If you scored extremely high, ask yourself if issues may be swept under the rug--we've yet to meet long term successful couples that haven't had their fair share of issues. If you scored very low, is this a relationship you both want to make work and are willing to put in the effort to succeed? No matter where you scored, what are some ways you can continue to strengthen your bond and your relationship? Are there a handful of items you'd like to score better on next year? How might you make that happen?

Remember that your score lives on a spectrum, and 104.5 is not a magical line that can predict the success of your relationship. That depends on the time and effort you both spend on cultivating your relationship so that it can flourish.