

Instrument Title: The Marital Disillusionment Scale

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How do you feel about your spouse and marriage now compared to when you just got married to your spouse? Please circle the number that best represents how much you agree or disagree with each statement, using the 1-to-7 scale shown below.

| | 1 = Strongly disagree to 7 = Strongly agree | | | | | | |
|--|--|---|---|---|---|---|---|
| 1. I am very disappointed in my marriage. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I am very disappointed in my spouse. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. My partner used to be my best friend, but now I often don't like her/him as a person. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. Marriage is not at all what I had expected it to be; I feel very disappointed and bitter. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. Before we were married I thought that I was lucky to be with someone like my partner, now, I am no longer sure that I am so lucky. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. I used to love spending time with my spouse, but then it started to feel like a chore. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. I feel tricked, cheated, or deceived by love. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. Marriage is not as enjoyable as I had expected it to be. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. If I could go back in time, I would not marry my spouse again. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. Before we got married, my spouse "put his/her best foot forward;" later he/she no longer bothered. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. My marriage is no longer as important to me as it used to be. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. Marriage used to be a sacred bond; now it is just a legal document. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. My partner seems to be an entirely different person now. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. Before we got married, I wanted to be a better person around my partner; once we were married, my spouse no longer inspired me to improve. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. I no longer know what makes for a happy marriage. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. I have given up on my marriage. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |