

Urdu Translation and Cross-language Validation of the ENRICH Marital Satisfaction Scale among Married Individuals of Lahore, Pakistan

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Abstract: The objectives of the current study were to translate the ENRICH Marital Satisfaction Scale from English language to the Urdu language and examine its cross-language validation for determining its psychometric properties in the cultural context of Pakistan. Brislin's (1976) guidelines of forward-back translation, decentering and etic approach were used. Results of the Cronbach Alpha Reliability Coefficient, cross-language validation, inter-item total correlation, and factor structure of the Urdu translation of the scale indicated the cultural variations which added to the scientific literature of the cross-cultural translation. This Urdu-translated scale will be helpful for couple-family therapists, social workers, mental health professionals, and researchers to investigate the phenomena of marital satisfaction from the indigenous perspective.

Keywords: Urdu, Cross-language validation, ENRICH marital satisfaction, Lahore, Pakistan

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Introduction and Literature Review

Marriage, commonly known as wedlock, is a culturally and legally recognized intimate relationship between spouses. However, its definition varies in different cultures universally. By definition, this wedlock can be legal, social, libidinal, emotional, economic, spiritual, and religious. Internationally it has been accepted and recognized across diverse social identities such as interfaith, interracial, interethnic, inter-caste, and same-sex weddings. Child marriage, polygamy, and monogamy including arranged and forced marriages are common types of marriages exercised worldwide (Huston, McHale, & Crouter, 2021).

A marital bond creates rights and obligations between the spouses, their offspring, and their in-laws. According to this view, marital satisfaction dynamic goal theory describes that spouses have many goals for their marriage. These marriage goals fall into personal development, romantic relationship, and pragmatism. These marriage goals' relative relevance changes with maturity (Aman, Abbas, Nurunnabi, & Bano, 2019). Generally, newly-wed couples prefer personal development, middle-aged individuals prioritize instrumental accomplishment, and older couples strive for companionship. It is argued that if marital goals are met, couples are happier. Life transitions and cultural values can affect the importance of marriage goals, whereas communication style, problem-solving skills, and attribution can help achieve the most important goals. Different couples and marriage partners might have different preferences and priorities for satisfying their marital goals. An attempt has been made to see the marital goals are prioritized and achieved that determine the extent of marital satisfaction. Literature has evident that factors like life transitions, cultural values, communication patterns, problem-solving, and attribution may facilitate the achievement of the prioritized marital goals (Li, Tsang, Fung, Qiu, & Wang, 2020).

Litzinger and Gordon (2005) studied 387 married couples and found a significant relationship between communication, sexual satisfaction, and marital satisfaction. In the study of 787 married individuals, Jose and Alfons (2007) looked at the relationship between marital satisfaction and demographic characteristics. Significant correlations were identified between the number of children, age, gender, length of the marriage, first marriage, second marriage, marital adjustment, and sexual adjustment. High sexual self-efficacy, better financial circumstances, and the absence of sexual dysfunction may all boost marital satisfaction. Increased marital satisfaction in couples can be predicted by socioeconomic level, education, age, ethnicity, religious beliefs, physical attractiveness, intelligence quotient, and personal values and attitudes. Relationship attractiveness and pleasant feelings toward one's spouse are evaluated interpersonally as partnership satisfaction.

Interdependence theory explains that people maximize benefits and minimize costs in interactions (Rusbult & Buunk, 1993). The double ABCM model of marital satisfaction emphasizes the necessity of understanding both shared and unshared components, emphasizing individual and relationship factors that affect marital pleasure. The theory of family behavior framework includes pre-marital factors that affect marriage and marital expectations, conditions, and perceptions that affect marital satisfaction. The concept incorporates marriage aspirations, beliefs, newlywed adjustment, and maintenance literature. It explicitly presents broader contextual elements that influence intra-relational processes, diagramming most constructions' shared and unshared components and illustrating a nonlinear flow of time (Hall, 2021).

Since marriage is a cultural universal and fundamental unit of human survival on earth, therefore marital relations between spouses have many facets of cultural and social manifestations. At times, spouses with different cultural and social backgrounds may have a clash of mutual expectations from each other for the fulfillment of their own marital goals. This makes this marital bond a challenging relationship marked with complications leading to maladjustments of marital relations between spouses. It may increase the chances of divorce due to high expectations and less marital satisfaction between them. In Lahore, Pakistan, the courts have granted more than 6,000 divorces in the first seven months of 2022, and another 7,000 divorce petitions are still pending. This information indicates that 100 and 150 divorce cases are submitted daily to the courts. In the United States, there will be 16.9 divorces for every 1,000 married women in 2022. According to experts, this number represents the divorce rate more accurately than the crude rate. According to the U.S. Census Bureau, 7.7 out of every 1,000 married women over 15 filed for divorce in 2018 (Allen, Narr, Kansky, & Szewedo, 2020).

In order to comprehend the actual cause of discontentment among married people, it is imperative to look at marital satisfaction and idealistic distortion in committed relationships which requires the appropriate measure with good psychometric properties. Hence scale development needs extensive economic, time, and expert resources; therefore, in the current study, a cross-cultural translation procedure is opted to translate and validate the ENRICH Marital Satisfaction scale to measure the level of happiness and unhappiness among married individuals.

Objectives

The objectives of the study are to:

1. Translate the ENRICH Marital Satisfaction Scale from English to the Urdu language;
2. Examine the internal consistency and construct reliability of the Urdu and English versions of the scale; and
3. Determine the psychometric properties of the Urdu-translated version of the scale.

Method

The ENRICH Marital Satisfaction scale (Fowers & Olson, 1993) was translated into the target language (Urdu), and its cross-language validation was performed. Brislin's (1976) guidelines for the forward-back translation methods were used. Internal consistency of the scale was investigated through Cronbach's alpha reliability coefficients, test-retest reliability, and inter-item total correlation. Exploratory and Confirmatory factor analyses were used to determine the factor structure of the Urdu version of the scale.

ENRICH Marital Satisfaction Scale

ENRICH Marital Satisfaction Inventory (Fowers & Olson, 1993) has 125 items in the English language which measured the following dimensions: (1) idealistic distortion, (2) marital satisfaction, (3) communication, (4) conflict resolution, (5) financial management, (6) leisure activities, (7) sexual relationship, (8) children and parenting, (9) family and friends, (10) equalitarian roles, (11) religious orientation, (12) marital cohesion, (13) and marital change. However, in the current study, fifteen items scale of idealistic distortion (5 items) and marital satisfaction scale (10 items) has been translated from the English language to the Urdu language as per the requirement of the study. The idealistic distortion scale is an altered version of the Edmonds Marital Conventionalization scale (Edmonds, 1967). In idealistic distortion assessment, having a positive bias toward one's relationship

Urdu Translation and Cross-language Validation of the ENRICH Marital Satisfaction Scale among Married Individuals of Lahore, Pakistan

may be inextricably linked to finding one's relationship satisfactory. It was measured through item numbers: 1, 4, 6, 9, and 13 rest of the ten items (2, 3, 5, 7, 8, 10, 11, 12, 14, and 15) assessed Marital Satisfaction. It uses a 5-point Likert response format pattern to cater to the response of the participants. One indicates strongly disagree, two means moderately disagree, three refers to not agree-nether disagree, four counts agree, and five means strongly agree. Six items (2, 5, 8, 9, 12, and 14) have reserve rated before performing any analysis. On the scale, high scores indicate high marital satisfaction and idealistic distortion, and low scores mean low marital satisfaction and idealistic distortion.

Stage 1: The ENRICH Marital Satisfaction Scale was translated using the following four steps of Brislin's (1976) forward-back translation process. **Forward Translations (Stage I):** Five bilingual specialists (three Ph.D. students in the English department and two M. Phil. holders in the psychology department of different universities) were contacted to do forward translations. They were skilled in both scale development and translating tools. It was requested to translate the scale from English into Urdu by keeping its contextual meanings intact.

Stage II: Committee Approach

The compatibility of the instruments' English and Urdu languages was examined using a committee approach. Five multilingual specialists, two women and three men made up the committee. Members of the committee evaluated the translation's precision, contextual meaning, concept clarity, linguistic difficulty, grammatical validity, and sensitivity to regional differences. Three criteria were used to compare five forward translations: The cultural background, the conceptual translation, and the removal of any extraneous or inadequate terms were evaluated.

Stage III: Back Translation / Reformulation of Equivalence

Three back translations were conducted to evaluate the ambiguity, consistency, and language disparities. The back translations were to be written by three bilingual Urdu and English language experts (M. Phil in English from two different universities in Lahore). Using the criteria of conceptual similarity, language difficulty, removing superfluous words, and making it more accessible in the context of Pakistani culture, they compared three back translations. The final version was produced after minimizing the meaning mismatch. Two Urdu language experts who earned their master's degrees from several Lahore-area universities were asked to increase the usefulness of item construction. The instruments were returned to the original authors after expert evaluation of the back translations. The identical item structure and number were used for the pilot study after they agreed on the back translation.

Stage IV: Pilot Study

The Urdu translation of the ENRICH Marital Satisfaction Scale was tested on ten married individuals to identify the challenging and problematic items. After the items were improved and modified, a pilot study with thirty participants was carried out. Results showed that 99% of married people considered the questionnaire simple, while 1% had some difficulty with the modified items. Cronbach alpha reliability for the total scale and its two subscales, idealistic distortion and marital satisfaction, were found satisfactory in the current sample.

Phase 2: Internal Consistency of ENRICH Marital Satisfaction Scale

Phase two involved determining the ENRICH Marital Satisfaction scale's internal consistency and construct validity. It featured cross-language validation, the item-total correlation, and Cronbach's alpha reliability coefficient, respectively.

Procedure

Permission from the authors of the ENRICH Marital Satisfaction Scale was **sought/obtained** to translate it from the English language to the Urdu language. The Institutional Review Board of Lahore Leads University checked the study parameters according to the APA 7th edition. The Ethical Review Committee assigns the letter number to the Study (No. LLU/ERC/Inf-338). The volunteer participants signed written informed consent after describing the study's purpose and the participant's rights and responsibilities. The anonymity of the participants and confidentiality of the data was ensured. Data were collected through a personal demographic information sheet and ENRICH Marital Satisfaction Scale (Urdu and English Versions, respectively). On average, it took 10-15 minutes to complete the questionnaires. The response rate after fulfilling the inclusion and exclusion criteria was 98 %. Data were analyzed through SPSS (Statistical Package for the Social Sciences) 22 Version and AMOS (Structural Equation Modeling). Data were screened before entering the software to remove the patterns and avoid the ceiling and floor effects to minimize the outliers. Assumptions of normality were checked, and outliers were removed before running the primary analysis. Total data of 170 married individuals were collected, and 20 forms were discarded due to outliers and incomplete information. Therefore, the final analysis was run on the data of 150 participants.

Table 1

Personal Information Characteristics of the Participants (N = 80)

<i>Variables</i>	<i>Categories</i>	<i>f</i>	<i>Variables</i>	<i>Categories</i>	<i>f</i>
Age	$M = 31.02, SD = 7.55$		Type of Marriage	Love Marriage	20
Gender	Male	35	Duration of Marriage	Arrange Marriage	60
	Female	45		Six months to 1 year	30
Education	Middle – Metric	35	Number of children	2-5 years	10
	F.A – B.A	26		6-10 years	40
	M.A – M-Phil	19		1-3 child	42
Profession	Working	60	Experience of romantic love	4-6 Children	38
	Non-working	20		Yes	30
Family System	Joint	55	No	50	
	Nuclear	25			

Urdu Translation and Cross-language Validation of the ENRICH Marital Satisfaction Scale among Married Individuals of Lahore, Pakistan

Table 2

Reliability Analysis of the Urdu and English Versions of the ENRICH Marital Satisfaction Scale (N = 80)

Scale	Urdu-Urdu (n = 20)	English- English (n = 20)	Urdu- English (n = 20)	English- Urdu (n = 20)
ENRICH Marital Satisfaction	.88***	.92***	.87***	.87***
Marital Satisfaction	.90***	.91***	.89***	.88***
Idealistic Distortion	.89***	.88***	.86***	.87***

Note: ***p < .000.

The results of table two indicated that the test-retest reliability of the Urdu-Urdu, English-English, Urdu-English, and English-Urdu on the current sample was highly significant. The magnitude of the relationship on all conditions was reported to be satisfactory.

Table 3

Psychometric Properties of the ENRICH Marital Satisfaction Scale (N = 150)

Variable	<i>k</i>	<i>M</i>	<i>SD</i>	α	<i>S</i>	<i>K</i>	Range	
							Potential	Actual
ENRICH Marital Satisfaction Scale	15	48.86	8.08	.92	-.67	1.00	15-75	23-73
Marital Satisfaction	10	31.51	5.73	.90	-.04	.45	10-50	16-50
Idealistic Distortion	5	17.37	4.31	.89	-.40	-.16	5-25	5-25

Note: Number of items = *k*; Mean = *M*; Standard Deviation = *SD*; Alpha = α ; Skewness = *S* Kurtosis = *K*

Table three shows the psychometric properties of the ENRICH Marital Satisfaction Scale, its two subscales as marital satisfaction and idealistic distortion. Cronbach alpha reliability coefficient on the current sample was found to be satisfactory. Ranges of skewness and kurtosis indicated that data lay within the normal range. At the same time, the actual and potential values of the scale showed the variance between the actual and potential scores of the scale. Original reliability and test-retest reliability of ENRICH marital satisfaction was reported on idealistic distortion = .86, .92, and marital satisfaction = .83, .86, respectively.

Table 4 Personal Information Characteristics of the Participants (N = 150)

Variables	Categories	f	Variables	Categories	f
Age	M = 33.06, SD = 8.45		Type of Marriage	Love Marriage	40
Gender	Male	70		Arrange Marriage	110
	Female	80	Duration of Marriage	Six months to 1 year	60
Education	Middle – Metric	40		2-5 years	52
	F.A – B.A	61		6-10 years	38
	M.A – M-Phil	49	Number of children	1-3 child	73
Profession	Working	100		4-6 Children	105
	Non-working	50	Experience of romantic love	Yes	45
Family System	Joint	100		No	105
	Nuclear	50			

Table four shows the personal information characteristics of the study participants of the current study.

Table 5

Item total Correlation of the ENRICH Marital Satisfaction Scale (N = 150)

Sr. #	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.
Item1	-.30*	.39*	.41*	-.44*	.48*	.57*	-.25*	-.21*	.38*	.43*	-.15	.45*	-.27*	.18
Item2		-.37*	-.37*	.36*	-.22*	-.30*	.36*	.46*	-.36*	-.30*	.08	-.23*	.16*	-.18*
Item3			.30*	-.28*	.52*	.33*	-.21*	-.01	.54*	.28*	-.04	.27*	-.19*	.29**
Item4				-.47*	.40*	.55*	-.04	-.27*	.38*	.50*	-.10	.37*	-.25*	.15
Item5					-.48*	-.44*	.31*	.35*	-.45*	-.36*	.24*	-.39*	.26*	-.32**
Item6						.51*	-.24*	-.07	.57*	.49*	-.14	.30*	-.26*	.23**
Item7							-.15	-.33*	.43*	.54*	-.04	.43*	-.21*	.22**
Item8								.30*	-.34*	-.09	.19*	-.26*	.15	-.15
Item9									-.24*	-.37*	.08	-.18*	.28*	-.08
Item10										.52*	.10	.41*	-.19*	.32**
Item11											.01	.30*	-.08	.41**

Item1 2	.01	.33*	.12
Item1 3		-.20*	.26**
Item1 4			-.10
Item1 5			

The results of table five show that item number 12 has a non-significant item-total correlation with ten items and a weak significant relationship with the rest of the two items. It indicates that item number 12 needs to be revised in the primary analysis. Item number 15 also seems problematic as it indicates the 50 % significance level of item-total correlation with a comparatively weak magnitude of the relationship. The rest of the items show a significant and comparatively high loading level on inter-item correlation. The magnitude of the relationship is also satisfactory.

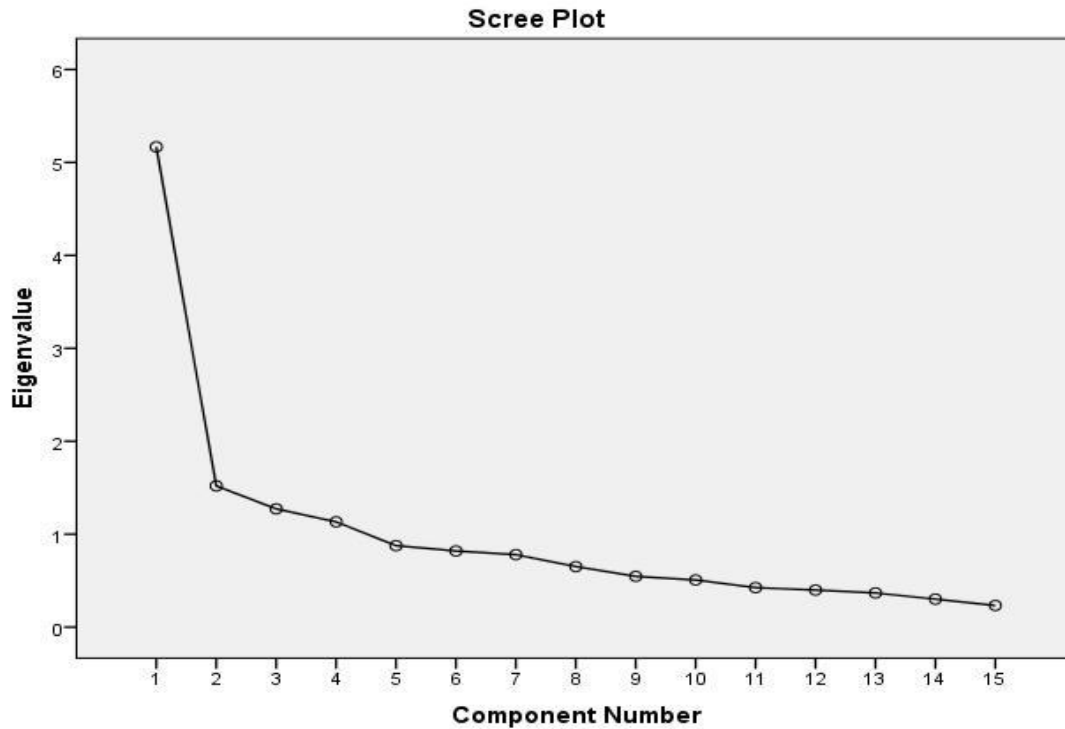
Table 6

Factor Structure and Item Total Correlation of ENRICH Marital Satisfaction Scale (N = 150)

Item	1	2
1. My partner and I understand each other perfectly.	.69	
2. I am not pleased with my partner's personality characteristics and personal habits.	-.57	
3. I am very happy with how we handle our roles and responsibilities in our marriage	.59	
4. My partner completely understands and sympathizes with my every mood	.67	
5. I am not happy about our communication and feel my partner does not understand me.	-.68	
6. Our relationship is a perfect success	.70	
7. I am very happy about how we make decisions and resolve conflicts.	.74	
8. I am unhappy about our financial position and how we make financial decisions.	-.42	.36
9. I have some needs that still need to be met in our relationship.	-.45	.41
10. I am very happy with how we manage our leisure activities and time together.	.73	
11. I am very pleased about how we express affection and relate sexually.	.69	
12. I am not satisfied with how we handle our responsibilities as parents.		.68
13. I have never regretted my relationship with my partner, not even for a moment.	.60	
14. I am dissatisfied with our relationship with my parents, in-laws, and friends.	-.42	.52
15. I feel very good about how we each practice our religious beliefs and values.	.43	.37
Total Eigenvalues	5.187	1.532
% of Variance	34.579	10.211
Cumulative %	34.579	44.791

Kaiser-Meyer-Olkin Measure of Sampling Adequacy was .81 and Bartlett's Test of Sphericity (Approx. Chi-Square) was 811.08 (105), $p < .000$. A KMO scores over 0.5 and Bartlett's test significance level below 0.05 indicate data correlation. A statistical test called the Kaiser-Meyer-Olkin (KMO) test evaluates the suitability of data for factor analysis. The test evaluates whether sampling is adequate for the entire model and individual variables. The statistic represents how much variance among the variables

may be a common variance. Therefore, the values of the current sample were within the normal range and appropriate for the primary analysis. Item number 2, 5, 8, and 14 has non-significant item-total correlation. Thirteen items have high factor loading on the first factor, marital satisfaction, while the rest load on the other dimension. This factor structure is slightly different from the original parameters of the scale, which retained ten items on the first factor and the rest of the five on the second factor (marital satisfaction and idealistic distortion).



The Screen plot represents the pictorial picture of the two-factor structure of the ENRICH Marital Satisfaction Scale.

Table 7

Chi-Square, Degree of Freedom, and Model Fit Indices of CFA for ENRICH Marital Satisfaction Scale (N = 150)

Scale	χ^2	df	GFI	CFI
ENRICH Marital Satisfaction Scale	258.56	89	.86	.82

Note: Goodness of Fit Index (GFI), Comparative Fit Index (CFI), Root Mean Square Error of Approximation (RMSEA). The findings of table seven show a goodness of fit model of the ENRICH Marital Satisfaction Scale of the translated version.

Urdu Translation and Cross-language Validation of the ENRICH Marital Satisfaction Scale among Married Individuals of Lahore, Pakistan

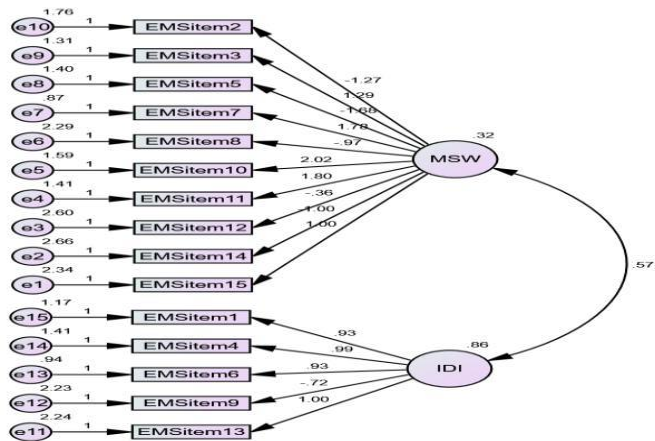


Figure 2 indicates the results of the confirmatory factor analysis.

Discussion

There are multiple scales available that measure marital satisfaction, such as the Marital Adjustment Test (Locke & Wallace, 1959), the Dyadic Adjustment Scale (Spanier, 1976), and the Couple Satisfaction Index (Funk & Rogge, 2007). However, due to its suitability, the current study aimed to translate and cross-language validate the ENRICH Marital Satisfaction Scale from English to Urdu. Brislin's (1976) Guidelines for forward-back translations were used. The results of cross-language validation, Chronbach's alpha reliability coefficient, test-retest reliability, and inter-item total correlation indicate good internal reliability. In contrast, the result of the exploratory factor analysis and confirmatory factor analysis indicates little variations in the factor loading. Ten items were loaded in the marital satisfaction scale in the original factor structure, while the rest of the five measures the idealistic distortion. In the current study, thirteen items were loaded in the first factor, while three were loaded on the other dimension.

Quality translation requires ammines efforts to maintain the quality of original scale development. However, bilingual translators and the back translation procedure optimize the content equivalence that may be threatened by inexpertise and incorrect translation (Thato et al., 2005). It also minimizes the translation equivalency issues such as etymological, idiomatic, grammatical-syntactical, empirical, and conceptual problems (Sechrest & Fay, 1972). Previous literature provides evidence to translate and cross-language validating the scales will save energy, time, and resources for those scales which measure the universal cultural phenomena. They can benefit from a good and reliable tool that measures the universal construct with little variations. It can be beneficial in translating the scale into an indigenous language to measure the construct effectively. However, direct translation has not granted content equivalence. Thus it required forward and back translation procedures, committee approach, test tryout,

pilot study, cross-language validation, and determining the factor structure of the translated measure to minimize the threat of internal reliability and validity (Brislin, 1970; Sechrest & Fay, 1972).

Bradbury and Bodenmann (2020) reported that marital satisfaction research inspires optimism and pessimism about the decade ahead. The fact that scholars from diverse fields tackle this topic with surprising vigor boosts optimism. More importantly, it comes from progress in understanding (a) marital processes that cover and may foreshadow changes in satisfaction, (b) complex environments to which spouses and couples adapt, and (c) how to conceptualize and assess marriage quality. It illustrates and evaluates this progress in terms of the particular research themes it highlighted and the broader idea that a complete portrayal of marital quality variability requires analysis of interpersonal exchanges within marriage, the milieus in which marriages are embedded, and the interplay between these interior and exterior forces.

Conclusion

The objectives of the current study were to translate, and cross-language validate the ENRICH Marital Satisfaction Scale from English to the Urdu language. The factor structure of the translated version was also determined through exploratory factor analysis, which was confirmed through confirmatory factor analysis using the latest version of the software of SPSS and AMOS. Results indicated a good level of Cronbach's alpha reliability coefficients, test-retest reliability, inter-item total correlation, factor loading, and psychometric properties of the Urdu-translated version of the scale.

Limitations and Suggestions of the Study

ENRICH Marital satisfaction scale was initially developed in English and translated into Urdu following Brislin's guidelines (1976). The construct of marital satisfaction and idealistic distortion is universal but has unique contributing cultural-specific indigenous modalities. Therefore, developing a culturally specific marital satisfaction scale is highly recommended to cater to culturally sensitive issues and better understand marital satisfaction and idealistic distortion.

The implication of the study

This Urdu-translated version of the scale will be helpful for pre-marital couples (engaged, committed) and married individuals to differentiate between happily married or happily intended married individuals and unhappily married couples. It will also be helpful for the couple therapists, family therapists, and mental health professionals to facilitate the intimate partners to identify the area of the problem which ultimately will be harmful to their long-term commitment. It will be helpful for social workers and community health workers to help married individuals. It will be beneficial for the researchers who want to investigate this phenomenon in the cultural context of Pakistan.

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Urdu Translation and Cross-language Validation of the ENRICH Marital Satisfaction Scale among Married Individuals of Lahore, Pakistan

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