Couples Satisfaction Index (CSI-16)

16-item self-report measure

The Couples Satisfaction Index (CSI-16) is a 16-item measure designed to assess relationship satisfaction of intact (married, cohabiting or dating) couples. This original version of the measure includes items aimed at assessing the presence of problems between individuals and the intensity of such problems.

	Internal consistency	Test-retest reliability	Validity	Sensitivity to change
Psychometric features	✓	?	✓	?

	Brevity	Availability	Ease of Scoring	Used in the UK
Implementation features	✓	✓	✓	✓

*Please note that our assessment of this measure is based solely on the English version of the CSI-16. The other versions of this measure were not assessed and therefore it should not be assumed that they would receive the same rating.

What is this document?

This assessment of the Couples Satisfaction Index (CSI-16) has been produced by the Early Intervention Foundation (EIF) as part of guidance on selecting measures relating to parental conflict and its impact on children. To read the full guidance report and download assessments of other measures, visit: https://www.eif.org.uk/resource/measuring-parental-conflict-and-its-impact-on-child-outcomes

- **Some versions of the measure show the point values of each response. The authors recommend not showing point values to respondents, but instead using circles to fill in (on pen-and-paper versions) or radio buttons to click (in online surveys).**
- **We found insufficient evidence to establish that the CSI-16 has good test-retest reliability over short periods of time and is sensitive to change in short interventions.**

About the measure

Author(s)/ developer(s)

Funk J.L., & Rogge R.D.

Publication year for the original version of the measure

2007

Type of measure

Self-report.

Versions available	There are two other versions of this measure available: a 32-item version and a 4-item version.
Outcome(s) assessed	This measure has been designed to assess relationship satisfaction in intact couples.
Subscales	N/A
Purpose/primary use	This measure was originally developed to be used with married or cohabiting couples in big studies with large samples and in studies that can only accommodate measures with few items.
Mode of administration	This measure can be completed in person or online.
Example item	'In general, how often do you think that things between you and your partner are going well?'
Target population	This measure was originally developed for married, cohabiting or dating couples.

Response format	The CSI-16 is comprised of varying response scales, including ordinal and Likert scales. • Item 1 uses a 7-point Likert scale (from 0 = 'Extremely Unhappy' to 6 = 'Perfect'). • Item 2 uses a 6-point ordinal scale (from 0 = 'Never' to 5 = 'All the Time'). • Items 3–6 use a 6-point ordinal scale (from 0 = 'Not at all True' to 5 = 'Completely True'). • Items 7–10 use a 6-point ordinal scale (from 0 = 'Not at All' to 5 = 'Completely'). • Items 11–16 use different 6-point ordinal scales (Item 11: 0 = Boring to 5 = Interesting; Item 12: 0 = Bad to 5 = Good; Item 13: 0 = Empty to 5 = Full; Item 14: 0 = Fragile to 5 = Sturdy; Item 15: 0 = Discouraging to 5 = Hopeful; and Item 16: 0 = Miserable to 5 = Enjoyable).).
Strengths & limitations	Strengths: • The CSI-16 is a valid measure with good internal consistency. • The measure is applicable for use with a range of intact couples (such as married, cohabiting, exclusive but not living together, and so on). • It is a short (16-item) measure, which is free to access and easy to score (available at: https://www.researchgate.net/publication/ 299432196_The_Couples_Satisfaction_Index_CSI-16-16). Limitations: • According to our review, we did not find information on the test-retest reliability of the CSI-16. • We also found insufficient evidence to establish that the CSI-16 is sensitive to change in short interventions.
Link	N/A
Contact details	Email: ronald.rogge@rochester.edu Phone: (585) 273-3270
Copyright	Based on our review of the evidence, it appears that the developers did not provide information on copyright. The key reference (included below) should be cited when using the measure.
Key reference(s)	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*(4), 572.

Psychometric features in detail

Internal consistency

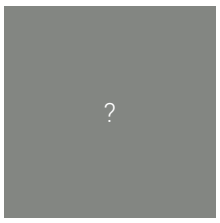
We found a number of papers (Bruner et al., 2015; Funk & Rogge, 2007; Hoagland & Levant, 2015; Resch & Alderson, 2014; Witherow et al., 2016) reporting good internal consistency for the CSI-16, with Cronbach's alpha values ranging from 0.62 to 0.90.

In the original paper, the developers reported that the CSI-16 had a mean Cronbach's alpha coefficient of 0.98. This study was conducted with a sample of 5,315 people in the US (80% female, 75.8% Caucasian, 5% African American, 5.1% Latino and 4.1% Asian). The mean age was 26.0 years (SD 10.5). Most of the respondents (60.1%) were dating seriously, 23.6% were married and 16.3% were engaged (Funk & Rogge, 2007).

Resch and Alderson (2014) reported a Cronbach's alpha coefficient of 0.96. The study was conducted with a sample of 340 heterosexual women in Canada, ranging in age from 18–41 years (mean = 21.17, SD = 3.33). Overall, 71.5% were White, 17.4% Asian, and the remainder were mixed race (5.9%), other (2.4%), Middle Eastern (1.8%), Hispanic (0.6%), Aboriginal (0.4%), or of African descent (0.3%).

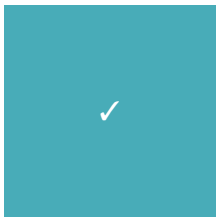
Bruner et al. (2015) reported a Cronbach's alpha coefficient of 0.95. The study was conducted in the US with a sample of 189 undergraduate students aged between 18–25 years (mean age = 19.58, SD = 1.38, 73 male, 116 female) and currently involved in a romantic relationship of at least three months' duration. The participants were predominantly white (87%; 6% African American, 3% Asian, 3% Multi-racial, 2% Hispanic/Latino).

Test-retest reliability



From our review of the evidence, we did not find information on test-retest reliability.

Validity

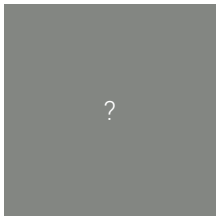


The developers (Funk & Rogge, 2007) evaluated the CSI-16 against the Dyadic Assessment Scales (32-item, 7-item and 4-item versions), the Marital Adjustment Test (MAT), the Quality of Marriage Index (QMI), the Semantic Differential (SMD), the Kansas Marital Satisfaction Scale (KMS) and the Relationship Assessment Scale (RAS). The authors reported correlation coefficients between 0.85 and 0.98 with all the measures. This study was conducted with a sample of 5,315 people in the US (80% female, 75.8% Caucasian, 5% African American, 5.1% Latino and 4.1% Asian). The mean age was 26.0 years (SD 10.5).

Since the CSI-16 has been developed using item response theory with a pool of items from a wide variety of measures, including the DAS, MAT, KMS, QMI, RAS, and SMD, the high correlation coefficients are not surprising.

Moreover, the developers (Funk & Rogge, 2007) reported that CSI-16 scores discriminate between distressed and non-distressed relationships.

Sensitivity to change

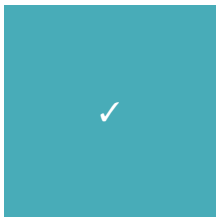


From our review, we found partial evidence that the CSI-16 can detect changes after participation in short relationship interventions. Although this evidence is promising, we did not consider it sufficient to confirm that the CSI-16 is sensitive to change in short interventions.

Kalinka et al. (2011) reported that the CSI-16 detected changes between pre-test and follow-up (CSI-16: $\beta = 0.420$, $p < 0.005$). In an RCT conducted in the US evaluating the efficacy of a two-month, self-paced, Internet-based marriage and relationship skills education programme ('Power of Two Online') designed to increase marital satisfaction and reduce divorce rates. The study was conducted with a sample of 79 new and expectant parents (mean age = 28, 85.7% female, 84.3% white, and 72.9% married). Most participants were having their first or second child (42.9% and 40.0%, respectively).

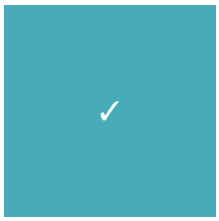
Implementation features in detail

Brevity



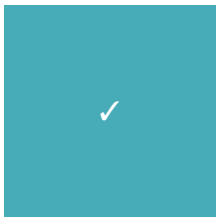
This measure has 16 items.

Availability



According to the developers, the CSI-16 is freely available for both research and clinical use. The measure does not require a clinical licence.

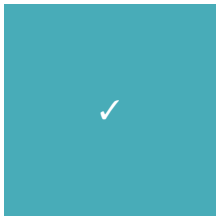
Ease of scoring



The CSI-16 has simple scoring instructions involving basic calculations, available at: https://www.researchgate.net/publication/ 299432196_The_Couples_Satisfaction_Index_CSI-16-16. It does not need to be scored by someone with specific training or qualifications.

The total score is the sum of the responses' point values and can range from 0 to 81. Higher scores indicate higher levels of relationship satisfaction, with scores below 51.5 suggesting notable relationship dissatisfaction.

Used in the UK



The CSI-16 has been used in more than five UK studies including impact evaluations (Baucom et al., 2018; Fink et al., 2019; Foley et al., 2019; Frost & Fingerhut, 2016; Hughes et al., 2019).

Language(s)

The CSI-16 is available in English but as far as we are aware, the developers did not translate it into other languages. The measure has, however, been translated by people other than the developers into Persian and Russian (Forouzesh Yekta et al., 2017; Okhotnikov & Wood, 2019).

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