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Predictors of Marital Satisfaction in Couples That Include a Physician Partner

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Predictors of Marital Satisfaction in Couples That Include a Physician Partner

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47th STFM
Annual Spring
Conference

Predictors of Marital Satisfaction in Couples with at Least One Family Physician Partner

Stockwell, Click, Harris & Gilreath

*East Tennessee State University
Department of Family Medicine*

Disclosures

- Nothing to disclose

Marital Dissatisfaction Can Lead To

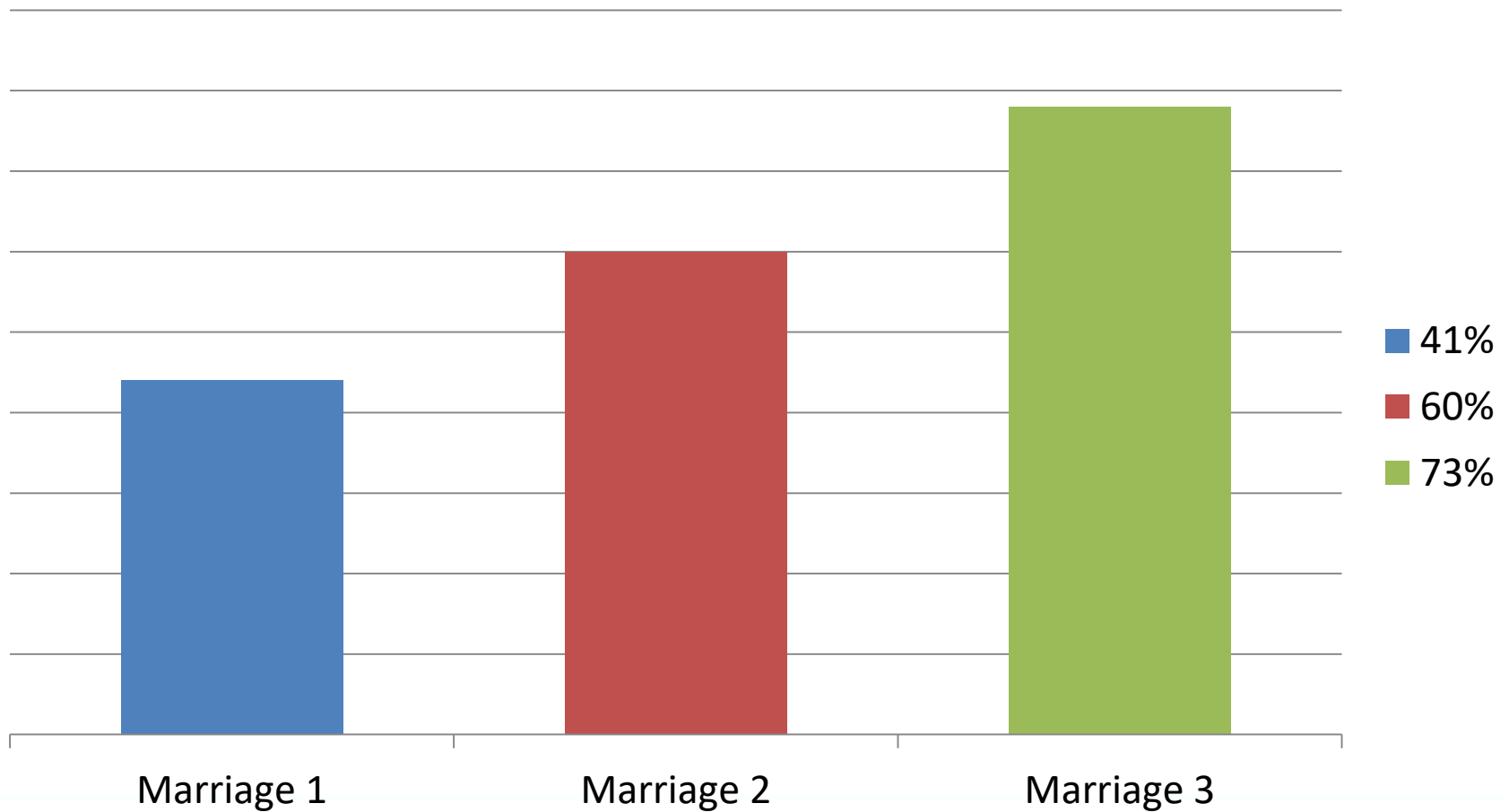
Emotional Problems

- Depression
- Anxiety
- Suicide
- Alcohol Misuse
- Drug Misuse
- Physician Impairment

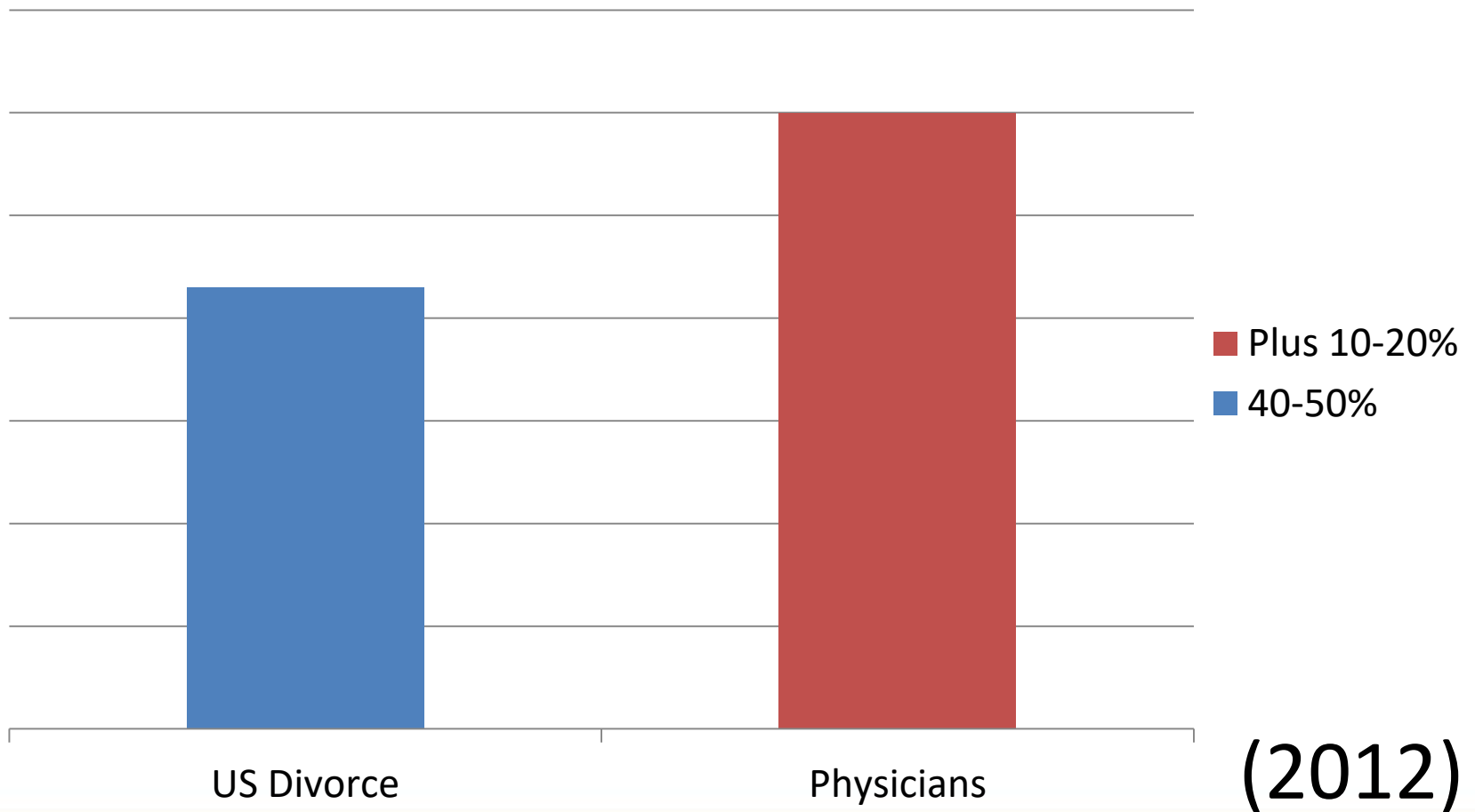
Physical Problems

- Hypertension
- Stress
- Memory Loss
- Fatigue
- Sleep Disturbance
- Obesity

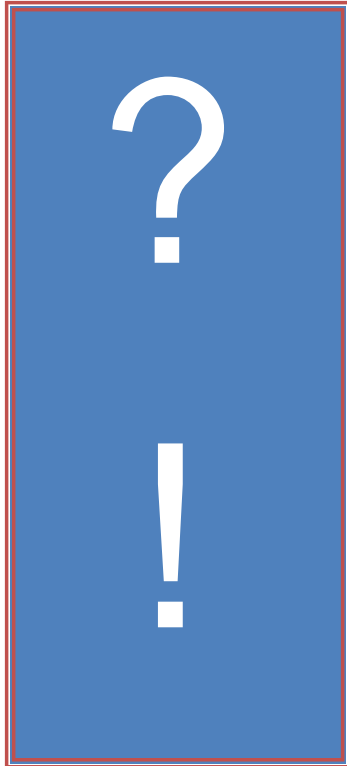
What % of US Marriages End in Divorce?



What if you're a Doc?



With This Research...



What makes marriage satisfying

Design curriculum - teach those skills

Predictors

Dyadic Adjustment Scale

(Spanier 1976)

- Measures marital satisfaction

- **Intimacy**

- Personal Assessment of Intimacy in Relationships - PAIR Olson & Schaefer 2000

- **Emotional Expressiveness**

- Toronto Alexithymia Scale – TAS 20 Taylor, Bagby & Parker 1992

- **Conflict Resolution**

- CR Scale of Three Couple Scales Olson & Larson 2008

Dependent Variable
Marital Satisfaction

Independent Variables

- Intimacy
 - Emotional
 - Social
 - Sexual
 - Intellectual
 - Recreational
- Emotional Expressiveness
 - Difficulty identifying feelings
 - Difficulty describing feelings
 - Externally oriented thinking
- Conflict Resolution
 - Facility of resolving conflicts

Recruitment

We Need

- 50 Family Medicine Physicians and their spouses
- 10-15 minutes of your time – to complete online survey
- Both partners to participate

You Get

- A \$20 Starbucks gift card (first 50 couples to complete survey)
- To contribute to significant research
- To help improve lives of physicians and their families

Data Collection to date

- Began 03 April 2014
 - Kingsport Family Medicine Residency
 - Bristol Family Medicine Residency
 - Johnson City Family Medicine Residency
 - ETSU Department of FM faculty meeting

To date...

Data Analysis

- Paired data – 11 couples completed (need 50)
- Correlations of subscales with DAS
- Multiple regression (backward method function in SPSS)

Data Analysis

- Multiple regression
- Best model with fewest predictors:
 - PAIR Social Subscale
 - TAS-20 Difficulty Identifying Emotions
 - PAIR Emotional Subscale
 - $R^2 = .75$, adjusted $R^2 = .71$, $F(3,16) = 16.35$, $p = .000$

Correlations

DAS Positively Correlated

- PAIR Emotional subscale
 - $r = .77, p < 0.001$
- PAIR Intellectual subscale
 - $r = .77, p < 0.001$
- Conflict Resolution
 - $r = .63, p < 0.01$
- PAIR Sexual subscale
 - $r = .60, p < 0.01$
- PAIR Recreational
 - $r = .59, p < 0.01$

DAS Negatively Correlated

- TAS-20 Difficulty Identifying Feelings
 - $r = -.77, p < 0.001$
- TAS-20 Total Score
 - $r = -.65, p < 0.01$
- TAS-20 Difficulty Describing Feelings
 - $r = -.49, p < 0.01$

www.surveymonkey.com/s/married-docs

QUESTIONS?

Thank you to the ETSU Dept. of Family Medicine for funding this work.

All information is CONFIDENTIAL

No identifying data is preserved

Spouses will not be able to see each other's responses

PREDICTORS OF MARITAL SATISFACTION IN COUPLES
WITH AT LEAST ONE FAMILY PHYSICIAN PARTNER

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<http://tinyurl.com/married-docs>



Research Study

Physician divorce rate is 10-20% higher than the general population

Intimacy, conflict resolution and emotional expressiveness increase marital satisfaction

By measuring the strength of the predictors of marital satisfaction, we can design residency curriculum to teach the skills needed for greater satisfaction in marriage

Improve the lives of physicians and their families

Contribute to knowledge about medical marriages

WE NEED

- Family Medicine physicians & their spouses
- 10-15 minutes of your time to complete an online survey
- Both partners to participate

YOU GET

- A \$20 Starbucks gift card (1 card per couple for the first 50 couples who complete the survey)
- An opportunity to contribute to significant research related to the marital satisfaction of family physicians and their spouses.

Couples with both spouses employed by ETSU are not eligible to receive the gift card

www.surveymonkey.com/s/married-docs

Participate now

All information is CONFIDENTIAL

No identifying data is preserved

Your spouse will not be able to see your survey answers

Questions: Glenda Stockwell—stockwel@etsu.edu or Ivy Click—click@etsu.edu