

INFORMATION TO USERS

This was produced from a copy of a document sent to us for microfilming. While the most advanced technological means to photograph and reproduce this document have been used, the quality is heavily dependent upon the quality of the material submitted.

The following explanation of techniques is provided to help you understand markings or notations which may appear on this reproduction.

1. The sign or "target" for pages apparently lacking from the document photographed is "Missing Page(s)". If it was possible to obtain the missing page(s) or section, they are spliced into the film along with adjacent pages. This may have necessitated cutting through an image and duplicating adjacent pages to assure you of complete continuity.
2. When an image on the film is obliterated with a round black mark it is an indication that the film inspector noticed either blurred copy because of movement during exposure, or duplicate copy. Unless we meant to delete copyrighted materials that should not have been filmed, you will find a good image of the page in the adjacent frame.
3. When a map, drawing or chart, etc., is part of the material being photographed the photographer has followed a definite method in "sectioning" the material. It is customary to begin filming at the upper left hand corner of a large sheet and to continue from left to right in equal sections with small overlaps. If necessary, sectioning is continued again—beginning below the first row and continuing on until complete.
4. For any illustrations that cannot be reproduced satisfactorily by xerography, photographic prints can be purchased at additional cost and tipped into your xerographic copy. Requests can be made to our Dissertations Customer Services Department.
5. Some pages in any document may have indistinct print. In all cases we have filmed the best available copy.

University
Microfilms
International

300 N. ZEEB ROAD, ANN ARBOR, MI 48106
18 BEDFORD ROW, LONDON WC1R 4EJ, ENGLAND

7908840

SPIVEY, PATRICIA BRANDON
MALADJUSTMENT, PERSONALITY CHARACTERISTICS
AND STRESS IN DIVORCED WOMEN.

THE UNIVERSITY OF OKLAHOMA, PH.D., 1978

University
Microfilms
International 300 N. ZEEB ROAD, ANN ARBOR, MI 48106

THE UNIVERSITY OF OKLAHOMA
GRADUATE COLLEGE

MALADJUSTMENT, PERSONALITY CHARACTERISTICS AND
STRESS IN DIVORCED WOMEN

A DISSERTATION
SUBMITTED TO THE GRADUATE FACULTY
in partial fulfillment of the requirements for the
degree of
DOCTOR OF PHILOSOPHY

BY
PATRICIA BRANDON SPIVEY

Norman, Oklahoma

1978

MALADJUSTMENT, PERSONALITY CHARACTERISTICS AND
STRESS IN DIVORCED WOMEN

APPROVED BY

Abraham Solomon

Jonathan A. Foster

A. E. Regland

W. B. Boyd

Gerald K. Harty

DISSERTATION COMMITTEE

ACKNOWLEDGEMENTS

I wish to give special thanks and my deepest appreciation to my chairman, Dr. Avraham Scherman. Not only did he give guidance and support, but he continually encouraged me to grow both personally and professionally. He gave unselfishly of himself and enriched my life.

I also thank the members of my committee, Drs. Dorothy Foster, Gerald Kowitz, Wayne Rowe and Robert Ragland who gave guidance, shared their ideas and provided constructive criticism when needed.

To my parents, Merle and Priscilla Brandon, I give my love and respect for they not only gave me a life, they gave values and a sense of direction that has never failed me.

And to Sam, my best friend, roommate and husband who stuck with me when I was in doubt, I give my present and future.

TABLE OF CONTENTS

	Page
Manuscript to be submitted for publication	
ABSTRACT	v
INTRODUCTION	1
METHOD	6
RESULTS	8
DISCUSSION	11
REFERENCES	13
APPENDIX A. Prospectus	18
APPENDIX B. Demographic Questionnaire for Divorce Groups	38
APPENDIX C. Demographic Questionnaire for Newly Married and Control Married Groups	43
APPENDIX D. Life Events Checklist	51

ABSTRACT

Divorced people have historically been viewed as psychologically maladjusted. This study hypothesized that maladjustment and stress would be present in divorced women but would diminish over time. Six different groups were used. There were four divorced groups with different time spans since filing for the divorce: D1, filed 0-6 months ago; D2, filed 1-1½ years ago; D3 filed 3½-4½ years ago; D4 filed 6½ years or more ago. There was also a newly married group (NM) who had legally married in the past six months and a control married (CM) group. Subjects were women recruited from church sponsored adult groups who met the following requirements: 1) had at least a high school education; 2) were at least 18 years old when married; 3) had not seen a psychiatrist or psychologist in the past year (excluding marriage counseling); 4) must have been married only once. This study also analyzed personality characteristics of the groups. The results support the concept of divorce as a process. While the D1 and NM groups had significantly higher stress, the D2 group had the most consistent maladjustment indicators and the only meaningful significant personality characteristic. The D3 and the D4 groups are similar to the CM group thereby supporting the hypothesis that though there is psychological maladjustment in women who divorce, it diminishes over time and becomes no different from continuously married women.

MALADJUSTMENT, PERSONALITY CHARACTERISTICS AND
STRESS IN DIVORCED WOMEN

The helping professions have historically viewed divorced people as pathological and psychologically maladjusted (Bergler, 1948; Fisher, 1973; Jacobsen, 1973). In studies of psychiatric inpatients (Blacker, 1958; Malzberg, 1964; Odegard, 1953; Taube, 1970a) and outpatients (Taube, 1970b; Woodruff, Guze and Clayton, 1972), the rate of divorce was found to be greater among psychiatric patients than in the general population. In a review of eleven studies using samples from psychiatric inpatients, outpatients or records from mental institutions, Gove (1972a) reported that the rate of mental illness for divorced men was over five times higher than the rate for married men and nearly three times higher for divorced women than for married women. Gove (1972b) in a review of studies on suicide using both psychiatric and nonpsychiatric subjects, reported that suicide rates were nearly 4.5 times higher for divorced men than for married men, and 3.2 times higher for divorced women than married women. Suicide rates were higher for divorced persons than for never married and widowed persons with one exception: widowed men have about the same rate of

suicide as divorced men. In all of these comparisons, divorced men have uniformly higher rates of mental illness and suicide than do divorced women. Again using both psychiatric and nonpsychiatric subjects, Carter and Glick (1970) present evidence that when compared with other marital states, divorced men and women uniformly have far higher rates of violence, accidental falls, homicide, accidental fires or explosions, pneumonia, tuberculosis and cirrhosis of the liver. Though the above cited studies give information about psychiatric populations, it is erroneous to generalize these studies to nonpsychiatric divorced populations.

Studies on maladjustment in nonpsychiatric divorced populations are scarce though somewhat consistent. Briscoe, Smith, Robins, Marten and Gaskin (1973) did an extensive study on psychiatric illness and the divorced. Using court records of divorce decrees in St. Louis County, they obtained a cooperative sample of divorced persons and a cooperative sample from persons living on the same block as the divorced subject. A structured interview by either a staff psychiatrist or psychiatric resident was utilized plus systematic questions about demographic variables. Two-thirds of the sample were interviewed within 14 months of the divorce decree. Their results indicated that divorced females were significantly more likely to have a psychiatric "disease" than were the married female controls. Of the divorced females, 40% had

unipolar depressions, while only 3% of the controls had the same diagnosis; 11% of the divorced women were diagnosed as antisocial personalities, whereas none of the controls were. Psychiatric illness was also more frequent in divorced men, 68% compared to 34% of the married men. The divorced men were significantly more likely to be diagnosed as antisocial personality and definite or probably unipolar depression. However, the control men were at least as likely to have alcoholism or anxiety neurosis as the divorced men. More of the divorced sample had a history of being treated by psychiatrists than did the controls; over half had a contact with a psychiatrist within one year of their divorce decree. Unfortunately, this research did not report using a double blind control for the interviewing.

Loeb (1966) tested the hypothesis that people who divorce possess personality traits which may predispose them to marital disruption. Though she did not get overall significant statistical differences, she did get significantly higher Psychopathic Deviant (Pd) MMPI scale for the divorced group than the married group. Barrett (1973) compared groups of divorced, marriage counseling (subjects currently in marriage counseling), and continuously marrieds (never divorced and not currently in marriage counseling) using the MMPI. He found highly significant differences between the groups with the divorceds having the greatest number of scales above 70T, followed by the marriage counseling group

and lowest was the continuously married group. The Psychopathic Deviant (Pd) scales were highest for the two maritally disrupted groups (divorceds and marriage counseling). Data on divorced subjects were collected while they were awaiting the final divorce decree.

Though there is evidence that people who divorce are psychologically maladjusted, it is not clear whether the maladjustment is chronic or situational due to divorce. The above cited studies do not take into account other published information that would have an effect on this issue.

The research of Holmes and Rahe (1967) on the health hazards of major life changes indicates that major life changes have an impact on physical and mental health. They developed and quantified a scale that measures stress and found that 80% of individuals who obtained 300 points or greater of changes in life events developed a serious ailment of either a physical or psychological nature. Fifty-three percent of those scoring in the 150-300 range were similarly affected. Many of the changes rated are associated with the divorce process (i.e., divorce, marital separation, change of residence, etc.). In using scaled life event changes, Paykel, Myers, Dienelt, Klerman, Lindenthal and Pepper (1969) found that increased changes are present in people complaining of depression and other psychiatric disturbances.

The time factor is a major variable in the level of

maladjustment. Goode (1956) in his pioneer study of 425 divorced urban mothers, concluded that three-fifths of the subjects appeared to show various kinds of personal disorganization during marital dissolution: difficulty in sleeping, poorer health, greater loneliness, low work efficiency, memory difficulties, increased smoking and drinking. This impact or "trauma" fell off at the time of filing for the divorce decree and continued to decrease over time. Chester (1971) collected medical data on 150 women involved in a divorce process. He found the greatest number of symptoms (i.e., crying, weight loss or gain, sleep difficulties, heavy drinking or smoking, difficulty in concentrating, etc.) reported when separation was imminent and frequency of symptoms decreased over time. McMurray (1970) analyzed the driving records of 410 persons who were either suing or being sued for divorce in King County, Washington, in 1966-67. She found that persons involved in divorce proceedings had from 82% to 43% more accidents and from 195% to 78% more violations than average drivers. The time of greatest accident and violation involvement was the three month period immediately following the filing of a divorce petition.

In considering the research cited, there is evidence that some degree of psychological maladjustment is present in people who divorce. What has not been researched is the effect of time lapse following divorce filing on psychological

maladjustment and whether maladjustment diminishes over time. Existing literature uses subjects who have received the divorce decree within 3 years of data collection. This study will use subjects who have filed for divorce over longer periods of time. There is also the question of whether divorced people have personality characteristics which are different from married people.

METHOD

Subjects

Women were recruited from six church sponsored adult groups between July 23, 1978 and September 30, 1978 in Houston, Texas. Five of these groups served a social function as opposed to a religious function and most of the women were not members of the respective churches; one group was religiously oriented. During the recruitment phase, all the women were told that this was a study of divorce, to participate would require 1½ to 3 hours of their time to fill out and answer questionnaires and that they must meet the following requirements: 1) have at least a high school education; 2) were at least 18 years old when married; 3) must not have seen a psychological/psychiatric service agent for severe emotional problems in the past year (marriage counseling was acceptable); 4) must have been married only once. For women in the divorced groups, their time since filing for divorce had to fall

within the designated time frames: D1) 0-6 months; D2) 1-1½ years; D3) 3½-4½ years; D4) 6½ years or more. For the fifth newly married group (NM), women must have legally married within the past 6 months. For the sixth control married group (CM), women must not have had any major changes in their lives in the past 6 months (i.e., birth, death, change of residence, etc.). A total of 48 women were used, 8 in each of the 6 groups. All subjects were Caucasian females.

Procedure

Women who met these requirements and chose to participate were given stamped, addressed envelopes containing: 1) an instruction sheet; 2) Minnesota Multiphasic Personality Inventory booklet and answer sheet (Hathaway and McKinley, 1948); 3) 16 Personality Factor booklet and answer sheet (Cattell, 1956); 4) Life Events Checklist (Holmes-Rahne Stress Scale); 5) Demographic Questionnaire. These last 4 items were randomly ordered in each envelope. A list of the subject's coded identification number with name, address and phone number was kept in order to contact the subject if the envelope had not been received within several weeks. When the envelope had been received, the subject's name and address was transferred to another noncoded list to send them a summary of the results. During the recruitment phase, men in three of the heterosexual adult groups (one group was all female) expressed their dislike at being

excluded from a study of divorce.

Phone contacts were made every two weeks for envelopes which had not been returned. Five of the groups had a return rate of 70% or greater after one month following recruitment presentation while the D2 group had a 21% return rate after one month. Of the 59 envelopes given out, 2 were lost in the mail, one subject in the D3 group inadvertently threw hers away while housecleaning, one subject in the D1 group during a phone contact stated she was emotionally unable to complete the data and was currently under a psychiatrist's care (and hence ineligible) so she was requested to return the envelope incomplete, and 2 subjects from the D2 group did not return the envelopes by the data collection deadline. Information given on the Demographic Questionnaire was double checked to ensure each subject met the requirements. One subject was determined ineligible as she had been previously widowed. Of the 52 envelopes returned and eligible, all were appropriately filled out and answered completely. Four of these were randomly selected out so that each of the 6 groups had a total of 8 subjects.

RESULTS

The data were analyzed using a 1 x 6 Analysis of Variance and Tukey's Method of Multiple Comparisons ($\alpha = .05$)

(Glass and Stanley, 1968). Table 1 presents the Demographic Data.

Table 1 about here

Analysis of the Demographic Data shows the only significant difference between the groups is an age difference between the NW group ($\bar{X} = 22.51$ years) and the D4 group ($\bar{X} = 45.77$ years). Age when married, education and time of knowing spouse prior to marriage were not significantly different for the six groups. Excluding the NM group, there are no significant differences between the number of children and length of marriage between the groups. In the divorced groups, there were no significant differences on length of separation prior to filing, difficulty in deciding to divorce and current feelings about the ex-spouse. Most importantly there were no significant differences between the six groups on self ratings of current feelings ranging from (1) very unhappy to (7) very happy.

Of the dependent measures, Stress was significantly ($\alpha = .0001$) higher for the D1 (397) and NM (337.63) groups. Stress progressively decreased for the remaining divorce groups: D2 = 179.13; D3 = 153; D4 = 125.13. The CM group had the lowest level of stress, CM = 104.75.

On the 16 PF, 3 personality variables were significantly different between the groups. Table 2 presents these results.

Table 2 about here

On Variable F: Sober vs. Happy-go-lucky, the CM group is significantly more sober than the D1, D2, D3 and NM groups; D4 is significantly more sober than the D1 and D3 groups. On Variable M: Practical vs. Imaginative, D4 differs significantly from CM, NM and D3 and is the most imaginative, bohemian and absent minded of all the groups followed by D2 and then D1. The CM group is the most practical of all the groups and differs significantly from the NM and D3 groups. On Variable Q₃: Undisciplined vs. Controlled, D2 differs significantly from all the groups as the most undisciplined, lax and careless of social rules.

Though there was no overall significant F difference between the groups on the MMPI scales, the Depression Scale approached significance ($\alpha = .067$) with D2 having a significantly higher Depression scale than D3, NM and CM. The second and third highest are D4 and D1, respectively, though they are not significantly different. Table 3 shows the number of subjects and number of scales $\geq 70T$.

Table 3 about here

DISCUSSION

The results of this study are not consistent with previous published studies which indicate divorced people are inherently maladjusted. But because of the lack of conclusive results, limited generalizability and a novel time span design, this author offers only a tentative interpretation for the results of this study. Although the D1 and NM groups are significantly higher on a measure of stress, there are no meaningful differences for these two groups on the other dependent measures. The Divorce groups do not have higher MMPI Pd scales compared with the NM and CM groups. The group that seems to have the most consistent indicators of maladjustment is the D2 group which has the highest percentage of subjects with MMPI scales $\geq 70T$, a significantly higher Depression scale than D3, NM and CM. And, it also differs significantly from the other groups on lack of self discipline and disregard of social rules. In addition to these objective measures, during data collection the D2 group posed the most difficulty in completing the task that they had volunteered for; on phone contacts a majority of the D2 subjects expressed day to day mood swings oscillating between feeling good and feelings of despair which subjects in the other groups did not report.

Though the results of this study are not conclusive, the results do suggest divorce as a process. The first six months after filing for divorce are the most stressful but

indicators of maladjustment are likely to not appear until six months to a year later. After 3½ years from filing for divorce, stress and indicators of maladjustment do not differ from continuously married women. Though these results differ from other published research, this study used greater time spans since filing for divorce than did other studies.

Because this study uses a novel time span design and is limited in its generalizability, it would be necessary to do replications before strongly concluding and interpreting divorce as a process with diminishing maladjustment over time which this study suggests. It is recommended that future replications increase the number of subjects, vary subject requirements and use subjects (including men) who are not recruited from existing groups. Further research using a framework of divorce as a process is needed to give practitioners working with divorced people more information for assessment and intervention at different time spans following divorce.

REFERENCES

- Barrett, R. K. The relationship of emotional disorders to marital adjustment and disruption. Unpublished dissertation. Kent State University, Kent State, Ohio, 1973.
- Bergler, E. Divorce won't help. New York: Harper and Brothers, 1948.
- Blacker, C. P. Disruption of marriage: some possibilities of prevention. Lancet, 1958, 1, 578-584.
- Briscoe, C. W., Smith, J. B., Robins, E., Marten, S. and Gaskin, F. Divorce and psychiatric disease. Archives of General Psychiatry. July, 1973, 29, 119-125.
- Carter, H. and Glick, P. C. Marriage and divorce: a social and economic study. Cambridge, Massachusetts: Harvard University Press, 1970.
- Cattell, R. B. The 16 Personality Factor Test. Champaign, Illinois: Institute for Personality and Ability Testing, 1956.
- Chester, R. Health and marriage breakdown: experience of a sample of divorced women. British Journal of Preventive and Social Medicine. 1971, 25, 231-235.
- Fisher, E. O. A guide to divorce counseling. The Family Coordinator, January, 1973, 22 (1), 55-61.
- Glass, G. and Stanley, J. C. Statistical Applications in Psychology and Education. Englewood Cliffs, New Jersey: Prentice Hall, 1968.
- Goode, W. J. Women in divorce. New York: Free Press, 1965. (Originally published as After Divorce, Glencoe, Illinois: Free Press, 1956.)
- Gove, W. R. The relationship between sex roles, marital status and mental illness. Social Force, 1972, 51 34-44 (a).

- Gove, W. R. Sex, marital status and suicide. Journal of Health and Social Behavior, 1972, 13, 204-213 (b).
- Hathaway, S. R. and McKinley, J. C. Minnesota Multiphasic Personality Inventory. New York: The Psychological Corporation, 1948.
- Holmes, R. H. and Rahe, R. H. The social readjustment rating scale. Journal of Psychosomatic Research. 1967, 11, 213-218.
- Jacobson, Gerald. Family disintegration: divorce. Crisis Intervention in Mental Health Emergencies. Newark, New Jersey: Abbott Laboratories, 1973.
- Loeb, J. The personality factor in divorce. Journal of consulting psychology, 1966, 30 (6), 562.
- Malzberg, G. Marital status and the incidence of mental disease. International Journal of Social Psychiatry, 1964, 10, 19-26.
- McMurray, L. Emotional stress and driving performance: the effect of divorce. Behavioral Research in Highway Safety, Summer 1970, 1, 100-115.
- Odegard, O. New data on marriage and mental disease: the incidence of psychoses in the widowed and the divorced. Journal of Mental Science, 1953, 99, 778-785.
- Paykel, E. S., Myers, J., Dienelt, M., Klerman, G., Lindenthal, J. J., and Pepper, M. P. Life events and depression. Archives of General Psychiatry. December 1969, 21, 753-760.
- Taube, C. A. National Institute of Mental Health Statistical Note 32. Bethseba, Maryland: Survey and Reports Section, Biometry Branch, Office of Program Planning and Evaluation, December, 1970 (a).
- Taube, C. A. National Institute of Mental Health Statistical Note 35. Bethseba, Maryland: Survey and Reports Section, Biometry Branch, Office of Program Planning and Evaluation, December, 1970 (b).
- Woodruff, R. A., Guze, S. G. and Clayton, F. P. Divorce among psychiatric outpatients. British Journal of Psychiatry. 1972, 121, 289-292.

TABLE 1

Means and Standard Deviations of
Demographic Data

	D1	D2	D3	D4	NM	CM
Age						
\bar{X}	32.9	38.4	41.11	45.77*	22.51*	35.13
s.d.	9.07	12.1	9.07	9.48	2.07	11.64
Age when married						
\bar{X}	21.17	22.37	21.44	22.34	22.36	23.68
s.d.	3.43	2.03	2.78	4.23	2.02	4.45
Years married						
\bar{X}	11.32	15.08	16.88	12.27	.19	11.71
s.d.	8.1	10.67	7.92	6.68	.09	8.95
Years knew spouse prior to marriage						
\bar{X}	1.9	1.64	3.84	1.76	2.82	2.18
s.d.	2.9	1.22	2.34	1.09	2.41	1.28
Years of education						
\bar{X}	13.87	14.87	13.62	15.62	15.12	14.62
s.d.	2.1	2.16	2.06	2.55	1.55	1.92
Number of children						
\bar{X}	1.62	1.75	2.37	1.37	0	.75
s.d.	1.99	1.28	1.40	1.06	0	.88
Feel now**						
\bar{X}	4.32	4.56	5.43	5.47	5.93	5.0
s.d.	.91	1.05	.75	1.46	.66	1.1
Time in years of separation prior to divorce filing						
\bar{X}	.96	.31	.38	.15	NA	NA
s.d.	1.33	.36	.52	.16		
Difficulty in di- vorce decision***						
\bar{X}	3.2	2.93	1.98	3.67	NA	NA
s.d.	2.1	1.93	.74	2.3		
Feel about ex- spouse****						
\bar{X}	4.9	4.56	5.77	4.81	NA	NA
s.d.	1.4	1.8	.68	1.83		

*Significantly different from each other ($\alpha = .05$)

**1 = very unhappy to 7 = very happy

***1 = extremely difficult to 7 = not difficult at all

****1 = very bitter to 7 = I feel OK about my ex-spouse

TABLE 2
Means and Standard Deviations of Significant
Factors on the 16 PF

Factor	D1	D2	D3	D4	NM	CM
F: 1 Sober to 10 Happy-go- lucky						
\bar{X}	8.25	7.88	8.25	6.38	7.38	4.75
s.d.	1.49	1.96	1.83	1.60	2.00	1.67
M: 1 Practical to 10 Imaginative						
\bar{X}	5.88	6.25	4.88	7.13	4.75	4.00
s.d.	2.17	1.98	1.13	1.55	1.75	2.07
Q ₃ : 1 Undisciplined to 10 Controlled						
\bar{X}	5.63	3.25	5.00	5.88	5.88	6.5
s.d.	2.20	1.49	2.14	1.55	1.73	1.31

TABLE 3

Number of Subjects and Number of MMPI
Scales ≥ 70 in Each Group

	Number of Scales					
	0	1	2	3	4	5
D1	5	1	1	0	0	1
D2	3	3	1	0	0	1
D3	5	3	0	0	0	0
D4	6	0	1	1	0	0
NM	5	3	0	0	0	0
CM	4	1	2	1	0	0

APPENDIX A

PROSPECTUS

INTRODUCTION

Divorce is a reality of American society. In reaction to what was then viewed as an outrageously high divorce rate during the 1850's and 1860's, existing states by 1890 had enacted legislation to restrict grounds for divorce, set residency requirements to discourage divorce and arranged for the collection of divorce statistics (Carter and Glick, 1970). After the Civil War, the divorce rate was less than 2 per 1,000 married couples; before 1900 it rose to 3 per 1,000 married couples; at the outbreak of WWI, it had jumped to 5 per 1,000; and in 1948, it had leaped to 12 per 1,000 married couples (Jacobsen, 1953). In 1973, the divorce rate soared to 18 per 1,000 married couples (U.S. HEW, 1973). In 1974, there were 2 divorces for every 5 marriages that took place (McCary, 1974).

There is no evidence that the increasing divorce trend will abate. Yet, despite the continually increasing proportion of divorced people in this society and the resultant social impact of divorce, there is a paucity of empirical research regarding the many facets of the divorce phenomenon.

The available research comparing maladjustment between the different marital states is neither exhaustive nor definitive. The majority conclusion appears to be that the divorced as a group are more maladjusted than marrieds, widowed or singles. The assumption underlying this conclusion is that psychological maladjustment comes prior to and is a major cause of the marital disruption that results in divorce. What has been overlooked in this broad generalization is another plausible assumption that maladjustment among the divorced may be precipitated by the stress and resultant changes inherent in the divorce process and that the measured maladjustment may be situational and temporary. The questionable validity of generally labeling the divorced population as maladjusted does little to clarify the dynamics of what changes are necessary for the divorced population to adjust to a new marital status and resultant change of lifestyle. The different assumptions presented here have an influence on the approach mental health professionals take in working with the divorced population.

The purpose of this research is to (1) approach the question of maladjustment between different marital states in a more systematic, controlled and definitive way than previous research; (2) to investigate the assumption that psychological maladjustment is usually present prior to divorce rather than as a result of the changes inherent in the divorce process.

Literature Review

The helping professions have historically viewed divorced people as pathological (Bergler, 1948; Fisher, 1973; Jacobsen, 1973). Most adamant of this attitude was Edmund Bergler (1948) who stated, "divorce, as a rule, was a neurotic solution adopted chiefly by neurotic persons. . . . Divorce is based on a series of illusions and fallacies" (p. viii and p. 117). Dr. Bergler provided no empirical evidence for his claim other than his own theory of the divorced.

In studies of psychiatric inpatients by Blacker (1958), Taube (1970a), Odegard (1953) and Malzberg (1964) and outpatients by Taube (1970b) and Woodruff et al. (1972), the rate of divorce was found to be greater among psychiatric patients than in the general population. In a review of eleven studies using samples from psychiatric inpatients, outpatients or records from mental institutions, Gove (1972a) reported that the rate of mental illness for divorced men was over five times as high as the rate for married men and nearly three times as high for divorced women than for married women. These studies are data of psychiatric populations and cannot be generalized to the total population of divorcees, but this lack of generalizability is not emphasized; rather it is glossed over with the erroneous conclusions that the divorcees are more maladjusted than marrieds.

Briscoe et al. (1973) did an extensive study on psychiatric illness and the divorced. Using court records of divorce decrees in St. Louis County, they obtained a cooperative sample of divorced persons and a cooperative sample from persons living on the same block as the divorced sample. A structured interview by either a staff psychiatrist or psychiatric resident was utilized plus systematic questions about demographic and domestic variables. Two-thirds of the sample were interviewed within 14 months of the divorce decrees and one-third between 18 and 24 months of the divorce decrees. Their results showed that divorced females were significantly more likely to have a psychiatric "disease" than were the married female controls; three-fourths as contrasted to one-fifth. Of the divorced females, 40% had unipolar depressions, while only 3% of the controls had the same diagnosis; 11% of the divorced women were diagnosed to be antisocial personalities, whereas none of the controls were. Psychiatric illness was also more frequent in divorced men: 68% of the divorced men compared to 34% of the married men. The divorced men were significantly more likely to be diagnosed as antisocial personality and definite or probable unipolar depression. However, the controls were at least as likely to have alcoholism or anxiety neurosis as the divorced men. More of the divorced sample had a history of being treated by psychiatrists than did the controls; over half had a contact

with a psychiatrist within one year of their divorce decree.

In another review of studies on suicide, Gove (1972b) reported that suicide rates were nearly 4.5 times higher for divorced men than for married men, and 3.2 times higher for divorced women than married women. Suicide rates were higher for divorced groups than for unmarried and widowed groups with one exception: widowed men have about the same rate of suicide as divorced men. In all of these comparisons, divorced men have uniformly higher rates of mental illness and suicide than do divorced women. Carter and Glick (1970) present evidence that divorced men and women have uniformly far higher rates of violence, accidental falls, homicide, accidental fires or explosions, pneumonia, tuberculosis and cirrhosis of the liver. However, in the Gove and Carter and Glick studies, there is no reported control for time after divorce when the data were collected and the samples are contaminated with psychiatric and nonpsychiatric subjects.

Loeb (1966) tested the hypothesis that people who divorce possess personality traits which may predispose them to marital disruption. She drew her sample from questionnaires returned from ex-students who had taken the MMPI over 10 years ago while they were in college. She obtained a 64% return rate. Out of the respondents were ten men and nine women who reported a divorce. To these she added two men and one woman who had not responded but had records of a divorce in their files. She called these twenty-two divorced

people her experimental group. The control group was selected randomly from those reporting a continuous marriage. Using the Minnesota Multi-Phasic Personality Inventory (MMPI), disturbance was measured by scales ≥ 70 . She did not find statistical differences between the groups to support her hypothesis that people who divorce are more disturbed psychologically than continuously married people. She did get significantly higher Psychopathic Deviant (Pd) scales for the divorced group than the married group. She concludes, "These data, taken with those of the previous study [Loeb & Price, 1966] leave little doubt that marital disruption is associated with some degree of psychological disturbance, and particularly with psychopathic defenses." Her conclusion seems questionable in light of her failure to obtain significant differences on her independent measure and the questionable methodology of the study (i.e., no equating of the experimental and control groups, no randomization of the selection of the experimental group, low return rate, etc.).

Barrett (1973) compared groups of divorced, marriage counseling (subjects currently in marriage counseling), and continuously marrieds (never divorced and not currently in marriage counseling) using the Minnesota Multi-Phasic Personality Inventory (MMPI). He found highly significant differences between the groups with the divorceds having the greatest number of scales above 70, followed by the

marriage counseling group followed by the continuously married group. The Psychopathic deviant scales were highest for the two maritally disrupted groups (divorceds and marriage counseling). Data on divorced subjects was collected while they were awaiting the final divorce decree.

To summarize, there is ample evidence that there is some degree of psychological maladjustment present in people who divorce. But it is not clear whether maladjustment is chronic or situational and transitory. To generalize broadly that divorced people are maladjusted confuses the issues of the exact nature of the maladjustment. The above cited studies do not take into account other published information that would have a bearing on maladjustment.

The time factor is a major variable in the level of divorce maladjustment. Goode (1956) in his pioneer study of 425 divorced urban mothers, concluded that three-fifths of the subjects appeared to show various kinds of personal disorganization at times associated with marital dissolution. The personal disorganizations included difficulty in sleeping, poorer health, greater loneliness, low work efficiency, memory difficulties, increased smoking and drinking. The main time of emotional impact was at the time of separation. This impact or "trauma" fell off at the time of filing for the divorce decree and measured still less at the time of the final decree.

McMurray (1970) analyzed the driving records of 410

persons who were either suing or being sued for divorce in King County, Washington in 1966-67. She found that persons involved in divorce proceedings had from 82% to 43% more accidents and from 195% to 78% more violations than average drivers. The time of greatest accident and violation involvement was the three month period immediately following the filing of a divorce petition.

Chester (1971) collected medical data on 150 women involved in a divorce process. He found the greatest number of symptoms (i.e., crying, weight loss or gain, sleep difficulties, heavy drinking or smoking, difficulty in concentrating, etc.) reported when separation was imminent or immediate and decreased over time.

The research of Holmes and Rahe (1967) on the health hazards of major life changes contributes some basis for the trauma involved in the divorce process. In this research, Holmes and Rahe constructed a scale of life-change events based on the subjective ratings of a large sample of raters who were asked to evaluate the magnitude of various life changes. Using the derived scoring system, they found that 80% of the individuals who obtained a score over 300 developed a serious ailment of either a physical or psychological nature. Fifty-three percent of those scoring in the 150 to 300 range were similarly affected. Many of the changes rated are inherent in the divorce process (i.e., divorce, marital separation, revision of personal habits, etc.).

In using scaled life event changes, Paykel et al. (1969 and 1971) found that increased changes are present in people complaining of depression and other psychiatric disturbances.

Statement of the Problem

There is ample evidence demonstrating that there are levels of maladjustment present in those who divorce which is greater than in marrieds, singles or widowed. However, there is no definitive information as to the extent or nature of the maladjustment. Studies reviewed indicate that the divorced have more depression and higher Psychopathic Deviant (Pd) scales on the Minnesota Multi-Phasic Personality Inventory but there is no indication as to whether this measured maladjustment is of a chronic nature or acute reaction to the divorce process. The questions this study proposes to explore are: Is maladjustment in divorced people chronic or acute? If it is acute, when is adjustment reestablished? Do recently marrieds experience maladjustment with their change of marital status? Does maladjustment decrease as stress decreased from the time of the change of marital status? Do the divorced experience more stress than recently marrieds and controls?

Hypotheses

1. There is a significant difference in maladjustment of the divorced over time.
2. Maladjustment of the divorced will significantly decrease over time.

3. Newly marrieds and controls will have significantly less maladjustment than divorced groups.
4. There is no significant difference in maladjustment between newly marrieds and controls.
5. There is a significant difference in stress of the divorced over time.
6. Stress of the divorced will significantly decrease over time.
7. Newly marrieds and control will have significantly less stress than the divorced groups.

METHODOLOGY

Subjects

For the statistical analysis, an $\alpha = .05$ and a power of .90 with a 1.5σ difference between groups, 8 subjects are needed for the 6 different cells: 1 cell for marrieds; 1 cell for controls; 4 cells for divorced. Only women subjects will be used.

The requirements for the married group is that they must have entered into a legal marital contract with the State in which they married within 6 months of the data collection. They must be living in the same domicile, must have been at least twenty-one years old when married; this must be the first marriage. Only the wife of the marriage is eligible as a subject. They must have had no contact with any psychological/psychiatric service agent within the past year. Marriage by common law is not acceptable.

The requirements for the control group is that they must present themselves as satisfied, adjusted people with no major crises impending or having occurred within the past six months. A major crisis is defined as some form of major change in their lives that affects them negatively (i.e., death of a close friend or relative, childbirth with resultant drastic changes in lifestyle, loss of job, etc.). They must be at least 21 years old and currently employed (housewife is considered as employed). They must not have had any contact with any psychological/psychiatric service agent within the past year. There are no marital status requirements.

The requirements for the divorced group is that they have filed for a legal divorce with the State: one group having filed within 0-6 months of the data collection; the second group having filed from 12-18 months of data collection and have received the final divorce decree; the third group having filed from 30-42 months of data collection and have received the final divorce decree; the fourth group having filed from 78-90 months (6½-7½ years) of data collection and have received the final divorce decree. This must be the first marriage and first divorce for each of these groups. For the purpose of this study, the current marital status for the divorce group must be divorced; ruling out remarrieds. Another study would be to use a remarried group comparison. The subjects must have been 21 years old

at the time of the marriage and must have had a valid marriage contract with the State excluding common law. They must not have had any contact with any psychological/psychiatric service agent within the past year.

Since this study is using "normals" for the sample contact within the past year of data collection with any psychological/psychiatric service agent is excluded since these two professions deal with "abnormals" or pathology. Contact with clergy or ministers is acceptable. Consultation with "helping professions" such as social workers, counselors, etc., is acceptable as long as the purpose of the contact is not for the establishment of a therapeutic treatment. Subjects also must have at least a high school education.

The plan for selection of subjects is to contact various church, social and study groups in the Houston area asking for their cooperation in this study. The appendix included the presentation for the contact. Many churches in the Houston area have adult groups, several specifically for the divorced. Houston also has an assortment of social and study groups including an active chapter of Parents Without Partners. In the final dissertation, the number of groups contacted and number of subjects obtained from each contact will be given. Difficulty is anticipated in obtaining an adequate number of subjects for the fourth group of the divorced (6½-7½ years divorced with no remarriage). To use the court records to randomly select subjects and track them

down is a near impossibility in the Houston area.

It is recognized that the selection of subjects will cut down on generalizability of the study. With the criteria of age, high school education and group affiliation and no remarriage, subjects recruited will be middle-class or above in socio-economic status.

Dependent Measures

Data collection is expected to occur from July 15, 1978, to August 15, 1978. The data is objective paper and pencil measures and requires no interpersonal interaction with the experimenter. It will take approximately 1½ to 2½ hours for each subject to complete the measures.

A Demographic Questionnaire (in the appendix) has been designed to get relevant information which will be used in interpreting the results and comparing the groups on demographic variables. (Equality of groups is hopefully built in by the plan of subject selection but will need to be quantified.) Two separate Demographic Questionnaires have been designed: one specifically for the divorced and the other for the married and control groups.

Maladjustment is operationally defined as one or more MMPI scales above 70 T. The MMPI was chosen to maintain some consistency with other research. To exclude invalid profiles and/or random marking of responses, subjects who turn in an MMPI with 30 or more ? responses and $F \geq 70$ will not be used. The short form of the MMPI will be used

as it cuts out about 150 questions without losing validity or reliability and will shorten subjects' time needed to complete the data.

A Chi-square will be used to analyze the data and answer the question "is there any difference between groups on presence of maladjustment?" Then a 1 x 6 ANOVA with repeated measures will be done for each scale of the MMPI, including the validity scales, to determine if there are any significant differences between the groups; a Scheffe test will be done to determine where the differences are. These results will determine acceptance or rejection of hypotheses 1 through 4.

The 16 PF will be used to measure personality characteristics of the groups and Factor I as another measure of adjustment. The 16 PF differs from the MMPI in that the MMPI is a measure of pathology and the 16 PF measures personality characteristics and can give a measure of adjustment. The 16 PF was normed on a "normal" population whereas the MMPI was normed on an "abnormal" population. For this study, Form A of the 16 PF will be used. A 1 x 6 ANOVA with repeated measures will be used to analyze the data.

Stress is operationally defined as the score obtained on the Holmes and Rahe Social Readjustment Rating Scale (see appendix for the scale). A 1 x 6 ANOVA will be used to analyze the data. These results will determine

the acceptance or rejection of hypotheses 5 through 7.

The three dependent measures and the Demographic Questionnaire will be placed in large envelopes in random order to each subject. This will control for response set and any carry over from one measure to the other.

The basic design for the study is:

GROUPS

S	Divorced Months			Married Months	Controls
	0-6	12-18	30-42	78-90	
1					
2					
3					
4					
5					
6					
7					
8					

RESULTS

This study is exploratory in nature and hopefully will furnish information that is not available elsewhere. Results will be interpreted on two levels: hypothesis testing and descriptive. The hypothesis testing is expected to indicate that the more time that lapses after divorce filing, the less maladjustment measured. If the stress measures decrease as time from divorce filing increases then this will indicate that maladjustment measured could be attributed to acute, transitory changes the divorced person experiences. By comparing the newly married group, information about change in marital status

and stress can be evaluated with the assumption that this particular change in marital status is a positive decision and voluntary vs. the divorced marital change which is assumed to be negative. If there is a graphic correlation between stress and maladjustment, then these results may change the perspective of previous research. If the divorced groups do show higher maladjustment across time and significantly more maladjustment than do the controls, then this will be consistent with previous research that indicates the divorced are more maladjusted. If there is a discrepancy between the results of the maladjustment/adjustment measures, the MMPI and the 16 PF, then this will indicate that there is some question of the instruments used in obtaining different measures of maladjustment.

BIBLIOGRAPHY

- Barrett, Roger K. The relationship of emotional disorder to marital adjustment and disruption. Unpublished dissertation. Kent State University, 1973.
- Bergler, Edmund. Divorce won't help. New York: Harper and Brothers, 1948.
- Blacker, C. P. "Disruption of marriage: some possibilities of prevention," Lancet, 1958, 1, 578-584.
- Briscoe, C. William, Smith, James B., Robins, Eli, Marten, Sue, and Gaskin, Fred. "Divorce and psychiatric disease." Archives of General Psychiatry. July, 1973, 29, 119-125.
- Carter, H. and Glick, P. C. Marriage and divorce: a social and economic study. Cambridge, Mass.: Harvard University Press, 1970.
- Cattell, Raymond B. and Eber, Herbert W. Manual for Forms A and B: The sixteen personality factor questionnaire. Champaign, Ill.: Institute for Personality and Ability Testing, 1962.
- Chester, Robert. "Health and marriage breakdown: experience of a sample of divorced women." British Journal of Preventive and Social Medicine, 1971, 25, 231-235.
- Fisher, Esther O. "A guide to divorce counseling." The Family Coordinator, January, 1973, 22 (1), 55-61.
- Goode, William J. Women in Divorce. New York: Free Press, 1965. (Originally published as After Divorce, Glencoe, Ill.: Free Press, 1956.)
- Gove, W. R. "The relationship between sex roles, marital status and mental illness." Social Force, 1972, 51, 34-44 (a).
- Gove, W. R. "Sex, marital status and suicide." Journal of Health and Social Behavior, 1972, 13, 204-213 (b).

- Holmes, T. H. and Rahe, R. H. "The social readjustment rating scale." Journal of Psychomatic Research, 1967, 11, 213-218.
- Jacobson, Gerald. "Family Disintegration: Divorce." Crisis Intervention in Mental Health Emergency. Cassette tape from Abbott Laboratories, 1973.
- Jacobson, Paul H. "Differentials in divorce by duration of marriage and size of family." In Robert Winch and Robert McGinnes (Eds.), Selected Studies in Marriage and Family. New York: Henry Holt and Co., 1953.
- Loeb, Janice. "The personality factor in divorce." Journal of Consulting Psychology, 1966, 30 (6), 562.
- Loeb, Janice and Price, J. R. "Mother and child personality characteristics related to mental status in child guidance cases." Journal of Consulting Psychology, 1966, 30, 112-117.
- Malzberg, B. "Marital status and the incidence of mental disease." International Journal of Social Psychiatry, 1964, 10, 19-26.
- McCary, James L. Freedom and Growth in Marriage. Santa Barbara, Calif.: Hamilton Publishing Co., 1975.
- McMurray, Lucille. "Emotional stress and driving performance: the effect of divorce." Behavioral Research in Highway Safety, Summer 1970, 1, 100-115.
- Odegard, O. "New data on marriage and mental disease: the incidence of psychoses in the widowed and the divorced." Journal of Mental Science, 1953, 99, 778-785.
- Paykel, Eugene S., Myers, Jerome, Dienelt, Marcia, Klerman, Gerald, Lindenthal, Jacob J., and Pepper, Max P. "Life events and depression." Archives of General Psychiatry, December 1969, 21, 753-760.
- Paykel, Eugene S., Prusoff, Brigitte, and Uhlenhuth, E. H. "Scaling of Life Events." Archives of General Psychiatry, October, 1971, 25, 340-347.
- Taube, C. A. National Institute of Mental Health Statistical Note 32. Survey and Reports Section, Biometry Branch, Office of Program Planning and Evaluation, December, 1970 (a).

Taube, C. A. National Institute of Mental Health Statistical Note 35. Survey and Reports Section, Biometry Branch, Office of Program Planning and Evaluation, December, 1970 (b).

United States Department of Health, Education and Welfare, Public Health Service. "Monthly Vital Statistics Report." Provisional Statistics from the National Center for Health Statistics, Vol. 22, No. 9, 1973.

Woodruff, R. A., Guze, S. G. and Clayton, P. J. "Divorce among psychiatric outpatients." British Journal of Psychiatry, 1972, 121, 289-292.

APPENDIX B

DEMOGRAPHIC QUESTIONNAIRE FOR DIVORCED GROUPS

12. How long were you married? _____ years _____ months
13. How long were you separated from your spouse before a divorce petition was filed? _____ years _____ months
14. Whose idea was it to file for divorce? (Check one)
 ___ my idea ___ my spouse's idea ___ we both had the idea
15. Rate the difficulty in deciding to divorce: (Mark the line)

extremely difficult			not dif- ficult at all

16. Rank your reasons for the divorce using 1 as the most important reasons, 2 as next most important, etc., until you have ranked your major reasons:

- ___ The marriage was a mistake from the beginning.
- ___ I was not ready to get married (too young, too inexperienced, etc.).
- ___ My spouse was not ready to get married.
- ___ We had to get married due to pregnancy.
- ___ I wanted to change some things in the marriage but my spouse did not.
- ___ My spouse wanted to change some things in the marriage but I did not.
- ___ We stopped communicating with each other.
- ___ We grew apart from each other.
- ___ My spouse felt I was intolerable to live with.
- ___ I felt my spouse was intolerable to live with.
- ___ I had extramarital affairs.
- ___ My spouse had extramarital affairs.
- ___ I fell in love with someone else.
- ___ My spouse fell in love with someone else.

Others: (Make any comments you wish to about the reasons for your divorce)

17. Do you use alcohol: (Check one)
- ___ not at all ___ frequently
- ___ very seldom ___ too much
- ___ occasionally ___ I have an alcoholic problem

18. Does/did your spouse (or ex-spouse) use alcohol:
 not at all frequently
 very seldom too much
 occasionally my spouse has/had an alcoholic problem
19. How do you feel about your spouse now? (Mark the line)

very bitter	don't care one way or the other	I feel OK about my spouse
-------------	---------------------------------	---------------------------
20. Do/did you feel you had/have psychological problems? (check one): no yes, a few yes, many
21. Do/did you feel your spouse had/has psychological problems: (check):
 no yes, a few yes, many
22. Did you seek professional help with psychological problems? yes no
If yes, when? _____ What type of professional? _____
23. Has your spouse ever sought help for psychological problems? yes no
If yes, when? _____ What type of professional? _____
Did you or your spouse seek marriage counseling before the divorce?
 I did My spouse did Neither of us did
24. How much legal difficulty did you have/are you having in settling the divorce? (Check one)
 no difficulty have not started settlement
 some difficulty
 much difficulty
25. How satisfied are you with the divorce settlement? (Check one)
 it is still unsettled somewhat satisfied
 not satisfied at all very satisfied
26. How helpful is/was your attorney? (Check one)
 I did not/have not retained an attorney
 not helpful at all
 somewhat helpful
 very helpful

27. How long do you think it will take for you to get over this divorce? (Check one)

- I'm over it now I don't know
 I need just a little more time
 I need a lot more time
 I'll never get over it

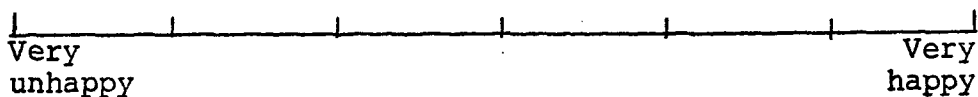
28. Are you dating? (Check one)

- not at all
 seldom
 occasionally
 frequently

29. What is the probability that you will ever remarry?

- I'll never remarry I don't know
 I might remarry
 I will remarry
 I already have plans to remarry

30. Rate yourself as you feel now: (Mark the line)



31. In a few words, describe your reaction to your divorce:

32. In a few words, describe your reaction to this questionnaire or any comments you wish to make:

APPENDIX C

DEMOGRAPHIC QUESTIONNAIRE FOR NEWLY MARRIED
AND CONTROL MARRIED GROUPS

30. While your spouse was living, did you ever consider divorce?

- no, never
- yes, only as a fleeting thought
- yes, seriously
- yes, filed but never went through with it

If remarried, did/have you ever considered divorce?
(check one)

- no, never
- yes, only as a fleeting thought
- yes, seriously
- yes, filed but never went through with it

31. Did you/do you have psychological problems? (Check one)

- no
- yes, a few
- yes, many

32. Did your deceased spouse have psychological problems?

- (check one) no yes, a few yes, many

If remarried, does your current spouse have psychological problems? (Check one) no yes, a few yes, many

33. Have you ever sought professional help for psychological problems? (Check one) yes no

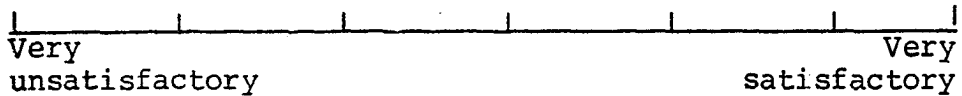
If yes, when? What type professional? _____

34. Did your deceased spouse ever seek professional help for psychological problems? (Check one)

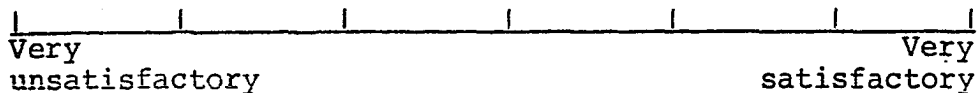
- yes
- no
- I don't know

If yes, when? What type professional? _____

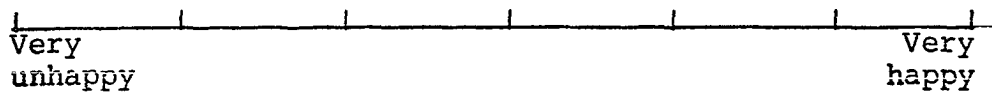
35. Rate your marriage when your spouse was living (Mark the line)



If remarried, rate your current marriage (Mark the line)



36. Rate yourself as you feel now (Mark the line)



Now proceed to question 57.

If you checked divorced or divorced and remarried, please respond to the following; if you did not check divorced or divorced and remarried, skip this and go on.

37. How old were you when you first married? ___ years ___ months

38. How long did you know your spouse prior to your first marriage? ___ years ___ months

If remarried, how long did you know your second spouse prior to your second marriage? ___ years ___ months

39. How long was your first marriage? ___ years ___ months

40. How long were you separated from your first spouse before a divorce petition was filed? ___ years ___ months

41. How difficult was the divorce for you? (Mark the line)

-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
 extremely not dif-
 difficult ficult
 at all

42. Rank any reasons for the divorce using 1 as the most important reason, 2 for the next important reason, etc., until you have ranked your reasons.

___ The marriage was a mistake from the beginning.

___ I was not ready to get married (too young, too inexperienced, etc.)

___ My spouse was not ready to get married.

___ I wanted to change some things in the marriage but my spouse did not.

___ My spouse wanted to change some things in the marriage but I did not.

___ We stopped communicating with each other.

___ We grew apart from each other.

___ We had to get married due to pregnancy.

___ My spouse felt I was intolerable to live with.

___ I felt my spouse was intolerable to live with.

___ I had extramarital affairs.

___ My spouse had extramarital affairs.

___ I fell in love with someone else.

___ My spouse fell in love with someone else.

Others:

43. How do you feel about your former spouse now? (Mark the line)

very bitter	don't care one way or the other	I feel OK about my former spouse

44. Do/did you feel you had/have psychological problems?
(Check one) no yes, a few yes, many
45. Do/did you feel your former spouse had/has psychological problems? no yes, a few yes, many
46. Did you ever seek professional help for psychological problems? yes no
If yes, when? _____ What type professional? _____
47. Did your former spouse ever seek professional help for psychological problems? yes no I don't know
If yes, when? _____ What type professional? _____
If remarried, has your current spouse ever sought professional help for psychological problems?
 yes no I don't know
If yes, when? _____ What type professional? _____
48. How much legal difficulty did you have in settling the divorce?
 no difficulty have not started settlement
 some difficulty settlement is not complete
 much difficulty
49. How satisfied are you with the divorce settlement?
(Check one)
 it is still unsettled somewhat satisfied
 not satisfied at all very satisfied
50. How helpful was your attorney? (Check one)
 I did not retain an attorney somewhat helpful
 not helpful at all very helpful
51. How long do you think it will take you to get over this divorce?
 I'm over it now I need a lot more time
 I need just a little more time I'll never get over it
 I don't know

APPENDIX D

LIFE EVENTS CHECKLIST

Instructions: Circle the number next to the events that have occurred in your life in the past 6 months.

- 1 Death of spouse
- 2 Divorce
- 3 Marital separation
- 4 Jail term
- 5 Death of a close family member
- 6 Personal injury or illness
- 7 Marriage
- 8 Fired at work
- 9 Marital reconciliation
- 10 Retirement
- 11 Change in health of a family member
- 12 Pregnancy
- 13 Sex difficulties
- 14 Gain of new family member
- 15 Business readjustment
- 16 Change in financial state
- 17 Death of a close friend
- 18 Change to a different line of work
- 19 Change in number of arguments with spouse
- 20 Mortgage over \$10,000
- 21 Foreclosure of mortgage or loan
- 22 Change in responsibilities at work
- 23 Son or daughter leaving home
- 24 Trouble with in-laws
- 25 Outstanding personal achievement
- 26 Wife begin or stop work
- 27 Begin or end school
- 28 Change in living conditions
- 29 Revision of personal habits
- 30 Trouble with boss
- 31 Change in work hours or conditions
- 32 Change in residence
- 33 Change in schools
- 34 Change in recreation
- 35 Change in church activities
- 36 Change in social activities
- 37 Mortgage or loan less than \$10,000
- 38 Change in sleeping habits
- 39 Change in number of family get-togethers
- 40 Change in eating habits
- 41 Vacation
- 42 Christmas
- 43 Minor violations of the law