APPENDICES
APPENDIX - 1

SOCIO-DEMOGRAPHIC DATA SHEET

1. Present age of a) Wife b) Husband
2. Age at marriage a) Wife b) Husband
3. Occupation a) Wife b) Husband
4. Monthly Income a) Wife b) Husband
5. Education a) Wife b) Husband
6. Year of marriage
7. Type of family a) Nuclear b) Joint
8. Size of family
9. Type of marriage a) Love b) arranged

(Questions 11 to 23 only for wives of alcoholics)
11. When did you first learn about your husband's drinking?
12. In your opinion did he consume liquor prior to marriage?
13. At the time of marriage were you aware of his drinking?
14. Prior to marriage did any of your family members have the drinking habit.
   a) Yes b) No
   a) If yes, how were they related to you.
15. In your opinion how long has your husband been a user of alcohol?
16. Since when do you feel his drinking has become a problem.
17. Time of day when he usually drinks.
18. How much alcohol does he consume in a day?
19. Your estimate of his weekly expenses on drinking.
20. Under the influence of alcohol, have any of the following events occurred?
   a. Verbal abuse of family members. Yes No
   b. Frequent quarrels in the family.
   c. Quarrels with neighbours.
   d. Involved in accident.
   e. Problems with police.
   f. Fallen unconscious in public places.
   g. Beating Children.
   h. Beating the wife.
21. What kind of attitudes have been expressed towards you by.
    a) relatives b) Neighbours regarding your husband's habit.
22. What kind of problem have you faced because of his drinking?
23. How in your opinion did your husband manage to meet his drinking expenditure?
APPENDIX - 11

SELF-ESTEEM INDEX (SEI)

Here are 25 items. Read it carefully. There are 5 response choices. They are:

- **SA** - Strongly agree
- **A** - Agree
- **Ud** - Undecided
- **D** - Disagree
- **SD** - Strongly disagree

Tick the one which applies to you.

<table>
<thead>
<tr>
<th>Item</th>
<th>Response Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I feel good about myself as a person.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>2. My opinion of myself remains stable regardless of any derogatory statements made about me.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>3. I have a very favourable opinion of myself.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>4. I am content with the way I see myself.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>5. I like who I am.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>6. I would do well in adapting to almost any new situation.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>7. I express my ideas to others even if they are not like those of the majority.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>8. I am more successful than most people I know.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>9. When others are critical of me I feel insecure and vulnerable.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>10. I believe anyone can get ahead in spite of obstacles if he tries hard enough.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>11. I can handle almost any task given to me.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>12. I am a very competent person</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>13. I enjoy my work</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>14. I am satisfied with my present position in life.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>15. I feel I am always a loser in everything.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>16. My life has little worth or purpose.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>17. My life as a wife is not fulfilling.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>18. I obtain satisfaction from performing my daily activities.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>19. There is no meaning to my work.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>20. I feel satisfied with the type of life that I lead.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>21. In my day-to-day activities, I feel as if I am getting nowhere.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>22. I am living life to the fullest.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>23. My life is challenging</td>
<td>SA   A   Ud   D   SD</td>
</tr>
<tr>
<td>24. Domestic life is getting me nowhere.</td>
<td>SA   A   Ud   D   SD</td>
</tr>
</tbody>
</table>

**SCORING**

Scoring is done by using the key in which the positive and the negative direction of the response is to be taken. Each positive item gets a score of 5 for strongly Agree, 4 for Agree, 3 for Undecided, 2 for Disagree and 1 for Strongly Disagree. The higher the score, greater the self-esteem.
APPENDIX - 111

NEUROTICISM SCALE QUESTIONNAIRE

1. In school, what I liked best was :
   a) English or the language which I speak
   b) Arithmetic or Mathematics

2. Every now and then, I really like to engage in a tough physical activity.

3. I strongly enjoy the slap-stick humor of the usual television comedy show.

4. I would rather read :
   a) A realistic description of military battles
   b) An imaginative and sensitive novel

5. If somebody interrupts me when I’m talking, I forget what I’m talking about
   a) Yes, often. b) Sometimes. c) Hardly ever

6. I enjoy more an evening :
   a) At a gettogether with friends.
   b) With a good hobby of my own

7. I prefer to dress :
   a) Very quietly, correctly and conservatively.
   b) In an average way.
   c) With some definite style that people can see.

8. I like to go out to a show or entertainment :
   a) Less than once a week (less than average).
   b) About once a week (average).
   c) More than once a week (more than average)

9. I can tell complete lies with a straight face :
   a) Whenever it is right to do so.
   b) With a little difficulty.
   c) Never under any circumstance

10. I greatly like to play practical jokes.

11. I like it when I know so well what the group has to do that I naturally become the one in command.

12. In my spare time, I would rather join :
   a) A recreation club
   c) A community service organization

13. I believe it is right to be modest and understate how good I am at something when people ask

14. If I think a person is wrong in a discussion, I tell him so:
   a) Only if it can be done politely.
   b) Sometimes
   c) Almost always

15. The use of dirty or foul language disgusts me (even if there are only people of my own sex present

16. I find it upsetting to have to move all my belongings to a new place

17. I would rather listen to :
   a) A brass band.
   c) A good Chanting hymn

18. When annoyed, I may say things that hurt people’s feelings:
   a) Never.
   b) Rarely
   c) Sometimes
19. I often feel quiet tired when I get up in the morning  Yes In-between False
20. I need to have things in order, to concentrate on my work  Yes In-between C
21. I would rather be:
   a) A guidance worker with young people seeking careers
   c) A manager in a technical manufacturing company.  A Undecided C
22. When I was young, what I liked best was
   a) Handwork and crafts b) Each about the same
   C) Music
23. I would rather spend my vacations:
   a) A place in my country, where I know I'll have a good time
   b) In foreign lands that are colourful and "different"  A Undecided C
24. The newspaper headline that would interest me most is:
   a) Latest Improvements in Production and Marketing.
   c) Religious leaders discuss a Unified Religion  A Undecided C
25. I think I am more sensitive than most people to the artistic quality of my surroundings Yes In-Between No
26. I have a tendency to be:
   a) A rather reckless optimist (too sure things will go well)
   c) An overcautious pessimist (too sure things will not go well)A Undecided C
27. I have a hard time putting work out of my mind and relaxing.  Yes In-Between No
28. I like to crack jokes and tell funny stories:
   a) Hardly ever b) Sometimes c) Often
29. I would rather be:
   a) An actor  c) A house builder A Undecided C
30. I enjoy acting on impulses of the moment (even if they do sometimes land me in a few difficulties later).  Yes In-Between No
31. I feel it is more important to:
   a) Get my own ideas put into practise
   c) Get along smoothly with others.  A Undecided C
32. When I need immediately the use of something belonging to a friend, but he is out. I think it's all right to borrow it without his permission. Yes In-Between No
33. It is more important to me:
   a) To enjoy my life quietly in my own way
   c) To be admired and respected for what I have done  A Undecided C
34. If I had a loaded gun in my hand, I would feel nervous until it was unloaded.  Yes In-between No
35. I never try to ask help of people I know slightly  Yes In-between False
36. Sometimes I let small things get on my nerves too much  Yes In-between No
37. Worrying keeps me awake at night
38. I feel well-adjusted to life and its demands:
   a) All of the time  b) Most of the time
   c) Less than half the time  A B C
39. I feel people are not as considerate of me as my good intentions deserve.  True In-between False
40. I sometimes get tense and upset as I think back on the day's happenings. Yes In-Between No.
APPENDIX - IV

THE HOPELESSNESS SCALE

Indicate if the following statements are "True" or "False":

1. I look forward to the future with hope and enthusiasm.
2. I might as well give up because I can't make things better for myself.
3. When things are going badly, I am helped by knowing they can't stay that way forever.
4. I can't imagine what my life would be like in 10 years.
5. I have enough time to accomplish the things I most want to do.
6. In the future, I expect to succeed in what concerns me most.
7. My future seems dark to me.
8. I expect to get more of the good things in life than the average person.
9. I just don't get the breaks, and there's no reason to believe I will in the future.
10. My past experiences have prepared me well for my future.
11. All I can see ahead of me is unpleasantness rather than pleasantness.
12. I don't expect to get what I really want.
13. When I look ahead to the future, I expect I will be happier than I am now.
14. Things just won't work out the way I want them to.
15. I have great faith in the future.
16. I never get what I want, so it's foolish to want anything.
17. It is very unlikely that I will get any real satisfaction in the future.
18. The future seems vague and uncertain to me.
19. I can look forward to more good times than bad times.
20. There's no use in really trying to get something I want because I probably won't get it.

SCORING: Scores range from 0 to 20. Items marked with (*) are given 1 if scored true. Remaining items are given 1 if marked false. Higher scores indicate higher pessimism.
APPENDIX - V

DYADIC ADJUSTMENT SCALE

Most persons have disagreement in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partners for each item on the following list.

<table>
<thead>
<tr>
<th>Item</th>
<th>Always Agree</th>
<th>Almost Agree</th>
<th>Occasionally Agree</th>
<th>Frequently Agree</th>
<th>Almost Disagree</th>
<th>Always Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Leisure time interests and</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>2. Handling family finances</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
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<tr>
<td>3. Matters of recreation</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>4. Religious matters</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>5. Demonstration of affection</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
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<tr>
<td>6. Friends</td>
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<td>4</td>
<td>3</td>
<td>2</td>
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<td>7. Sex relations</td>
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<td>4</td>
<td>3</td>
<td>2</td>
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<td>8. Conventionality (correct or</td>
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<td>4</td>
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<td>proper behaviour</td>
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<td>9. Philosophy of life</td>
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<td>4</td>
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<td>10. Ways of dealing with</td>
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<td>0</td>
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<tr>
<td>parents or in-laws</td>
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<td>4</td>
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<td>2</td>
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<td>0</td>
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<td>11. Amount of time spent</td>
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<td>3</td>
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<tr>
<td>together.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
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<td>12. Making major decisions</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
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<td>0</td>
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<tr>
<td>13. Households tasks.</td>
<td>5</td>
<td>4</td>
<td>3</td>
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<td>14. Leisure time interests and</td>
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<tr>
<td>activities.</td>
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<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
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<tr>
<td>15. Career decisions</td>
<td>5</td>
<td>4</td>
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<td>2</td>
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<td>0</td>
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<td>16. How often do you discuss</td>
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<td>3</td>
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<td>or have you considered</td>
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<tr>
<td>divorce, separation, or</td>
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<tr>
<td>terminating your relationship ?</td>
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<td>17. How often do you or your</td>
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<td>1</td>
<td>2</td>
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<td>4</td>
<td>5</td>
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<tr>
<td>mate leave the house after</td>
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<tr>
<td>a fight?</td>
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<td>18. In general how often do you-</td>
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<td>4</td>
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<tr>
<td>think things between you and</td>
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<tr>
<td>your partner are going well ?</td>
<td>5</td>
<td>4</td>
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<td>2</td>
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<tr>
<td>19. Do you confide in your mate?</td>
<td>5</td>
<td>4</td>
<td>3</td>
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<td>1</td>
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<tr>
<td>20. Do you ever regret that you</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>married? (or lived together)</td>
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<tr>
<td>21. How often do you and your</td>
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<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
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<tr>
<td>partner quarrel?</td>
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</tbody>
</table>
22. How often do you and your mate "get on each other's nerves"?

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Every Day</td>
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<tr>
<td>Almost Every Day</td>
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<td>Occasionally</td>
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<tr>
<td>Rarely</td>
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<td>Never</td>
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</tbody>
</table>

23. Do you kiss your mate?

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
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<tbody>
<tr>
<td>All of them</td>
<td></td>
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<tr>
<td>Most of them</td>
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<tr>
<td>Some of them</td>
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<td></td>
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<tr>
<td>Very None of them</td>
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</tbody>
</table>

24. Do you and your mate engage in outside interests together?

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<tbody>
<tr>
<td>Every Day</td>
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<tr>
<td>Almost Every Day</td>
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<td>Occasionally</td>
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<td>Rarely</td>
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<tr>
<td>Never</td>
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</tbody>
</table>

How often would you say the following events occur between you and your mate?

<table>
<thead>
<tr>
<th>Less than once a day</th>
<th>Once or twice a day</th>
<th>Once a month</th>
<th>More often</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

25. Have a stimulating exchange of ideas.

26. Laugh together.

27. Calmly discuss something.

28. Work together on a project.

These are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no).

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>29.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

31. The dots on the following line represent different degrees of happiness in your relationship. The middle point "happy" represents the degree of happiness of most relationships. Please circle the dot which best describes the degree of happiness, all things considered of your relationship.

<table>
<thead>
<tr>
<th></th>
<th>Extremely Unhappy</th>
<th>Fairly Unhappy</th>
<th>A little Happy</th>
<th>Very Unhappy</th>
<th>Happy</th>
<th>Extremely Happy</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td></td>
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<td></td>
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</tr>
<tr>
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32. Which of the following statements best describes how you feel about the future of your relationship?

5. I want desperately for my relationship to succeed and would go any length to see that it does.

4. I want very much for my relationship to succeed and will do all I can to see that it does.

3. I want very much for my relationship to succeed and will do my fair share to see that it does.

2. It would be nice if my relationship succeeded, but I can't do much more than I am doing now to help it succeed.

1. It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the relationship going.

0. My relationship can never succeed and there is no more that I can do to keep the relationship going.
APPENDIX - VI

PERSONAL REPORT OF SPOUSE COMMUNICATION APPREHENSION (PRSCA) - SHORT FORM

Indicate against each of the following statement whether you Strongly Agree (SA), Agree (A), are Undecided (UD), Disagree (D) or Strongly Disagree (SD).

1. I look forward to express my opinion to my spouse on controversial topics (-).
2. I look forward to evening talks with my spouse (-).
3. My thoughts become confused and jumbled when discussing issues important with my spouse (+).
4. Usually I try to workout problems myself instead of talking them over with my spouse (+).
5. I look forward to discussing with my spouse those aspects of our relationship most important to me (-).
6. I don't hesitate to tell my spouse my needs (+).
7. I usually come right out and tell my spouse exactly what I mean (-).
8. I never hesitate to tell my spouse my needs (-).
10. I look forward to telling my spouse my opinion on a subject (-).
11. I feel that I am an open communicator (-).
12. I am hesitant to develop casual conversation with my spouse (+).
13. I am comfortable in developing intimate conversation with my spouse (-).
14. I am comfortable in developing in depth conversations with my spouse (-).
15. I am hesitant to develop a 'deep' conversation with my spouse (+).

* Items scored (-) are scored 1 for (SA) through 5 (SD) the ones indicated (+) are reverse scored. Lesser scores indicate less communication apprehension.
APPENDIX - VII

CONFLICT TACTICS SCALE

Given below is a list of things you might have done when you had a conflict or disagreement with your husband. Try and remember how often each of the events mentioned occurred during the previous one year.

0 - Never, 1 - Once a year, 2 - Two or three times, 3 - Often but less than once a month, 4 - About once a month, 5 - More than once a month

1. I tried to discuss the issue relatively calmly.
2. Did discuss the issue relatively calmly.
3. Got information to back up my side of things.
4. Brought in someone else to help settle things (or tried to).
5. Argued heatedly but short of yelling.
6. Yelled and / or insulted.
7. Sulked and / or refused to talk about it.
8. Stomped out of the room.
9. Threw something (not at my husband) or smashed something.
10. Threatened to hit or throw something at him.
11. Threw something at my husband.
12. Pushed, grabbed or shoved him.
13. Hit (or tried to) him but not with anything.
14. Hit (or tried to) him with something hard.

SCORING

Items 1 - 4 indicate use of reasoning. 5 - 9 show verbal aggression and 10 - 14 indicate the use of violence. Scores range from 0 to 20 for reasoning and 0 to 25 for the remaining two conflict tactics. Total score on all three gives an index of marital conflict over the previous year.
APPENDIX - VIII

MARITAL CONVENTIONALISATION SCALE (SHORT FORM)

Read each statement and indicate if it is "True" or "False" as applied to you, your mate, or your marriage.

1. There are times when my mate does things that make me unhappy (10).
2. My marriage is not a perfect success (8).
3. My mate has all the qualities I have always wanted in a mate (8).
4. If my mate has any faults I am not aware of them (8).
5. My mate and I understand each other completely (8).
6. We are as well adjusted as any two persons in the world can be (6).
7. I have some needs that are not being met by my marriage (6).
8. Every new thing I have learned about my mate has pleased me (6).
9. There are times when I do not feel a great deal of love and affection for my mate (6).
10. I don't think anyone could be happier than my mate an I when we are with one another (6).
11. My marriage could be happier than it is (6).
12. I don't think any couple could live together with greater harmony than my mate and I (5).
13. My mate completely understands and sympathises with my every mood (5).
14. I have never regretted my marriage, not even for a moment (5).
15. If every person in the world of opposite sex had been available and willing to marry me I could not have made a better choice (4).

* Scored items are "True" to these items and "False" for the other with the weights given in brackets. Higher score indicates greater conventionalisation.
APPENDIX - IX

ALCOHOL USE DISORDERS IDENTIFICATION TEST

1. How often do you have a drink containing alcohol?
   (0) Never (1) Monthly or less (2) Two to Four times a month
   (3) Two to Three times a week (4) Four or more times a week.
2. How many drinks containing alcohol do you have on a typical day when you are drinking.
   (0) 1 or 2 (1) 3 or 4 (2) 5 or 6 (3) 7 or 9 (4) 10 or more
3. How often do you have six or more drinks on one occasion?
   (0) Never (1) Less than monthly (2) Monthly
   (3) Weekly (4) Daily or almost daily
4. How often during the last year, have you found that, you were not able to stop drinking once you had started?
   (0) Never (1) Less than monthly (2) Monthly
   (3) Weekly (4) Daily or almost daily
5. How often during the last year have you failed to do what was normally expected from you because of drinking?
   (0) Never (1) Less than monthly (2) Monthly
   (3) Weekly (4) Daily or almost daily
6. How often during the last year you have needed a first drink in the morning to get your self going after a heavy drinking session?
   (0) Never (1) Less than monthly (2) Monthly
   (3) Weekly (4) Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?
   (0) Never (1) Less than monthly (2) Monthly
   (3) Weekly (4) Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
   (0) Never (1) Less than monthly (2) Monthly
   (3) Weekly (4) Daily or almost daily
9. Have you or someone else been injured as a result of your drinking?
   (0) No (1) Yes but not in the last year
   (4) Yes during the last year
10. Has a relative or friend or a doctor or other health worker, been concerned about your drinking or suggested you cut down?
    (0) No (1) Yes but not in the last year
    (4) Yes during the last year

SCORING: Each item is scored by checking the response categories which come closest to the patient's answers. A score of 8 or more qualifies a positive case of alcohol dependance.