

### **Locke-Wallace Marital Adjustment Test (MAT)**

This measure is comprised of 15-items designed to assess overall marital satisfaction amongst partners. It measures the amount of marital discord or agreement on a variety of topics, such as finances, recreational activities, friends, affection, life philosophies and morality. These items are ranked on a scale ranging from strongly agree to strongly disagree. Scores of 100 or less are considered indicative of maladjustment in the marital relationship.

Locke, H.J., Wallace, K.M. (1959). Short marital adjustment and prediction tests: Their reliability and validity. *Marriage Fam Living*, 21, 251-255.