



## Scoring the Locke & Wallace Marital Adjustment Test

The Locke & Wallace Marital Adjustment Test (MAT) measures marital satisfaction, which is realized when “the mates feel satisfied with the marriage and each other, develop common interests and activities and feel that marriage is fulfilling their expectations” (Locke, 1951, p. 45). The MAT is the gold-standard of public domain marital satisfaction measures. The scale focuses on issues such as involvement in joint activities, demonstration of affection, frequency of marital complaints, level of loneliness and well-being, and partner agreement on significant issues.

A score of 100 is the dividing point between distressed and non-distressed individuals. The average score for distressed couples is 72 and the average score for non-distressed individuals is 136.

**How to use?** Give a copy to each partner as part of the intake process. It’s important to have them take it before or at the beginning of the first session. I usually tell them that it’s important to have an objective measure of the progress we’re making (I like saying “we” because it lets them know that I share in the responsibility for how we’re doing). Then, at any time you can have them take it again and see if there scores have risen. It’s also important to tell them that they won’t see each other’s answers – just know each other’s score. The MAT should only be used with heterosexual couples because it accounts for gender differences.

**How to score?** Use the graphic below to get the numbers for each item. Then, just add up the numbers to get the person’s total score.

1. Check the dot on the scale line below which best describes the degree of happiness, everything considered, of your present marriage. The middle point, “happy,” represents the degree of happiness which most people get from marriage, and the scale gradually ranges on one side to those few who are very unhappy in marriage, and on the other, to those few who experience extreme joy or felicity in marriage.

0	2	7	15	20	25	35
•	•	•	•	•	•	•
Very Unhappy	Happy				Perfectly Happy	

State the approximate extent of agreement or disagreement between you and your mate on the following items. Please check each column.

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
2. Handling family finances	5	4	3	2	1	0
3. Matters of recreation	5	4	3	2	1	0
4. Demonstrations of affection	8	6	4	2	1	0
5. Friends	5	4	3	2	1	0
6. Sex relations	15	12	9	4	1	0
7. Conventionality (right, good, or proper conduct)	5	4	3	2	1	0
8. Philosophy of life	5	4	3	2	1	0
9. Ways of dealing with in-laws	5	4	3	2	1	0
10. When disagreements arise, they usually result in: husband giving in 0, wife giving in 2, agreement by mutual give and take 10.						
11. Do you and your mate engage in outside interests together? All of them 10, some of them 8, very few of them 3, none of them 0.						
12. In leisure time do you generally prefer: to be “on the go” —, to stay at home —? Does your mate generally prefer: to be “on the go” —, to stay at home —? (Stay at home for both, 10 points; “on the go” for both, 3 points; disagreement, 2 points.)						
13. Do you ever wish you had not married? Frequently 0, occasionally 3, rarely 8, never 15.						
14. If you had your life to live over, do you think you would: marry the same person 15, marry a different person 0, not marry at all 1?						
15. Do you confide in your mate: almost never 0, rarely 2, in most things 10, in everything 10?						