EMSS

ENRICH Marital Satisfaction Scale (EMSS)

The ENRICH Marital Satisfaction Scale (EMSS) is a widely used self-report tool for measuring marital satisfaction and the quality of the couple relationship. It helps identify strengths and areas for improvement within the relationship, thereby helping psychologists assess and support couples in therapy.

Number of questions	15 questions
Estimated duration	10 minutes
Language	English
Original name	ENRICH Marital Satisfaction Scale
Target audience	Adult couples
Authors	David H. Olson, David J. Fournier, Joan M. Druckman (1983)
Category	Couple issues

Preview of the 15 questions

My partner and I understand each other perfectly.

Strongly disagree | Moderately disagree | Neither agree nor disagree | Moderately agree | Strongly agree

I am not pleased with the personality characteristics and personal habits of my partner.

Strongly disagree | Moderately disagree | Neither agree nor disagree | Moderately agree | Strongly agree

I am very happy with how we handle role responsibilities in our marriage.

Strongly disagree | Moderately disagree | Neither agree nor disagree | Moderately agree | Strongly agree

My partner completely understands and sympathizes with my every mood.

Strongly disagree | Moderately disagree | Neither agree nor disagree | Moderately agree | Strongly agree

I am not happy about our communication and feel my partner does not understand me.

Strongly disagree | Moderately disagree | Neither agree nor disagree | Moderately agree | Strongly agree

Scoring & interpretation

Each item is rated on a Likert-type scale, generally with 5 points, ranging from "strongly disagree" to "strongly agree". The scores are added up to give a total score reflecting the level of marital satisfaction. Interpretive cutoffs make it possible to distinguish between satisfied, moderately satisfied, and struggling couples.