QMI

Quality of Marriage Index (QMI)

The QMI is a brief self-report instrument measuring the overall quality of the marital relationship. It is widely used in research and clinical practice to detect the level of marital satisfaction and to screen for couples at risk of relationship distress. It targets one partner's subjective perception of the general quality of their marriage.

Number of questions	6 questions
Estimated duration	2 minutes
Language	English
Original name	Quality of Marriage Index
Target audience	Adult couples
Authors	Patrick C. Norton (1983)
Category	Couple issues

Preview of the 6 questions

We have a good marriage.

Very strongly disagree | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree | Very strongly agree

My relationship with my partner is very stable.

Very strongly disagree | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree | Very strongly agree

Our marriage is strong.

Very strongly disagree | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree | Very strongly agree

My relationship with my partner makes me happy.

Very strongly disagree | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree | Very strongly agree

I really feel like part of a team with my partner.

Very strongly disagree | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree | Very strongly agree

Scoring & interpretation

Add up the scores for the 6 items (each rated from 1 to 7); the higher the total score, the better the perceived quality of the marriage. No explicit cutoff has been established, but the mean can be used to situate the couple relative to population norms.