

Satisfaction and Problem Areas Questionnaire (SPAQ)

The Satisfaction and Problem Areas Questionnaire was designed within the framework of integrative behavioral couple therapy (IBCT). It explores different aspects of couple life that can be sources of satisfaction or conflict. It assesses the level of satisfaction in 15 relationship areas, such as finances, child-rearing, or sexuality. This tool helps identify the priority areas to address in couple therapy.

Number of questions	15 questions
Estimated duration	4 minutes
Language	English
Original name	Satisfaction and Problem Areas Questionnaire
Target audience	Adults in a relationship
Authors	Heavey, Christensen, & Malamuth (1995)
Category	Couple issues

Preview of the 15 questions

How dissatisfied are you with how each of the following areas is handled in your relationship?

Handling family finances

Completely satisfied/happy | 2 | 3 | 4 | 5 | 6 | Completely dissatisfied/unhappy

How dissatisfied are you with how each of the following areas is handled in your relationship?

Children or parenting

Completely satisfied/happy | 2 | 3 | 4 | 5 | 6 | Completely dissatisfied/unhappy

How dissatisfied are you with how each of the following areas is handled in your relationship?

Demonstrations of affection

Completely satisfied/happy | 2 | 3 | 4 | 5 | 6 | Completely dissatisfied/unhappy

How dissatisfied are you with how each of the following areas is handled in your relationship?

Sex relations

Completely satisfied/happy	2	3	4	5	6	Completely dissatisfied/unhappy

How dissatisfied are you with how each of the following areas is handled in your relationship?

Career/job decisions

Completely satisfied/happy	2	3	4	5	6	Completely dissatisfied/unhappy

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Assign a score from 1 (completely happy/satisfied) to 7 (completely unhappy/dissatisfied) for each checked item. Then identify the three areas circled by the patient as priorities for therapeutic work.

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Romane L. - Online CBT Psychologist