



Center for Research
on Women

Stone Center

WELLESLEY CENTERS FOR WOMEN

Working Paper Series

Partnership Quality and Psychological Distress: A Study of Men and Women in Dual-Earner Couples

Rosalind C. Barnett

Nancy L. Marshall

(1991) Paper No. 234

Working Paper Series

The goal of the Wellesley Centers for Women Working Paper Series is to share information generated by the Centers' research and action projects, programs, and staff and to do so expeditiously, without the usual delay of journal publication. All papers in the extensive Working Paper Series have been peer-reviewed.

The Wellesley Centers for Women

The Wellesley Centers for Women (WCW) conducts scholarly research and develops sound training and evaluation programs that place women's experiences at the center of its work. WCW focuses on three major areas:

- The status of women and girls and the advancement of their human rights both in the United States and around the globe;
- The education, care, and development of children and youth; and
- The emotional well-being of families and individuals.

Issues of diversity and equity are central across all the work as are the experiences and perspectives of women from a variety of backgrounds and cultures. Since 1974, WCW has influenced public policy and programs by ensuring that its work reaches policy makers, practitioners, educators, and other agents of change.

The Wellesley Centers for Women is the single organization formed in 1995 by combining the Center for Research on Women (founded 1974) and the Stone Center for Developmental Studies (founded 1981) at Wellesley College. For more information, please visit: www.wcwonline.org.

Ordering Information

Working Papers and other publications of the Wellesley Centers for Women (WCW) are available for purchase through the WCW Publications Office. For a complete list of current publications, visit our online catalog at: www.wcwonline.org/publications.

Publications Office - Wellesley Centers for Women
Wellesley College, 106 Central Street, Wellesley, MA 02481
Phone: 781-283-2510 Fax: 781-283-2504

Unless otherwise noted, the authors hold the copyright to their WCW publications. Please note that reproducing a WCW publication without the explicit permission of the author(s) is a violation of copyright law.

**PARTNERSHIP QUALITY AND PSYCHOLOGICAL
DISTRESS: A STUDY OF MEN AND WOMEN IN
DUAL-EARNER COUPLES**

**by Rosalind C. Barnett
Nancy L. Marshall**

**Data for this study were collected with funding
from the National Institute of Mental Health
(Grant Number MH43222).**

Abstract

The relationship between partnership quality and psychological distress was estimated in a representative sample of 301 dual-earner couples, in which both partners were employed full-time. Exploiting the matched nature of this sample, we controlled for such couple-level variables as length of marriage, household income, and parental status, as well as each partner's job-role quality. We also estimated separately the moderating effect of gender and parental status on the relationship between quality of the partnership and distress. Gender did not moderate the relationship, but parental status did. For men and women alike in dual-earner couples, the quality of the partnership is related to psychological distress. However, the distress of men and women in dual-earner couples who have children, especially preschool-aged children, is less affected by the quality of their partnership than is that of couples who do not have preschool-aged children. Most importantly, this interaction was not affected by gender. Thus, for men and women in dual-earner couples, the presence of children in the home, especially preschool children, mitigates the relationship between a troubled partnership and psychological distress. In other words, the more roles a person has, the less impact any one role has on psychological distress.

Research concerning the relationship between family roles and distress has focused almost exclusively on women. This bias reflects the assumption that family roles are more central to women's mental health than to men's. One reflection of this bias is that Gurin, Veroff, and Feld (1960), in a classic study of mental health in the United States, questioned female respondents about their home lives and male respondents about their work lives, justifying their strategy on the grounds that family was emotionally relevant to women, while work was emotionally relevant to men. Yet there is growing evidence that for men, family roles are crucial to psychological well-being (Barnett, forthcoming; Barnett, Marshall, & Pleck, 1991; Cleary & Mechanic, 1983; Pleck, 1985).

The question of how family roles relate to psychological distress for men and women is of particular interest at this time, given that most adult men and women live in dual-earner couples, in which the expectation is that both partners will share in family life. In this analysis, we estimate the relationship between partnership quality and psychological distress for men and women in a representative sample of 301 dual-earner couples.

There is some question about whether previous literature concerning partnership quality and its association with mental-health indicators is relevant to men and women in dual-earner couples. Most earlier studies suggest that marital quality is more important to women's mental health than to men's (Bernard, 1972; Belle, 1982; Gove, 1972, 1973, 1978); some suggest that it is equally important to men and women (Cleary & Mechanic, 1983). However, the men and women in these studies were not all employed full-time nor were they all married to full-time employed spouses.

Most previous studies of married men did not control for their wives' employment status, and evidence suggests that the benefits of marriage for men differ depending on whether their wives are employed or not (Cleary & Mechanic, 1983). Moreover, most previous studies of married women did not take into account their employment status or, among employed women, the quality of their job experiences. Several studies suggest that job conditions and job experiences affect married women's psychological distress levels and, therefore, need to be controlled in studies of the relationship between partner-role quality and distress. To illustrate, in a sample of employed women, the employee role, not the marital role, was crucial for women's mental health (Barnett, Marshall, & Davidson, 1989; Baruch & Barnett, 1986). Moreover, among employed, partnered women, both conditions of employment (part-time, vs. full-time, salary, occupational prestige) and experiences on the job moderated the relationship between partner-role quality and distress (Barnett et al, 1989; Barnett & Marshall, 1991b). That is, independent of the quality of her marriage, a positive experience at her job benefits an employed married woman's mental health, whereas a negative job experience detracts from it. Thus, analyses of the effect of partner-role quality on the psychological distress of married employed women needs to take into account the quality of their job role.

The relationship between marital quality and distress may also be affected by parental status. Studies addressing this issue, have focused almost exclusively on women. Our previous research suggests that, among employed women, the impact of partner-role quality on distress is buffered by parental status (Barnett & Marshall, 1991b). Among employed women with children, psychological distress was not as closely related to partner-role quality as it was among employed women without children. However, these women

were beyond the age when they were caring for young children and they were not all partnered, and among the partnered, they were not all in dual-earner couples in which both partners were employed full-time. It is, therefore, open to question whether parental status will buffer the relationship between partner-role quality and distress in a sample of full-time employed younger women with younger children. There are two arguments. On the one hand, it has been argued that for employed married women the most stressful years are those in which they are rearing small children (Biernat & Wortman, 1991). Accordingly, among married employed women, being a parent of young children will be related to high distress and will exacerbate rather than ameliorate the relationship between family-role stress and distress². On the other hand, there is a growing literature suggesting that more roles a woman occupies, the better her mental health and the less impact any one role has on her mental health (Crosby 1984; Thoits, 1983; Verbrugge, 1982). Thus being employed, married and a parent ought to be related to lower distress than being employed, married and not a parent.

There is also an indication that the more roles a man occupies, the better his mental health (Thoits, 1983). However, to the best of our knowledge, the buffering effect of parental status on the relationship between partner-role quality and distress has not been studied in samples of employed married men. In this analysis, controlling for job-role quality, we estimate the main effect of partnership quality on psychological distress and the interaction effect of both gender and parental status on this relationship.

Thus, we address the following four research questions in this representative sample of 301 dual-earner couples who reside in eastern Massachusetts: (1) What is the association between partner-role quality and psychological distress, controlling for job-role quality and parental status? (2) Does this relationship differ for men and women? (3) Does this relationship differ for couples with and without children? (4) Is the relationship between parental status and distress different for men and women?

For several reasons, the question of gender effects can best be addressed in a sample of men and women in dual-earner families. By virtue of sharing an array of background variables, it is possible to disaggregate gender effects from those of context. To illustrate, the dual-earner couples in this sample are matched on full-time work commitment, household income, parental status, length of marriage, and a set of unmeasured variables that account for their being married and staying married, e.g., shared values and a shared vision of the future. Any or all of these variables might account for the previously reported "gender differences" in the relationship between marital experiences and psychological distress. To make a positive finding for the differential salience of partner-role quality for women's or men's psychological distress, one has to demonstrate a sex difference after controlling for such context factors. Thus, by controlling for these factors, we have a better chance to detect "real" gender effects. The power to analyze gender effects has not been exploited in most previous studies of dual-earner couples (Biernat & Wortman, 1991). In one analysis, in which these couple-level variables were controlled, there were no gender differences in the relationship between job experiences and distress (Barnett & Marshall, 1991a). We believe that, with the comparable controls, there will be no gender differences in the relationship between partner-role quality and distress.

In sum, in a representative sample of 301 dual-earner couples, we test the following four hypotheses:

1. Partner-role quality is related to psychological distress. Positive experiences with one's partner will be associated with low levels of distress; negative experiences, with high levels.

2. Parental status moderates the relationship between partner-role quality on distress. The psychological distress of individuals who occupy the role of parent will be less affected by partnership quality than will the distress of individuals who do not occupy the role of parent. This hypothesis is tested by estimating the interaction effect of parental status on the relationship between partner-role quality and psychological distress.

3. Gender does not moderate the relationship between partner-role quality and distress. This hypothesis is tested by estimating the interaction effect of gender on the relationship between partnership quality and distress.

4. The moderating effect of parental status on the relationship between partner-role quality and distress is not affected by gender. This hypothesis is tested by estimating the interaction effect of gender and parental status on the relationship between partner-role quality and distress.

Method

Sample

The data for these analyses come from the first wave of a three-wave data collection (over two years) of a stratified, representative sample of 301 dual-earner couples, in which both partners are employed full-time and the men are between the ages of 25-40. The sample was drawn from the town lists of all residents of two Boston-area towns. These towns were selected because they were socioeconomically diverse and included a large proportion of working women³. The participation rate among the eligible couples whom we were able to contact was 68%. (See Barnett & Marshall, 1991a for a complete description of the sampling procedures.) Couples were included if they were married or living together in a committed relationship, i.e., partnered. Only 9 couples (3%) were cohabiting, thus we refer to the sample as married couples.

The population of these towns is overwhelmingly White, so, therefore, is the sample we obtained, thus we are unable to examine race differences. The actual racial composition of the sample was as follows: 96% Caucasian, 1% Hispanic, 1% Black, and less than 1% Native American and Other. To have obtained an analyzable sample of Black or Hispanic couples would have required a sampling design beyond the scope of the project.

On average, the men in the sample are 35.01 years (SD = 4.30), whereas the women are 35.26 (SD = 4.73). The men and women, on average, had completed 16 years of schooling, i.e., they completed a college degree (Mean = 16.40, SD = 2.34 and Mean =

16.18, $SD = 2.10$, for men and women, respectively). There was a wide range of educational attainment: among the men, 27% had not completed 4 years of college, whereas 40% had some graduate education; among the women, 26% had not completed 4 years of college compared to 36% who had some post-college education.

Sixty percent of the couples ($n = 181$) have children, 40% ($n = 120$) do not. On average, couples with children have 1.8 children (range 1-4). The overwhelming majority (65.7%) of couples with children are rearing preschool-age and younger children. In contrast, 26.5% of the couples are rearing teenagers.

Procedures

Subjects were interviewed in their homes or offices by trained interviewers. The interviews were conducted between the fall of 1989 and the spring of 1990. They took about 1 1/2 hours and covered many aspects of the men's and women's lives, including the rewards and concerns in their job and partner roles, as well as measures of psychological distress. Prior to the interview the subjects received a packet of forms to be filled out and returned to the interviewer. Each couple received \$25 for participating.

Measures

Psychological distress. Psychological distress was assessed by the anxiety and depression subscales of the SCL-90-R, a frequency of symptoms measure (Derogatis, 1975). Subjects indicate on a 5-point scale (from 0 = not at all, to 4 = extremely) how often in the past week they were bothered by each of 14 symptoms of anxiety and 10 symptoms of depression. For the men in this sample, the mean per-item score for the depression items was .81, for the anxiety items .31. These scores are within one standard deviation for the respective normative samples.

The decision to combine the scales into a psychological distress score was based on the high correlation ($r = .72$) between the scales and on the similarity in the pattern of correlations between the anxiety and depression scales and the other variables of interest in the study.

The SCL-90-R has high levels of both internal consistency and test-retest reliability. In this sample, coefficient alpha for depression was .86 for the men and .84 for the women; for anxiety, .80 for the men and .81 for the women; and for the combined scale, .90 for both men and women. These figures are similar to those reported by Derogatis (1983). Satisfactory test-retest correlations (.82 for depression and .80 for anxiety) have also been reported (Derogatis, 1983). In this paper, the scores have been reversed, so that high scores reflect low levels of distress.

Role quality. Based on previous research (Baruch & Barnett, 1986; Barnett & Marshall, 1991a) and pilot studies, we identified the rewarding and distressing aspects of men's and women's partner role. The scales consist of 26 partner-reward and 26 partner-concern items.

Subjects used a 4-point scale (from 1 = not at all to 4 = extremely) to indicate to what extent, if at all, each of the items was currently rewarding or of concern. Each subject received three scores: a reward score (her/his mean response to the partner-reward items), a concern score, and a role-quality score (i.e., the reward score minus the concern score). The role-quality score constitutes our overall index of the quality of experience in the partner role. (The items comprising the reward and concern scales for the partner role are reproduced in the Appendix).

To establish the reliabilities of these scores, Cronbach alphas and test-retest reliability coefficients were computed. Cronbach alphas were computed separately for the men and women: for partner-rewards, alphas were .93 and .93, for men and women; for partner-concerns, .89 and .90. Test-retest reliability coefficients were calculated for approximately 10% of the sample ($n = 64$; 32 men and 32 women) who were reinterviewed within three months of their initial interview. For partner-rewards, the test-retest reliability coefficients were .91 and .84, for men and women, respectively; for partner-concerns, .95 and .81.

The difference score was selected for analyses because it captures an important aspect of subjective role quality (Bradburn, 1969; Lowenthal & Chiriboga, 1973). Moreover, in previous research, the difference score was used as a measure of role quality in the roles of employee, partner and parent and had significant associations with both well-being and distress indicators (Baruch & Barnett, 1986).

Occupational prestige. We used the Bose Index (1985) to code occupational prestige. This index uses the 1980 Census Three-Digit Occupation Code and assigns prestige values separately for each gender.

Education. This individual-level variable is the number of years of education that each respondent completed.

Household income. This couple-level variable reflects the absolute salaries of both partners, plus any income from other sources.

Length of marriage. This couple-level variable is the absolute number of years the couple has been married or co-habiting in the case of non-married, i.e., partnered, couples.

Parental status. A dummy variable was created for parental status (0 = no children living in the home, 1 = one or more children living in the home). To further examine the effect of children in the home, we examined total number of children in the home (0 = no children, 1 = 1 child, etc), and we created two additional dummy variables: (1) number of preschool-age children, i.e., children under 5 years of age (0 = no preschool-age children, 1 = 1 preschooler, etc.); and (2) number of teenagers in the home, i.e., children between 12-18 years (0 = no teenagers, 1 = 1 teenager, etc.).

Results

Psychological Distress

On average, the women in the sample reported more symptoms of psychological distress than did the men (Mean = 12.43, SD = 9.89, Mean = 14.40, SD = 10.46, for men and women, respectively). Results of a paired t -test indicated that this difference was significant ($p < .01$).

Partner-Role Quality

Partner-role quality is operationalized as partner rewards minus partner concerns. On average, men's role quality scores are slightly lower than women's (Mean = -.007, SD = .68; Mean = .015, SD = .77, for the men and women, respectively). However, this difference was not significant in a paired t -test. Thus, the overall subjective quality of experience in their partnerships is similar for men and women in dual-earner couples.

Correlates of Psychological Distress

The pattern of correlations between the role variables and distress was similar for men and women, as seen in Table One on the following page. Having a positive experience in one's job and in one's partnership were each significantly correlated with low levels of psychological distress ($p < .001$). For women only, being a parent was also associated, albeit modestly, with low levels of distress ($p < .05$).

Partner-Role Quality and Psychological Distress

A regression model was estimated with partner-role quality as the predictor and job-role quality, parental status, age, occupational prestige, education, household income, length of marriage, and gender as control variables. As can be seen in Table Two on the following page, the model was significant ($F(9, 561) = 21.36, p < .0001, R^2 = .255$).

Individuals in dual-earner couples who have positive experiences in their partnerships report low levels of psychological distress, after taking into account the quality of their job experiences and their parental status. These findings support Hypothesis One. In addition, positive experiences at work were associated with low levels of distress, as was being a parent. Finally, women reported more distress than did men.

Moderating Effect of Parental Status

We estimated the interaction effect of parental status on the relationship between partner-role quality and distress, by adding to the above model the interaction term, parental status X partner-role quality.

Table 1

Correlates of Psychological Distress for Men and Women

	Psychological Distress	
	<u>Women^a</u>	<u>Men^b</u>
Job-Role Quality	.34***	.36***
Partner-Role Quality	.41***	.38***
Parental Status	.12*	.08

Notea N = 301b N = 301* p < .05, ** p < .01, *** p < .001

Table 2

Main-Effects Model of the Relationship Between Job-Role Quality
and Psychological Distress

Predictor	Psychological Distress		
	B ^a	SE ^b	B ^c
Age	-.11	.11	-.05
Occupational Prestige	-.05	.03	-.09
Education	.33	.22	.07
Household Income	-.01	.01	-.06
Length of Marriage	-.01	.10	-.01
Job-Role Quality	4.24***	.62	.27
Parental Status	3.16***	.87	.15
Gender	-.31***	.76	-.15
Partner-Role Quality	4.75***	.53	.34

R² = .255

Note

N = 570

a Unstandardized regression coefficient

b Standard error

c Standardized regression coefficient

*** p < .001

As can be seen in Table Three on the following page, the model was significant [$F(10, 560) = 19.94, p < .0001, R^2 = .263$], as was the interaction term. Parental status moderates the relationship between partner-role quality and distress. Inclusion of the two-way interaction term resulted in a significant increment to the R^2 associated with the main effects model ($p < .05$). The interaction is graphed in Figure One (see following page). As can be seen, among individuals in dual-earner couples, when partner-role quality is high, there is little difference between individuals who do, or do not, have children. However, when partner-role quality is low, individuals without children report greater psychological distress than those with children. In other words, being a parent buffers men and women in dual-earner couples from the negative association between a troubled marriage and psychological distress. These findings support Hypothesis Two.

The above analyses estimated the effect of being a parent or not on the relationship between partner-role quality and distress. We conducted a supplementary series of three analyses with the subsample of couples who had children ($n = 181$), to determine whether this relationship was affected by the total number of children in the household, or by the number of preschoolers or teenagers. For each model, we added to the variables in Table Three, an interaction term of the form, a child variable X partner-role quality. Of the three interaction terms, only the number of preschool-age children (i.e., a child under 5 years of age) moderated the relationship between partner-role quality and distress. The psychological distress of couples who were rearing a preschooler was less affected by poor partnership quality than was that of couples rearing older children.

Moderating Effect of Gender

We estimated the interaction effect of gender on the relationship between partner-role quality and psychological distress, by adding to the model in Table Three the interaction term, gender X partner-role quality. The model was significant [$F(10, 560) = 19.19, p < .0001, R^2 = .26$], but the interaction term was not. Moreover, inclusion of the interaction term did not result in a significant increment to R^2 , compared to that associated with the main-effects model. Thus, after controlling for job-role quality and parental status, the relationship between partnership quality and psychological distress was the same for men and women. These findings support Hypothesis Three.

Moderating Effect of Parental Status and Gender

We estimated the interaction effect of parental status and gender by adding to the model in Table Three the three-way interaction term, gender X parental status X partner-role quality (as well as the necessary two-way interaction terms). The model was significant [$F(13, 557) = 15.51, p < .0001, R^2 = .263$], but the three-way interaction term was not. Moreover, inclusion of the three-way interaction term did not result in an increment to R^2 significantly greater than that associated with the main-effects model. Thus, parental status moderates the relationship between partner-role quality and distress similarly for men and women in dual-earner couples. These findings support Hypothesis Four.

Table 3

Interaction-Effects Model of the Relationship Between Parental Status x
Partner-Role Quality and Psychological Distress

Predictor	Psychological Distress		
	B ^a	SE ^b	B ^c
Age	-.09	.11	-.04
Occupational Prestige	-.05	.03	-.08
Education	.29	.23	.06
Household Income	-.01	.01	-.05
Length of Marriage	.01	.10	.01
Job-Role Quality	4.12***	.62	.26
Parental Status	3.19***	.87	.15
Gender	-3.15***	.75	-.15
Partner-Role Quality	6.50***	.91	.46
Parental Status x Partner-Role Quality	-2.60*	1.10	-.15

R² = .263

Note

N = 570

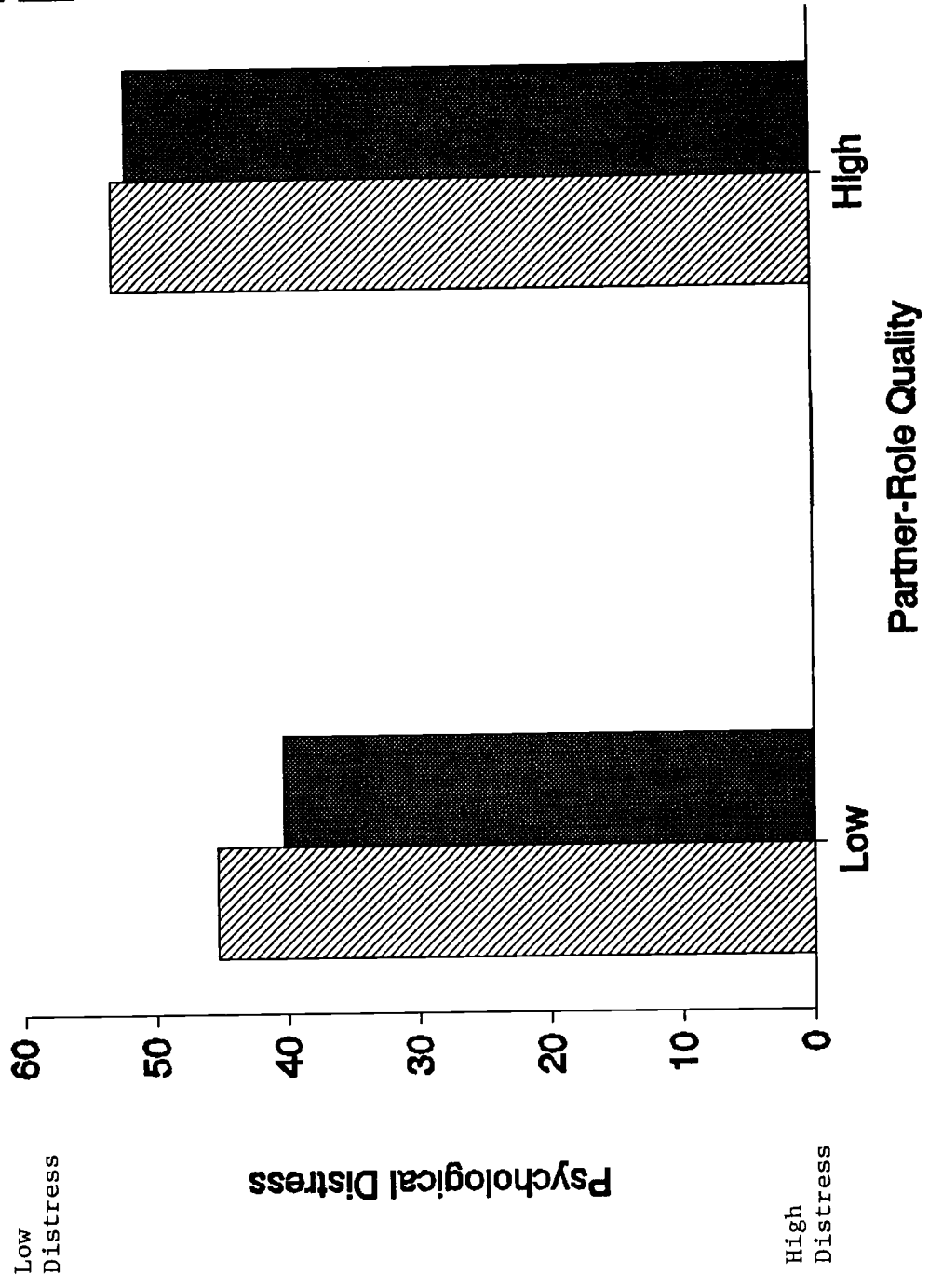
a Unstandardized regression coefficient

b Standard error

c Standardized regression coefficient

* $p < .05$, ** $p < .01$, *** $p < .001$

Legend
Children
No Children



Discussion and Conclusion

The main finding of this study of dual-earner couples is that when context is controlled, the relationship between partnership quality and psychological distress is the same for men and women in dual-earner couples; there are no gender effects. For employed partnered men and women, a positive relationship with one's partner is associated with low psychological distress; a troubled relationship, with high distress.

These findings challenge the dominant assumption that family roles are crucial to women's mental health but not to men's. They are, however, consonant with empirical studies of men, in general (Farrell & Rosenberg, 1981; Pleck, 1985; Veroff, Douvan, & Kulka, 1981) and of men in dual-earner couples, in particular (Barnett, Marshall, & Pleck, 1991). These studies suggest strongly that family roles play a central part in the psychological economy of employed married men. As a set, they point to the conclusion that men's family roles have as great an impact as men's job role on men's psychological well-being.

Being a parent buffered men and women in dual-earner couples from the mental-health consequences of a troubled partnership relationship. This finding replicates an earlier finding on a somewhat older sample of employed women, who were rearing primarily school-aged and older children (Barnett & Marshall, 1991b). It appears that the more roles men as well as women occupy, the less impact any one role has on their psychological health. In this way, multiple-role occupancy benefits men and women alike.

Interestingly, among parents, the number of preschool-aged children buffered employed men and women alike from the mental-health effects of problems in their relationship with their partner. These findings seem to conflict with earlier reports that for women, psychological distress (depression) was associated with the number of preschool children at home; the more preschoolers, the more depression (Pearlin, 1975)⁴. However, earlier studies did not control for job-role quality, or such couple-level variables as household income.

The findings also seem to contrast with the popular representation of employed mothers with young children as particularly harried, irritable, and stressed. However, there is no necessary contradiction. Our findings concern only the buffering effect of parent-role occupancy (i.e., being a parent or not) on the relationship between partner-role quality and distress. We are not considering either the main effect of parent-role occupancy (Pearlin, 1975) or the main or interactive effect of parent-role quality (i.e., how positive or negative the parent role is experienced). Undoubtedly, employed mothers who are experiencing stress in their parenting role will report higher levels of psychological distress than those for whom the role is less stressful. Moreover, even if having preschoolers in the home were associated with high psychological distress, being the mother of preschoolers could, at the same time, attenuate the mental-health effects of troubles with one's partner.

It must be remembered that the dual-earner couples in this sample were all White, and predominantly middle-class. Future research needs to determine whether these results can be generalized to other racial and social-class groups.

Footnotes

1. Since the couples in this sample are all married, we are unable to estimate the effect of marital status.
2. Kandel, Davies, & Raveis (1985) found that among married, employed women, parenthood exacerbated the effect of work stress reactions on depressive symptomatology. Other studies indicate that married employed mothers report lower levels of depressive symptoms than married nonemployed mothers (Gove, 1972; Gove & Tudor, 1973).
3. In one town, 70.1% of women aged 20-54 were employed in 1980, according to the U.S. Census:1980. In the other, 75.2% of women ages 20-50 were employed in 1980, according to the U.S. Census: 1980.
4. Among the mothers in this sample, psychological distress was not significantly correlated with the number of preschool children in the home ($r = .02$, ns). However, distress was correlated, albeit modestly, with the total number of children in the home ($r = .13$, $p < .05$).

References

- Barnett, R.C. (forthcoming). Multiple roles, gender and psychological distress. In L. Goldberger & S. Bresnitz (Eds.), Handbook of stress (2nd Edition). New York: Free Press.
- Barnett, R.C., & Marshall, N.L. (1991a). Job experiences and psychological distress: A study of dual-earner couples. Working paper #235, Wellesley College Center for Research on Women, Wellesley, MA.
- Barnett, R.C., & Marshall, N.L. (1991b). The relationship between women's work and family roles and their subjective well-being and psychological distress. In M. Frankenhauser, U. Lundberg & M. Chesney (Eds.), Women, work and health: Stress and opportunities. New York: Plenum.
- Barnett, R.C., Marshall, N.L., & Davidson, H. (1989). Occupational stress in LPNs and SWs (OH-1968): Final report. NIOSH Grant #OH-1968.
- Barnett, R.C., Marshall, N.L., & Pleck, J.H. (1991). Men's multiple roles and psychological distress. Working Paper #241, Wellesley College Center for Research on Women, Wellesley, MA.
- Baruch, G.K., & Barnett, R.C. (1986). Role quality, multiple role involvement and psychological well-being in midlife women. Journal of Personality and Social Psychology, *51*, 578-585.
- Belle, D. (1982). Lives in stress: Women and depression. Beverly Hills: Sage.
- Bernard, J. (1972). The future of marriage. New York: World-Times.
- Biernat, M., & Wortman, C. (1991). Sharing of home responsibilities between professionally employed women and their husbands. Journal of Personality and Social Psychology, *60*(6), 844-860.
- Bradburn, N.M. (1969). The structure of well-being. Chicago: Aldine.
- Bose, C.E. (1985). Jobs and gender: A study of occupational prestige. New York: Praeger.
- Cleary, P.D., & Mechanic, D. (1983). Sex differences in psychological distress among married people. Journal of Health and Social Behavior, *24*, 111-121.
- Crosby, F.J. (1984). Job satisfaction and domestic life. In M.D. Lee & R.N. Kanungo (Eds.), Management of work and personal life (pp. 41-60). New York: Praeger.
- Derogatis, L.R. (1975). The SCL-90-R. Baltimore, MD: Clinical Psychometrics.

- Derogatis, L.R. (1983). Description and bibliography for the SCL-90-R and other instruments of the psychopathology rating scale series. Baltimore, MD: Johns Hopkins University School of Medicine.
- Farrell, M.P., & Rosenberg, S.D. (1981). Men at midlife. Boston: Auburn House.
- Gove, W.R. (1972). The relationship between sex roles, marital status, and mental illness. Social Forces, 51, 34-44.
- Gove, W.R. (1973). Sex, marital status, and mortality. American Journal of Sociology, 79(1), 45-67.
- Gove, W.R. (1978). Sex differences in mental illness among adult men and women: An examination of four questions raised regarding whether or not women actually have higher rates. Social Science and Medicine, 12, 187-198.
- Gove, W.R., Tudor, J. (1973). Adult sex roles and mental illness. American Journal of Sociology, 78, 812-835.
- Gurin, G., Veroff, J., & Feld, S. (1960). Americans view their mental health. New York: Basic Books.
- Kandel, D.B., Davies, M., & Raveis, V. (1985). The stressfulness of daily social roles for women: Marital occupational and household roles. Journal of Health and Social Behavior, 26, 64-68.
- Lowenthal, M.F., & Chiriboga, D. (1973). Social stress and adaptation: Toward a life-course perspective. In C. Eisdorfer & M.P. Lawton (Eds.), The psychology of adult development and aging. Washington, DC: American Psychological Association.
- Pearlin, L.I. (1975). Sex role and depression. In N. Datan & L.H. Ginsberg (Eds.), Life-span developmental psychology (pp. 191-207). New York: Academic.
- Pleck, J.H. (1985). Working wives, working husbands. Beverly Hills, CA: Sage.
- Thoits, P.A. (1983). Multiple identities and psychological well being: A reformation and test of the social isolation hypothesis. American Social Review, 48, 174-187.
- Verbugge, L.M. (1982). Women's social roles and health. In P. Berman & E. Ramsey (Eds.), Women: A developmental perspective (pp 49-78). Bethesda, MD: National Institute of Child Health and Human Development.
- Veroff, J., Douvan, E., & Kulka, R.A. (1981). The inner American. New York: Basic Books.

Appendix

Partnered Rewards and Concerns

Right now, how much of a reward, if at all, is:

1. Having a partner who is easy to get along with.
2. Your partner's doing (his/her) fair share at home.
3. The physical affection.
4. Your partner being proud of you.
5. Your partner's financial contributions to the household.
6. Your partner's appreciating you.
7. Your partner actively encouraging you.
8. Your sexual relationship.
9. Your partner's contributing (his/her) fair share to the family's finances.
10. Good communication.
11. Socializing as a couple.
12. Your partner's backing you up in what you want to do.
13. Your partner's concern for members of your family, such as your parents, brothers or sisters, etc.
14. Your partner's finding you physically attractive.
15. Enjoying the same activities.
16. Having a partner who really talks to you.
17. The ability of you and your partner to work out conflicts.
18. Having a partner who is a good friend.
19. Doing things together for fun.
20. Your partner doing (his/her) share to make the relationship work.
21. Your partner liking you as a person.
22. Being able to disagree without threatening the relationship.
23. Your relationship with your partner's family.
24. Having a partner who is a good listener.
25. Your partner giving you constructive criticism when you need it.
26. Having a lot in common with your partner.

Right now, how much of a concern, if at all, is:

1. Poor communication.
2. Conflicts over money.
3. Your partner's job or career problems.
4. Your partner not understanding who you really are.
5. Your partner wanting more than you can give emotionally.
6. Not getting enough attention from your partner.
7. Your partner not doing (his/her) share at home.
8. Your partner's job instability.

9. The lack of physical affection.
10. Your partner's not being home enough.
11. Your partner being emotionally dependent on you.
12. Arguing or fighting.
13. Your partner being too self-absorbed.
14. Your partner not backing you up in what you want to do.
15. Lack of companionship.
16. Your partner's personal problems right now.
17. Your partner not being tuned in to you.
18. Your sexual relationship.
19. Your partner being critical of you.
20. Not getting along.
21. Your partner being faithful to you.
22. Your partner being overly involved in (his/her) job.
23. Your partner not earning enough.
24. Your partner taking you for granted.
25. Having to do more than your fair share.
26. You and your partner not feeling emotionally connected to each other.