

SCORE for Couples (So far)

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Couple - Systemic Clinical Outcome Routine Evaluation - 26 (C-SCORE-26)

C-SCORE-26 is a new version of the SCORE for use with couples

It contains items relevant to couples not covered by the

- SCORE-40 (Stratton et al 2010; Carr & Stratton, 2017)
- SCORE-15 (Stratton et al, 2010, 2014)
- Relational SCORE (Teh et al, 2017)

The new items cover

- Commitment
- Respect
- Sex
- Intimacy
- Money
- Housework
- Control
- Aggression
- Managing relationships with the extended family & social network

The next slide shows the C-SCORE-26 items and the SCORE-40 and SCORE-15 items from which they were adapted by the research team

	C-SCORE-26 Domains	C-SCORE-26 Items	Item from SCORE-40 from which C-SCORE-26 items were adapted. Asterisked items are also in SCORE-15.
1	Commitment	We are both committed to this relationship	---
		I often think about leaving the relationship	---
2	Relationship quality	Being in the relationship is important to me	Being in this family is important to us
		It feels miserable in our relationship	It feels miserable in our relationship(s)*
3	Trust & safety	We respect each other	---
		I trust my partner	We trust each other*
		My partner trusts me	We trust each other*
		In our relationship, we feel safe to show the full range of how we feel	In our family it is OK to show how you feel
4	Care	My partner shows that they care	People do things that show that they care about each other in my family
		We agree on how we carry out our caring responsibilities for others	---
5	Sex and intimacy	I am satisfied with the intimacy that we share	---
		I am satisfied with the kind of sex life that we have	---
6	Communication	I am listened to by my partner	Each of us gets listened to by the other(s)*
		We talk to each other about the things that matter to us	We talk to each other about the things that matter to us*
		My partner blames me when things go wrong	We blame each other when things go wrong*
7	Problem solving	We agree on how we make decisions	We get into a muddle about who should do what
		We are able to find new ways to deal with things that are difficult	We are good at finding new ways to deal with things that are difficult*
		We are both willing to change our views about important issues	People in my family are willing to change their views about things
8	Money housework and joint activity	We agree about how we spend money	---
		We agree on how we share household tasks	We find it hard to deal with everyday problems*
		We agree on the time spent doing things together and apart	In my family it's OK to spend time on your own if you want to
9	Wider contexts	Our relationship is affected too much by prejudice or discrimination we experience	Other people look down on my family because we are different
		We agree about how we link with our wider family and social network	---
10	Risk and Control	It feels risky to disagree in our relationship	It feels risky to disagree in our relationship(s)*
		My partner becomes aggressive when they are upset	People slam doors, throw things or make a lot of noise if they are upset
		My partner controls too much in our lives	We interfere too much in each other's lives*

Item Creation and Ordering

The research team created and ordered 26 items in a series of meetings

The list of items was made by

- Defining domains of relational functioning relevant to couple therapy
- Developing new items for domains not in previous versions of the SCORE
- Agreeing final item phrasings after considering many phrasings
- Agreeing an item response format (0 = strongly disagree to 4= Strongly agree) after considering some other options

The criteria for ‘good items’ were that they be about specific thoughts, emotions, or actions of central concern to couples in therapy

No more than 3 items in any domain to keep the C-SCORE brief

Items were ordered as follows

- First and last items were about positive emotions, thoughts, or actions
- Positive items were listed earlier than negative items
- Clusters of consecutive negative items were avoided
- Clusters of items with the same format - beginning with “I” or “We” or “My partner” were avoided.

In a qualitative study involving 8 couples, all C-SCORE-26 items were understandable, and no items were found that should be excluded because they were not a key concern for couple relational functioning (Klein, 2022; Lester, 2022).

C-SCORE-26

26 main items and response format

We would like you to tell us how well the items below describe YOUR CURRENT view of this relationship. For each item, make your choice by clicking the button numbered 0 to 4

For example, if a statement was “We trust each other” and you felt this was not especially true of your relationships, you would click on 1 for “Disagree”. Do not think for too long about any question, but do try to click on one of the buttons for each question.

	Describes our relationship:	Strongly disagree 0	Disagree 1	Neutral 2	Agree 3	Strongly Agree 4
C1	We talk to each other about the things that matter to us	0	1	2	3	4
C2	In our relationship, we feel safe to show the full range of how we feel	0	1	2	3	4
C3	Our relationship is affected too much by prejudice or discrimination we experience	0	1	2	3	4
C4	My partner shows that they care	0	1	2	3	4
C5	I am satisfied with the intimacy that we share	0	1	2	3	4
C6	It feels miserable in our relationship	0	1	2	3	4
C7	My partner blames me when things go wrong	0	1	2	3	4
C8	I am listened to by my partner	0	1	2	3	4
C9	We agree about how we spend money	0	1	2	3	4
C10	We agree on how we carry out our caring responsibilities for others	0	1	2	3	4
C11	It feels risky to disagree in our relationship	0	1	2	3	4
C12	We agree on how we make decisions	0	1	2	3	4
C13	We are both willing to change our views about important issues	0	1	2	3	4
C14	We agree about how we link with our wider family and social network	0	1	2	3	4
C15	I often think about leaving the relationship	0	1	2	3	4
C16	We respect each other	0	1	2	3	4
C17	We are able to find new ways to deal with things that are difficult	0	1	2	3	4
C18	We are both committed to this relationship	0	1	2	3	4
C19	My partner controls too much in our lives	0	1	2	3	4
C20	We agree on how we share household tasks	0	1	2	3	4
C21	I trust my partner	0	1	2	3	4
C22	My partner trusts me	0	1	2	3	4
C23	My partner becomes aggressive when they are upset	0	1	2	3	4
C24	I am satisfied with the kind of sex life that we have	0	1	2	3	4
C25	We agree on the time spent doing things together and apart	0	1	2	3	4
C26	Being in the relationship is important to me	0	1	2	3	4

C-SCORE-26 Additional items

*these items will be in the final clinical version; other items are for research purposes only

- Main problem (1-10)*
- Managing problem (1-10)*
- Safety in relationship (1-10)*
- Think therapy could be helpful (1-10)*
- Words that would best describe relationship now*
- Age*
- Sexual orientation*
- Country of residence*
- Ethnic group*
- Relationship status*
- Highest education*
- Important aspect of relationship not mentioned
- Informative & uninformative items
- Main occupation (SES)
- Partner's age
- Partner's gender
- Partner's ethnic group
- Years in a relationship

C-SCORE-26 Validation scales

Only included in the research studies at Time 1

- Couple Relationship Scale (CRS; Anderson et al., 2022, 10 items)
- Revised Dyadic Adjustment Scale (RDAS; Busby 1995, 14 items)
- Mental Health Inventory-5 (MHI-5; Berwick, 1991, 5 items)
- World Health Organization 5-item Wellbeing Scale (WHO-5; WHO, 1998, 5 items).

Research Questions about C-SCORE-26

Couple Relationship Evaluation Studies 1 and 2

1. Factor structure?
2. Internal consistency (alpha) reliability?
3. Construct validity (correlations with other measures)?
4. Correlations with demographic variables?
5. Test-retest reliability?
6. Cut-off score separating distressed and non-distressed relationships and number of points in reliable change index?
7. Sensitivity to change in couple therapy?
8. Correlation between partners' scores?
9. Informative and uninformative items?
10. Thematic analysis of words describing relationships?
11. Thematic analysis of relationship challenges?
12. Thematic analysis of participant suggested items?

Couple Relationship Evaluation Study 1 (CRES1)

Participants

Non-clinical individuals in relationships for at least 1 year

Sample

N = 300 individuals (Time 1)

N = 60 individuals (Time 2, four weeks)

Sample stratified by

Age (over & under 40y)

Gender (M, F, 5% NB)

Country (UK, USA, Australia, Europe)

Data collection

Completed for Time 1 and 2

Participants sourced and paid through Prolific

Online questionnaire presented on Pavlovia

Data analysis

In progress

Couple Relationship Evaluation Study 2 (CRES2)

Participants

Clinical couples in relationships for at least 1 year

Attending a new episode of couple therapy

Sample

N = 100 couples (Session 1)

N = 100 couples (Session 5)

Countries; UK, USA, Australia, Europe

Data collection

Ongoing

Couples sourced by international practice research network members

Online questionnaire presented on Qualtrics

Data analysis

Will begin when data collection is complete

Research questions that will be answered by Couple Relationship Evaluation Studies 1 and 2 (CRES1 & CRES2)

	CRES1 Non- Clinical	CRES2 Clinical	CRES1 & CRES2
1. Factor structure?	X	X	X
2. Internal consistency (alpha) reliability?	X	X	X
3. Construct validity (correlations with other measures)?	X	X	X
4. Correlations with demographic variables?	X	X	X
5. Test-retest reliability?	X	-	-
6. Cut-off score distressed and non-distressed relationships and number of points in reliable change index?	-	-	X
7. Sensitivity to change in couple therapy?	-	X	-
8. Correlation between partners' scores?	-	X	-
9. Informative and uninformative items?	X	X	X
10. Thematic analysis of words describing relationships?	X	X	X
11. Thematic analysis of relationship challenges?	X	X	X
12. Thematic analysis of suggested items?	X	X	X

Preliminary answers to research questions from CRES1

	CRES1 Non-Clinical
1. Factor structure?	3 - 5 factors
2. Internal consistency (alpha) reliability?	Good (> .7)
3. Construct validity (correlations with other measures)?	TBC
4. Correlations with demographic variables?	TBC
5. Test-retest reliability?	TBC
6. Cut-off score distressed and non-distressed relationships and number of points in reliable change index?	-
7. Sensitivity to change in couple therapy?	-
8. Correlation between partners' scores?	-
9. Informative and uninformative items?	TBC
10. Thematic analysis of words describing relationships?	TBC
11. Thematic analysis of relationship challenges?	TBC
12. Thematic analysis of suggested items?	TBC

Preliminary Factor Analysis Results

Factor Names & Items	C-SCORE-26 Domains
Factor 1. Commitment, respect, & trust	
We are both committed to this relationship	Commitment
I often think about leaving the relationship	Commitment
It feels miserable in our relationship	Relationship quality
We respect each other	Relationship quality
I trust my partner	Trust & safety
My partner trusts me	Trust & safety
Being in the relationship is important to me	Relationship quality
Factor 2. Communication & problem-solving	
My partner shows that they care	Care
I am listened to by my partner	Communication
In our relationship, we feel safe to show the full range of how we feel	Trust & safety
We are able to find new ways to deal with things that are difficult	Problem solving
We talk to each other about the things that matter to us	Communication
Factor 3. Consensus on Care, housework, & money	
We agree on how we carry out our caring responsibilities for others	Care
We agree on how we share household tasks	Money housework and joint activity
We agree about how we spend money	Money housework and joint activity
Factor 4. Safety	
My partner blames me when things go wrong	Communication
It feels risky to disagree in our relationship	Risk and Control
My partner controls too much in our lives	Risk and Control
My partner becomes aggressive when they are upset	Risk and Control
Our relationship is affected too much by prejudice or discrimination we experience	Wider contexts
Factor 5. Sex & intimacy	
I am satisfied with the intimacy that we share	Sex and intimacy
I am satisfied with the kind of sex life that we have	Sex and intimacy
Not included	
We agree on how we make decisions	Problem solving
We are both willing to change our views about important issues	Problem solving
We agree on the time spent doing things together and apart	Money housework and joint activity
We agree about how we link with our wider family and social network	Wider contexts

IF YOU ARE INTERESTED IN JOINING THE PRACTICE RESEARCH NETWORK

EMAIL Alan.carr@ucd.ie

You & colleagues at your centre may invite up to 10 couples attending a new episode of couple therapy to fill in online questionnaires.

Couples must be

- **starting a new episode of couple therapy**
- **over 18y**
- **literate in English, and**
- **in heterosexual or other kinds of couple relationship for at least a year.**

Offer the invitation

- **By email before session 1**
- **In person before or during session 1.**

Invite couples to fill in online questionnaires

- **Before or after the 1st session (20 min.)**
- **After the 5th session they attend together (5 min.).**

They fill in the questionnaires separately from each other on their

- **Smartphones,**
- **Tablets or**
- **Computers.**

HOW TO GET READY TO JOIN THE C-SCORE-26 PRACTICE RESEARCH NETWORK & RECRUIT COUPLES FOR CRES2

Fill in the questionnaires yourself so you know what they look like

- Use fictitious answers – to protect your privacy
- When asked for a PIN type in THERAPIST – so we can exclude your answers from the survey data set

1st session https://ucdpsychology.qualtrics.com/jfe/form/SV_cOAWSsmWQIAFQ4m



5th session https://ucdpsychology.qualtrics.com/jfe/form/SV_cMXXt8lqsHlbOF8



Email alan.carr@ucd.ie and he will send you a video and briefing document to prepare you to invite couples to participate

Thank you

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&

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