

## References

- Acitelli, L. K., Douvan, E., & Veroff, J. (1997). The changing influence of interpersonal perceptions on marital well-being among black and white couples. *Journal of Social and Personal Relationships*, 14(3), 291-304.
- Acitelli, L. K., Kenny, D. A., & Weiner, D. (2001). The importance of similarity and understanding of partners' marital ideals to relationship satisfaction. *Personal Relationships*, 8, 167-185.
- Acitelli, L. K. (1997). Sampling couples to understand them: Mixing the theoretical with the practical. Invited paper for *Journal of Social and Personal Relationships*, 14, 243-261.
- Adler-Baeder, F., Calligas, A., Skuban, E., Keiley, M., Ketring, S., & Smith, T. (2013). Linking changes in couple functioning and parenting among couple relationship education participants. *Family Relations*, 62, 284-297. doi: 10.1111/fare.12006.
- Adler-Baeder, F., Higginbotham, B., & Lamke, L. (2004). Putting empirical knowledge to work: Linking research and programming focused on marital quality. *Family Relations*, 53, 537-546.
- Adler-Baeder, F., Kerpelman, J. L., Schramm, D.G., Higginbotham, B., & Paultk, A. (2007). The impact of relationship education on adolescents of diverse backgrounds. *Family Relations*, 56, 291-303.
- Adler-Baeder, F., Shirer, K., & Bradford, A. (2007). What's love got to do with it? The role of healthy couple relationships. *The Forum for Family and Consumer Issues*, 12(1). <http://ncsu.edu/ffci/publications/2007/v12-n1-2007-spring/adlerbaeder-shirer-bradford/fa-3-adlerbaede-shirer-bradford.php>.
- Al-Barak, M., Shepertycky, M. R., & Kryger, M. H. (2003). Morbidity and mortality in obstructive sleep apnea syndrome 2: Effect of treatment on neuropsychiatric morbidity and quality of life. *Sleep and Biological Rhythms*, 1(2), 65-74.
- Allen, K. R. & Beitin, B. K. (2007). Gender and class in culturally diverse families. In B. S. Trask & R. R. Hamon (Eds.), *Cultural diversity and families* (pp. 63-79). Thousand Oaks, CA: Sage.
- Amato, P. & Booth, A. (1997). *A generation at risk: Growing up in an era of family upheaval*. Cambridge, MA: Harvard University Press.
- Amato, P. R., Booth, A., Johnson, D. R., & Rogers, S. J. (2007). *Alone together: How marriage in America is changing*. Cambridge, MA: Harvard University Press.
- American Academy of Sleep Medicine (AASM) (2007). *Sleep disorders*. Retrieved from <http://www.sleepeducation.com/sleep-disorders>.
- Amodio, D. M. & Showers, C. J. (2005). Similarity breeds liking revisited: The moderating role of commitment. *Journal of Social and Personal Relationships*, 22, 817-836.
- Anderson, J. R., Van Ryzin, M. J., & Doherty, W. J. (2010). Developmental trajectories of marital happiness in continuously married individuals: A group-based modeling approach. *Journal of Family Psychology*, 24, 587-596.
- Anderson, S. A., & Sabatelli, R. M. (2011). *Family interaction: A multigenerational development perspective* (5th ed.). Boston, MA: Allyn & Bacon.
- Antle, B., Sar, B., Christensen, D., Karam, E., Ellers, F., Barbee, A., et al. (2013). The impact of the within my reach relationship training on relationship skills and outcomes for low-income individuals. *Journal of Marital and Family Therapy*, 39, 346-357. doi: 10.1111/j.1752-0606.2012.00314.x.



- Antle, B. F., Sullivan, D. J., Dryden, A., Karam, E. A., & Barbee, A. P. (2011). Healthy relationship education for dating violence prevention among high-risk youth. *Children & Youth Services Review*, 33, 173-179.
- Armstrong, M. W. J., Wallace, C. L., & Marais, J. (1999). The effect of surgery upon the quality of life in snoring patients and their partners: A between-subjects case-controlled trial. *Clinical Otolaryngology*, 24(6), 510-522.
- Ball, K., Crawford, D., & Kenardy, J. (2004). Longitudinal relationships among overweight, life satisfaction, and aspirations in young women. *Obesity Research*, 12, 1019-1030.
- Baltes, B. B. & Heydens-Gahir, H. A. (2003). Reduction of work-family conflict through the use of selection, optimization, and compensation behaviors. *Journal of Applied Psychology*, 88, 1005-1018.
- Bandura, A. (1977). *Social learning theory*. Englewood Cliffs, NJ: Prentice Hall.
- Barlow, D. H. (2001). *Anxiety and its disorders: The nature and treatment of anxiety and panic* (2nd ed.). New York, NY: Guilford.
- Barton, A. (2013). *Investigating how external stress does (and does not) impact marital functioning and outcomes: Mechanisms of influence and protective couple processes*. Unpublished dissertation, University of Georgia, Athens.
- Barton, A. W., Futris, T. G., & Bradley, R. C. (2012). Changes following premarital education for couples with differing degrees of future marital risk. *Journal of Marital and Family Therapy*. doi: 10.1111/jmft.12006.
- Baucom, D. H., Epstein, N., Rankin, L. A., & Burnett, C. K. (1996). Assessing relationship standards: The inventory of specific relationship standards. *Journal of Family Psychology*, 10, 72-88.
- Baumeister, R. F. & Leary, M. R. (1995). The need to belong: Desire for interpersonal attachments as a fundamental human motivation. *Psychological Bulletin*, 117(3), 497.
- Beach, S. R. H., Whitaker, D., O'Mahen, H. A., Jones, D., Tesser, A., & Fincham, F. D. (2002). Competition in romantic relationships: Do partners build niches? In P. Noeller & J. A. Feeney (Eds.), *Understanding marriage: Developments in the study of couple interaction* (pp. 59-84). Cambridge, UK: Cambridge University Press.
- Beach, S. R., Fincham, F. D., Katz, J., & Bradbury, T. N. (1996). Social support in marriage: A cognitive perspective. In G. R. Pierce, B. R. Sarason, & I. G. Sarason (Eds.), *Handbook of social support and the family* (pp. 43-65). New York, NY: Plenum Press.
- Belsky, J. & Kelly, J. (1994). *The transition to parenthood*. New York, NY: Dell Publishing.
- Benca, R. M. (2001). Consequences of insomnia and its therapies. *Journal of Clinical Psychiatry*, 62(10), 33-38.
- Bengtson, V. L. & Allen, K. R. (1993). The life course perspective applied to families over time. In P. Boss, W. Doherty, R. LaRossa, W. Schumm, & S. Steinmetz (Eds.) *Sourcebook of family theories and methods: A contextual approach* (pp. 469-499). New York, NY: Plenum Press.
- Berg, E. C., Trost, M., Schneider, I. E., & Allison, M. T. (2001). Dyadic exploration of the relationship of leisure satisfaction, leisure time, and gender to relationship satisfaction. *Leisure Sciences*, 23(1), 35-46.
- Berg, F. M. (1996). Dysfunctional eating: A new concept. *Healthy Weight Journal*, 10(5), 88.
- Biing-Jiun, S., Eisenberg, S. A., Maeda, U., Farrell, K. A., Schwarz, E. R., Penedo, F. J., Bauerlein, E. J., & Mallon, S. (2011). Depression and anxiety predict decline in physical health functioning in patients with heart failure. *Annals of Behavioral Medicine*, 41(3), 373-382.
- Blanchard, V. L., Hawkins, A. J., Baldwin, Scott A., & Fawcett, E. B. (2009). Investigating the effects of marriage and relationship education on couples' communication skills: A meta-analytic study. *Journal of Family Psychology*, 23(2), 203-214. doi: 10.1037/a0015211.
- Blum, J. & Mehrabian, A. (1999). Personality and temperament correlates of marital satisfaction. *Journal of Personality*, 67(1), 93-125.
- Bodenmann, G. & Shantanath, S. D. (2004). The Couples Coping Enhancement Training (CCET): A new approach to prevention of marital distress based upon stress and coping. *Family Relations*, 53(5), 477-484.
- Booth, A. & Johnson, D. R. (1994). Declining health and marital quality. *Journal of Marriage and Family*, 56(1), 218-223.
- Boutelle, K. N., Birnbaum, A. S., Lytle, L. A., Murray, D. M., & Story, M. (2003). Associations between perceived family meal environment and parent intake of fruit, vegetables, and fat. *Journal of Nutrition Education and Behavior*, 35(1), 24-29.
- Bradbury, T. N. & Fincham, F. D. (1990). Attributions in marriage: Review and critique. *Psychological Bulletin*, 107, 3-33.
- Bradbury, T. N. & Karney, B. R. (2004). Understanding and altering the longitudinal course of marriage. *Journal of Marriage and Family*, 66(4), 862-879.
- Bradbury, T. N., Beach, S. R. H., Fincham, F. D., & Nelson, G. M. (1996). Attributions and behavior in functional and dysfunctional marriages. *Journal of Consulting and Clinical Psychology*, 64(3), 569-576.
- Bradbury, T. N., Fincham, F. D., & Beach, S. R. H. (2000). Research on the nature and determinants of marital satisfaction. *Journal of Marriage and Family*, 62(4), 964-980.
- Braithwaite, S. R., Selby, E. A., & Fincham, F. D. (2011). Forgiveness and relationship satisfaction: Mediating mechanisms. *Journal of Family Psychology*, 5, 551-559.
- Bronfenbrenner, U. (1979). *The ecology of human development: Experiments by nature and design*. Cambridge, MA: Harvard University Press.
- Brotherson, S. E. & Moen, D. A. (2011). Establishing a home: A study of practical dimensions in the transition to marriage. *Family Science Review*, 16(2), 59-74.
- Bryant, C. M., Conger, R. D., & Meehan, J. M. (2001). The influence of in-laws on change in marital success. *Journal of Marriage and the Family*, 63(3), 614-626.
- Buchanan, G. M. C., Gardenswartz, C. A. R., & Seligman, M. E. P. (1999). Physical health following a cognitive-behavioral intervention. *Prevention & Treatment*, 2(1). doi: 10.1037/1522-3736.2.1.210a.

- Burpee, L. C. & Langer, E. J. (2005). Mindfulness and marital satisfaction. *Journal of Adult Development*, 12(1), 43-51.
- Burleson, B. R. & Denton, W. H. (1997). The relationship between communication skill and marital satisfaction: Some moderating effects. *Journal of Marriage and Family*, 59(4), 884-902.
- Busby, D. M., Holman, T. B., & Taniguchi, N. (2004). RELATE: Relationship evaluation of the individual, family, cultural, and couple contexts. *Family Relations*, 50, 308-316.
- Byers, E. S. & Demmons, S. (1999). Sexual satisfaction and sexual self-disclosure within dating relationships. *The Journal of Sex Research*, 36, 180-189.
- Call, V. R. A. & Heaton, T. B. (1997). Religious influence on marital stability. *Journal for the Scientific Study of Religion*, 36(3), 382-392.
- Call, V., Sprecher, S., & Schwartz, P. (1995). The incidence and frequency of marital sex in a national sample. *Journal of Marriage and Family*, 57(3), 639-652.
- Campbell, L., Simpson, J. A., Boldry, J. G., & Rubin, H. (2010). Trust, variability in relationship evaluations, and relationship processes. *Journal of Personality and Social Psychology*, 99, 14-31.
- Canary, D. J., Stafford, L., & Semic, B. A. (2002). A panel study of the associations between maintenance strategies and relational characteristics. *Journal of Marriage and Family*, 64, 395-406.
- Carlson, M., McLanahan, S., & England, P. (2004). Union formation in fragile families. *Demography*, 41(2), 237-61.
- Carr, D. & Springer, K. W. (2010). Advances in families and health research in the 21st century. *Journal of Marriage and Family*, 72(3), 743-761. doi: 10.1111/j.1741-3737.2010.00728.x
- Carroll, J. S. & Doherty, W. J. (2003). Evaluating the effectiveness of premarital prevention programs: A meta-analytic review of outcome research. *Family Relations*, 52, 105-118.
- Carver, C. S. & Scheier, M. F. (1999). Optimism. In C. R. Snyder (Ed.), *Coping: The psychology of what works* (pp. 182-204). New York, NY: Oxford University Press.
- Center for Substance Abuse Prevention (2009). *Identifying and selecting evidence-based interventions*. (HHS Publication No. SMA 09-4205). Rockville, MD: Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration. Available from <http://captus.samhsa.gov/prevention-practice/defining-evidence-based/samhsa-criteria>.
- Chaney, C. (2010). "Like Siamese twins": Relationship meaning among married African-American couples. *Marriage & Family Review*, 46(8), 510-537.
- Chapman, G. (1995). *The five love languages*. Chicago, IL: Northfield Publishing.
- Chesley, N. (2005). Blurring boundaries? Linking technology use, spillover, individual stress, and family satisfaction. *Journal of Marriage and Family*, 67, 1237-1248.
- Chodzko-Zajko, W. J., Proctor, D. N., Fiatarone Singh, M. A., Minson, C. T., Nigg, C. R., Salem, G. J., & Skinner, J. S. (2009). Exercise and physical activity for older adults. *Medicine & Science in Sports & Exercise*, 41(7), 1510-1530.
- Christensen, A. & Heavey, C. L. (1990). Gender and social structure in the demand/withdraw pattern of marital conflict. *Journal of Personality and Social Psychology*, 59, 73-82.
- Christensen, A. & Jacobsen, N. S. (2000). *Reconcilable differences*. New York, NY: Guilford Press.
- Christensen, S.A. & Miller, R.B. (2006). Areas of desired change among married midlife individuals. *Journal of Couple & Relationship Therapy*, 5(3), 35-37.
- Christensen, D., Antle, B., & Johnson, L. (2008). Integrating couple teamwork conversations into child welfare practices. *Journal of Family Social Work*, 11, 303-322.
- Christopher, F. S. & Sprecher, S. (2000). Sexuality in marriage, dating, and other relationships: A decade review. *Journal of Marriage and Family*, 62, 999-1017.
- Claxton, A. & Perry-Jenkins, M. (2008). No fun anymore: Leisure and marital quality across the transition to parenthood. *Journal of Marriage and Family*, 70, 28-43.
- Clements, M. L., Stanley, S. M., & Markman, H. J. (2004). Before they said "I Do": Discriminating among marital outcomes over 13 years. *Journal of Marriage and Family*, 66, 613-626.
- Clements, R. & Swensen, C. H. (2000). Commitment to one's spouse as a predictor of marital quality among older couples. *Current Psychology*, 19, 110-119.
- Cohen, S. & Hoberman, H. M. (2006). Positive events and social supports as buffers of life change stress. *Journal of Applied Social Psychology*, 13(2), 99-125.
- Collins, W. A. & van Dulmen, M. (2006). "The course of true love(s)...": Origins and pathways in the development of romantic relationships. In A. C. Crouter & A. Booth (Eds.), *Romance and sex in adolescence and emerging adulthood: Risks and opportunities* (pp. 63-86). Mahwah, NJ: Erlbaum.
- Conger, R. D., Cui, M., Bryant, C. M., & Elder, G. H., Jr. (2000). Competence in early adult romantic relationships: A developmental perspective on family influences. *Journal of Personality and Social Psychology*, 79(2), 224-37.
- Cooper, A., Delmonico, D., & Burg, R. (2000). Cybersex users, abusers, and compulsives: New findings and implications. *Sexual Addiction and Compulsivity*, 7(1-2), 5-30.
- Coyle, J. (2002). Spirituality and health: Towards a framework for exploring the relationship between spirituality and health. *Journal of Advanced Nursing*, 37(6), 589-597. doi: 10.1046/j.1365-2648.2002.02133.x
- Coyne, J. C., Thompson, R., & Palmer, S. C. (2002). Marital quality, coping with conflict, marital complaints, and affection in couples with a depressed wife. *Journal of Family Psychology*, 16(1), 26-37.

- Craig, P. L. & Truswell, A. S. (1988). Dynamics of food habits of newly married couples: Food-related activities and attitudes towards food. *Journal of Human Nutrition and Dietetics*, 1(6), 409-419.
- Cramer, D. (2003). Facilitativeness, conflict, demand for approval, self-esteem, and satisfaction with romantic relationships. *The Journal of Psychology*, 137(1), 85-98.
- Cravens, J., Leckie, K., & Whiting, J. (2013). Facebook infidelity: When poking becomes problematic. *Contemporary Family Therapy: An International Journal*, 35(1), 74-90.
- Crawford, D. W., Houts, R. M., Huston, T. L., & George, L. J. (2002). Compatibility, leisure, and satisfaction in marital relationships. *Journal of Marriage and Family*, 64, 433-449.
- Crockett, L. J., Raffaelli, M., & Shen, Y. (2006). Linking self-regulation and risk proneness to risky sexual behavior: Pathways through peer pressure and early substance use. *Journal of Research on Adolescence*, 16, 503-525.
- Crohan, S. E. (1996). Marital quality and conflict across the transition to parenthood in African American and white couples. *Journal of Marriage and the Family*, 58, 933-944.
- Curtis, K. T. & Ellison, C. G. (2002). Religious heterogamy and marital conflict findings from the national survey of families and households. *Journal of Family Issues*, 23(4), 551. doi: 10.1177/0192513X02023004005.
- Cupach, W. R. & Comstock, J. (1990). Satisfaction with sexual communication in marriage: Links to sexual satisfaction and dyadic adjustment. *Journal of Social and Personal Relationships*, 7, 179-186.
- Dainton, M. (2000). Maintenance behaviors, expectations for maintenance, and satisfaction: Linking comparison levels to relational maintenance strategies. *Journal of Social and Personal Relationships*, 17, 827-842.
- Danaei, G., Ding, E., Mozaffarian, D., Taylor, B., Rehm, J., Murray, C., & Ezzati, M. (2009). The preventable causes of death in the United States: Comparative risk assessment of dietary, lifestyle, and metabolic risk factors. *PLoS Medicine*, 6(4), e1000058.
- Dehle, C. & Weiss, R. L. (1998). Sex differences in prospective associations between marital quality and depressed mood. *Journal of Marriage and Family*, 60(4), 1002-1011.
- Dehle, C., Larsen, D., & Landers, J. E. (2001). Social support in marriage. *The American Journal of Family Therapy*, 29, 307-324.
- Delgado, M. (1998). *Social services in Latino communities: Research and strategies*. New York, NY: Haworth Press.
- Derlega, V. J., Winstead, B. A., & Greene, K. (2008). Self-disclosure and starting a close relationship. In S. Sprecher, A. Wenzel, & J. Harvey (Eds.), *Handbook of relationship initiation* (pp. 153-174). New York, NY: Psychology Press.
- Dew, J., & Wilcox, W. B. (2011). If Momma ain't happy: Explaining declines in marital satisfaction among new mothers. *Journal of Marriage and Family*, 73, 1-12.
- Dindia, K. (2000). Sex differences in self-disclosure, reciprocity of self-disclosure, and self-disclosure and liking: Three meta-analyses reviewed. In S. Petronio (Ed.), *Balancing the secrets of private disclosure* (pp. 21-35). Mahwah, NJ: Erlbaum.
- Dindia, K. (2002). Self-disclosure research: Knowledge through meta-analysis. In M. Allen, R. W. Preiss, B.M. Gayle, & N. A. Burrell (Eds.), *Interpersonal communication research: Advances through meta-analysis* (pp. 169-185). Mahwah, NJ: Lawrence Erlbaum.
- Dinero, R. E., Conger, R. D., Shaver, P. R., Widaman, K. F., & Larsen-Rife, D. (2011). Influence of family of origin and adult romantic partners on romantic attachment security. *Couple and Family Psychology: Research and Practice*, 1(S), 16-30.
- Doherty, W. (2001). *Take back your marriage*. New York, NY: Guilford.
- Doherty, W. J. & Carroll, J. S. (2002). The Families and Democracy Project. *Family Process*, 41, 579-589.
- Drigotas, S. M., Rusbult, C. E., & Verette, J. (1999). Level of commitment, mutuality of commitment, and couple well-being. *Personal Relationships*, 6, 389-409.
- Driver, J. & Gottman, J. (2004). Daily marital interactions and positive affect during marital conflict among newlywed couples. *Family Process*, 43(3), 301-314.
- Dtijnen, A. K., Visser, A., Garssen, B., & Hudig, W. (2008). Mindfulness-based stress reduction training for oncology patients: Patients' appraisal and changes in well-being. *Patient Education and Counseling*, 72(3), 436-442.
- Duan, C. & Hill, C. E. (1996). The current state of empathy research. *Journal of Counseling Psychology*, 43, 261-274.
- Duncan, G. J., Wilkerson, B., & England, P. (2006). Cleaning up their act: The effects of marriage and cohabitation on licit and illicit drug use. *Demography*, 43(4), 691-710. doi: 10.1353/dem.2006.0032.
- Duncan, S. F. & Goddard, H. W. (2011). *Family life education: Principles and practices for effective outreach* (2nd ed.). Thousand Oaks, CA: SAGE Publications, Inc.
- Dwairy, M. (2009). Culture analysis and metaphor psychotherapy with Arab-Muslim clients. *Journal of Clinical Psychology*, 65, 199-209.
- Edwards, J. N. & Booth, A. (1994). Sexuality, marriage, and well-being: The middle years. In A. S. Rossi (Ed.), *Sexuality across the life course* (pp. 233-259). Chicago, IL: University of Chicago Press.
- El Sheikh, M., Harger, J., & Whitson, S. M. (2001). Exposure to interparental conflict and children's adjustment and physical health: The moderating role of vagal tone. *Child Development*, 72, 1617-1636.
- Ellison, C. G. & George, L. K. (1994). Religious involvement, social ties, and social support in a Southeastern community. *Journal for the Scientific Study of Religion*, 33(1), 46-61.
- Emmons, R. A. (2003). Personal goals, life meaning, and virtue: Wellsprings of a positive life. In C. L. M. Keyes & J. Haidt (Eds.), *Flourishing: Positive psychology and the life well-lived* (pp. 105-128). Washington, DC: American Psychological Association.
- Eng, P., Kawachi, I., Fitzmaurice, G., & Rimm, E. (2005). Effects of marital transitions on changes in dietary and other health behaviours in US male health professionals. *Journal of Epidemiology and Community Health*, 59(1), 56-62. doi: 10.1136/jech.2004.020073.

- Epstein, N. B. & Baucom, D. H. (2002). *Enhanced cognitive-behavioral treatment for couples: A contextual approach*. Washington, DC: American Psychological Association.
- Erickson, R. J. (1993). Reconceptualizing family work: The effect of emotion work on perceptions of marital quality. *Journal of Marriage and the Family*, 55, 888-900.
- Erikson, E. H. (1968). *Identity: Youth and crisis*. New York, NY: Norton.
- Etcheverry, P. E. & Le, B. (2005). Thinking about commitment: Accessibility of commitment and prediction of relationship persistence, accommodation, and willingness to sacrifice. *Personal Relationships*, 12, 103-123.
- Falba, T. A. & Sindelar, J. L. (2008). Spousal concordance in health behavior change. *Health Services Research*, 43(1), 96-116. doi: 10.1111/j.1475-6773.2007.00754.x.
- Fawcett, E. B., Hawkins, A. J., Blanchard, V. L., & Carroll, J. S. (2010). Do Premarital Education Programs Really Work? A Meta-analytic Study. *Family Relations*, 59, 232-239. doi: 10.1111/j.1741-3729.2010.00598.x.
- Fennel, D. L. (1993). Characteristics of long-term first marriages. *Journal of Mental Health Counseling*, 15, 446-460.
- Fetsch, R. J., Schultz, C. J., & Wahler, J. J. (1999). A preliminary evaluation of the Colorado RETHINK parenting and anger management program. *Child Abuse and Neglect*, 23, 353-360.
- Fiese, B. H. & Tomcho, T.J. (2001). Finding meaning in religious practices: The relation between religious holiday rituals and marital satisfaction. *Journal of Family Psychology*, 15(4), 597-609.
- Fiese, B. H., Foley, K. P., & Spagnola, M. (2006). Routine and ritual elements in family mealtimes: Contexts for child wellbeing and family identity. *New Directions in Child and Adolescent Development*, 111, 67-90.
- Fiese, B. H., Tomcho, T. J., Douglas, M., Josephs, K., Poltrack, S., & Baker, T. (2002). A review of 50 years of research on naturally occurring family routines and rituals: Cause for celebration? *Journal of Family Psychology*, 16(4), 381-390.
- Fincham, F. D. & Beach, S. R. H. (2010). Marriage in the new millennium: A decade in review. *Journal of Marriage and Family*, 72, 630-649.
- Fincham, F. D., Beach, S. R. H., Lambert, N., Stillman, T., & Braithwaite, S. (2008). Spiritual behaviors and relationship satisfaction: A critical analysis of the role of prayer. *Journal of Social and Clinical Psychology*, 27(4), 362-388.
- Fincham, F. D. & Bradbury, T. N. (1992). Assessing attributions in marriage: The relationship attribution measure. *Journal of Personality and Social Psychology*, 62(3), 457-468.
- Fincham, F. D. & Bradbury, T. N. (2004). Marital satisfaction, depression, and attributions: A longitudinal analysis. In F. M. Kowalski & M. R. Leary (Eds.), *The interface of social and clinical psychology*. New York, NY: Psychology Press.
- Fincham, F. D., Harold, G. T., & Gano-Phillips, S. (2000). The longitudinal association between attributes and marital satisfaction: Direction of effects and role of efficacy expectations. *Journal of Family Psychology*, 14(2), 267-285.
- Fincham, F., Hall, J., & Beach, S. (2006). Forgiveness in marriage: Current status and future directions. *Family Relations*, 55, 415-427.
- Fincham, F. D., Stanley S., & Beach, S. R. H. (2007). Transformative processes in marriage: An analysis of emerging trends. *Journal of Marriage and the Family*, 69, 275-292.
- Fine, M. A. & Fincham, F. D. (Eds.) (2013). *Handbook of family theories: A content-based approach*. New York, NY: Routledge Press.
- Fontaine, K. R. & Barofsky, I. (2001). Obesity and health-related quality of life. *Obesity Reviews*, 2(3), 173-182.
- Fowers, B. J., Lyons, E. M., & Montel, K. H. (1996). Positive marital illusions: Self enhancement or relationship enhancement? *Journal of Family Psychology*, 10, 192-208.
- Fowers, B. J., Lyons, E., Montel, K. H., & Shaked, N. (2001). Positive illusions about marriage among married and single individuals. *Journal of Family Psychology*, 15, 95-109.
- Fox, G. L. & Murry, V. M. (2000). Gender and families: Feminist perspectives and family research. *Journal of Marriage and Family*, 62, 1160-1172. doi: 10.1111/j.1741-3737.2000.01160.x.
- Frasure-Smith, N., Lesperance, F., & Talajic, M. (1995). The impact of negative emotions on prognosis following myocardial infarction: Is it more than depression? *Health Psychology*, 14, 388-398.
- Fu, H. & Goldman, N. (2000). The association between health-related behaviours and the risk of divorce in the USA. *Journal of Biosocial Science*, 32, 63-88.
- Futris, T. G. (Ed.). (2007). *Cultivating healthy couple and marital relationships: A guide to effective programming* (Publication No. CHFD-E-82). Athens, GA: The University of Georgia Cooperative Extension. Available from [http://www.nermen.org/Guide\\_to\\_Programming.php](http://www.nermen.org/Guide_to_Programming.php).
- Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of Personality and Social Psychology*, 87, 228-245.
- Gable, S. L., Reis, H. T., Downey, G. (2003). He said, she said: A quasi-signal detection analysis of daily interactions between close relationship partners. *Psychological Science*, 14(2), 100-105.
- Gardner, S. P., & Boellaard, R. (2007). Does youth relationship education continue to work after a high school class? A longitudinal study. *Family Relations*, 56, 490-500.
- Gardner, S. P., Giese, K., & Parrot, S. M. (2004). Evaluation of the connections: relationships and marriage curriculum. *Family Relations*, 53, 521-527.
- Givertz, M. & Segrin, C. (2005). Explaining personal and constraint commitment in close relationships: The role of satisfaction, conflict responses, and relational bond. *Journal of Social and Personal Relationships*, 22, 757-775.

- Gjerdigen, D. K., & Center, B. A. (2003). First-time parents' prenatal to postpartum changes in health, and the relation of postpartum health to work and partner characteristics. *Journal of the American Board of Family Practice*, 16, 304-311.
- Goddard, H. W. (2007). Commitment in healthy relationships. *The Forum for Family and Consumer Issues [Online]*, 12(1). Available from: <http://ncsu.edu/ffci/publications/2007/v12-n1-2007-spring/index-v12-n1-may-2007.php>.
- Goddard, H. W. & Olsen, C. S. (2004). Cooperative Extension initiatives in marriage and couples education. *Family Relations*, 53, 433-439.
- Goetting, A. (1990). Patterns of support among in-laws in the United States. *Journal of Family Issues*, 11(1), 67-90.
- Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. (2012). To have and to hold: Gratitude promotes relationship maintenance in intimate bonds. *Journal of Personality and Social Psychology*, 103(2), 257-274. doi: 10.1037/a0028723.
- Gordon, C. L. & Baucom, D. H. (2009). Examining the individual within marriage: Personal strengths and relationship satisfaction. *Personal Relationships*, 16(3), 421-435.
- Gordon, K., Hughes, F., Tomcik, N., Dixon, L., & Litzinger, S. (2009). Widening spheres of impact: The role of forgiveness in marital and family functioning. *Journal of Family Psychology*, 23, 1-13.
- Gottman, J. M. (1993). The roles of conflict engagement, escalation, and avoidance in marital interaction: A longitudinal view of five types of couples. *Journal of Consulting and Clinical Psychology*, 61(1), 6-15.
- Gottman, J. M. (1993). *What predicts divorce? The relationship between marital processes and marital outcomes*. Hillsdale, NJ: Lawrence Erlbaum.
- Gottman, J. M. (1994). *What predicts divorce?* Hillsdale, NJ: Lawrence Erlbaum Associates, Inc.
- Gottman, J. M. (1994). *Why marriages succeed or fail*. New York, NY: Simon & Schuster.
- Gottman, J. M. (1996). *What predicts divorce?* Hillsdale, NJ: Lawrence Erlbaum Associates.
- Gottman, J. M. (1998). Psychology and the study of marital processes. *Annual Review of Psychology*, 49, 169-197.
- Gottman, J. M. (1999). *The marriage clinic: A scientifically based marital therapy*. New York, NY: Norton.
- Gottman, J. M. (2004). *The seven principles for making marriage work*. New York, NY: Three Rivers Press.
- Gottman, J. M. (2011). *The science of trust: Emotional attunement for couples*. New York, NY: W. W. Norton & Company.
- Gottman, J. M., Coan, J., Carrère, S., & Swanson, C. (1998). Predicting marital happiness and stability from newlywed interactions. *Journal of Marriage and Family*, 60, 5-22.
- Gottman, J. M. & DeClaire, J. (2001). *The relationship cure: A five-step guide for building better connections with family, friends, and lovers*. New York, NY: Crown Publishers.
- Gottman, J. M. & Levenson, R. W. (1992). Marital processes predictive of later dissolution: Behavior, physiology, and health. *Journal of Personality and Social Psychology*, 63, 221-233.
- Gottman, J. M. & Levenson, R. W. (2002). A two-factor model for predicting when a couple will divorce: Exploratory analyses using 14-year longitudinal data. *Family Process*, 41, 83-96.
- Gottman, J. M. & Silver, N. (1999). *The seven principles for making marriage work*. New York, NY: Three Rivers Press.
- Gottman, J. M., Gottman, J. S., & DeClaire, J. (2006). *10 lessons to transform your marriage*. New York, NY: Crown Publishers.
- Graber, E. C., Laurenceau, J. P., Miga, E., Chango, J., & Coan, J. (2011). Conflict and love: Predicting newlywed marital outcomes from two interaction contexts. *Journal of Family Psychology*, 25, 541-550.
- Graefe, D. R. & Lichter, D. T. (2002). Marriage among unwed mothers: Whites, blacks and Hispanics compared. *Perspectives on Sexual and Reproductive Health*, 34(6), 286-293.
- Graham, J. M. & Conoley, C. W. (2006). The role of marital attributions in the relationship between life stressors and marital quality. *Personal Relationships*, 13(2), 231-241.
- Green, M. C. & Sabini, J. (2006). Gender, socioeconomic status, age, and jealousy: Emotional responses to infidelity in a national sample. *Emotion*, 6(2), 330-334.
- Greene, K., Derlega, V. J., & Mathews, A. (2006). Self-disclosure in personal relationships. In A. L. Vangelisti & D. Perlman (Eds.), *The Cambridge handbook of personal relationships* (pp. 409-427). New York, NY: Cambridge University Press.
- Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2(3), 271-299.
- Gross, J. J. (2001). Emotion regulation in adulthood: Timing is everything. *Current Directions in Psychological Science*, 10, 214-219.
- Gross, J. J. & Levenson, R. W. (1997). Hiding feelings: The acute effects of inhibiting positive and negative emotions. *Journal of Abnormal Psychology*, 106, 95-103.
- Gross, J. J. & Munoz, R. E (1995). Emotion regulation and mental health. *Clinical Psychology: Science and Practice*, 2, 151-164.
- Grossman, P., Niemann, L., Schmidt, S., & Walach, H. (2004). Mindfulness-based stress reduction and health benefits: A meta-analysis. *Journal of Psychosomatic Research*, 57, 35-43.
- Hagedoorn, M., Kuijer, R. G., Buunk, B. P., DeJong, G. M., Wobbes, T., & Sanderman, R. (2000). Marital satisfaction in patients with cancer: Does support from intimate partners benefit those who need it the most? *Health Psychology*, 19, 274-282.
- Haidt, J. & Algoe, S. (2004). Moral amplification and the emotions that attach us to saints and demons. In J. Greenberg, S. L. Koole, & Tom Pyszczynski (Eds.), *Handbook of experimental existential psychology* (pp. 322-335). New York, NY: Guilford.
- Halford, W. K., Markman, H. J., & Stanley, S. (2008). Strengthening couples' relationships with education: Social policy and public health perspectives. *Journal of Family Psychology*, 22(4), 497-505. doi: 10.1037/a0012789.

- Hall, J. H. & Fincham, F. D. (2006). Relationship dissolution following infidelity: The roles of attributions and forgiveness. *Journal of Social and Clinical Psychology*, 25, 508-522.
- Hawkins, A. J., Blanchard, V. L., Baldwin, S. A., & Fawcett, E. B. (2008). Does marriage and relationship education work? A meta-analytic study. *Journal of Consulting and Clinical Psychology*, 76, 723-734. doi: 10.1037/a0012584.
- Hawkins, M., Carrere, S., & Gottman, J. (2002). Marital sentiment override: Does it influence couples' perception? *Journal of Marriage and Family*, 64(1), 193-201.
- Hansen, F. J., Fallon, A. E., & Novotny, S. L. (1991). The relationship between social network structure and marital satisfaction in distressed and non-distressed couples: A pilot study. *Family Therapy*, 18(2), 101-114.
- Hanzal, A. & Segrin, C. (2009). The role of conflict resolution styles in mediating the relationship between enduring vulnerabilities and marital quality. *Journal of Family Communication*, 9, 150-169.
- Harris, V. W., Skogrand, L., & Hatch, D. (2008). Role of friendship, trust, and love in strong latino marriages. *Marriage & Family Review*, 44(4), 455-488.
- Harvey, J. H. & Omarzu, J. (1997). Minding the close relationship. *Personality and Social Psychology Review*, 1(3), 224-240.
- Harvey, J. H. & Omarzu, J. (1999). *Minding the close relationship: A theory of relationship enhancement*. Cambridge, UK: Cambridge University Press.
- Hassebrauck, M. & Fehr, B. (2002). Dimensions of relationship quality. *Personal Relationships*, 9, 253-270.
- Havranek, E. P. & Ware, M. G. (1999). Prevalence of depression in congestive heart failure. *American Journal of Cardiology*, 84(3), 348.
- Hawkins, A. J., Carroll, J. S., Doherty, W. J., & Willoughby, B. (2004). A comprehensive framework for marriage education. *Family Relations*, 53, 547-558.
- Hawkins, M., Carrere, S., & Gottman, J. (2002). Marital sentiment override: Does it influence couples' perception? *Journal of Marriage and Family*, 64(1), 193-201.
- Hay, P. (2003). Quality of life and bulimic eating disorder behaviors: Findings from a community-based sample. *International Journal of Eating Disorders*, 33, 434-442.
- Heavey, C. L., Christensen, A., & Malamuth, N. M. (1995). The longitudinal impact of demand and withdrawal during marital conflict. *Journal of Consulting and Clinical Psychology*, 63, 797-801.
- Helliwell, J. F. & Putnam, R. D. (2004). The social context of well-being. *Philosophical Transactions of the Royal Society of London B: Biological Sciences*, 359, 1435-1446.
- Helms-Erikson, H. (2001). Marital quality ten years after the transition to parenthood: Implications of the timing of parenthood and the division of housework. *Journal of Marriage and the Family*, 63(4), 1099-1110.
- Henderson-King, D. H. & Veroff, J. (1994). Sexual satisfaction and marital well-being in the first years of marriages. *Journal of Social and Personal Relationships*, 11, 509-534.
- Herbert, T. B. & Cohen, S. (1993). Depression and immunity: A meta-analytic review. *Psychological Bulletin*, 113, 472-486.
- Higginbotham, B. J., Henderson, K., & Adler-Baeder, F. (2007). Using research in marriage and relationship education programming. *The Forum for Family and Consumer Issues*, 12(1). Available from: <http://ncsu.edu/ffci/publications/2007/v12-n1-2007-spring/index-v12-n1-may-2007.php>.
- Higginbotham, B. J., Miller, J. J., & Niehuis, S. (2009). Remarriage preparation: Usage, perceived helpfulness, and dyadic adjustment. *Family Relations*, 58, 316-329.
- Hochschild, A. R. (1990). *The Second Shift*. New York, NY: Avon.
- Holman, T. B. & Jarvis, M. O. (2003). Hostile, volatile, avoiding, and validating couple-conflict types: An investigation of Gottman's couple-conflict types. *Personal Relationships*, 10, 267-282.
- Homish, G. G. & Leonard, K. E. (2008). Spousal influence on general health behaviors in a community sample. *American Journal of Health Behavior*, 32(6), 754-763.
- Honeycutt, J. M. (1999). Typological differences in predicting marital happiness from oral history behaviors and imagined interactions. *Communication Monographs*, 66(3), 276-291.
- Horneffer, K. J. & Fincham, F. D. (1996). Attributional models of depression and marital distress. *Personality and Social Psychology Bulletin*, 22(7), 678-689.
- Huang, C. C., Postmus, J. L., Vikse, J. H., & Wang, L. R. (2013). Economic abuse, physical violence & union formation. *Children and Youth Services Review*, 35(5), 780-786.
- Huston, T. L. & Vangelisti, A. L. (1991). Socioemotional behavior and satisfaction in marital relationships: A longitudinal study. *Journal of Personality and Social Psychology*, 61, 721-733.
- Huston, T. L., Coughlin, J. P., Houts, R. M., Smith, S. E., & George, L. J. (2001). The connubial crucible: Newlywed years as predictors of delight, distress, and divorce. *Journal of Personality and Social Psychology*, 80(2), 237-252.
- Irwin, M., McClintick, J., Costlow, C., Fortner, M., White, J., & Gillin, J. C. (1996). Partial night sleep deprivation reduces natural killer and cellular immune responses in humans. *The Federation of American Societies for Experimental Biology Journal*, 10, 643-653.
- Ishii-Kuntz, M. (1997). Intergenerational relationships among Chinese, Japanese, and Korean Americans. *Family Relations*, 46, 23-32.
- Iwashyna, T. & Christakis, N. (2003). Marriage, widowhood, and health-care use. *Social Science & Medicine*, 57(11), 2137-2147. doi: 10.1016/S0277-9536(02)00546-4.
- James, W. (1900). *The letters of William James*. (Vol. 2, pp. 33). Boston, MA: Atlantic Publishing Press.

- Jeffery, R. W. & Rick, A. M. (2002). Cross-sectional and longitudinal associations between body mass index and marriage-related factors. *Obesity Research*, 10(8), 809-815.
- Johnson, M. D., Cohan, C. L., Davila, J., Lawrence, E., Rogge, R. D., Karney, B. R., et al. (2005). Problem-solving skills and affective expressions as predictors of change in marital satisfaction. *Journal of Consulting and Clinical Psychology*, 73, 15-27.
- Johnson, M. P. (2008). *A typology of domestic violence: intimate terrorism, violent resistance, and situational couple violence*. Boston, MA: Northeastern University Press.
- Jorgensen, R. S., Johnson, B. T., Kolodziej, M. E., & Schreer, G. E. (1996). Elevated blood pressure and personality: A meta-analytic review. *Psychological Bulletin*, 120(2), 293-320.
- Jovanovic, Z., Lin, C. J., & Chang, C. H. (2003). Uninsured vs. insured population: Variations among nonelderly Americans. *Journal of Health & Social Policy*, 17(3), 71-85.
- Kahn, H. S., Williamson, D. F., & Stevens, J. A. (1991). Race and weight change in US women: The roles of socioeconomic and marital status. *American Journal of Public Health*, 81(3), 319-323.
- Kamp Dush, C. & Taylor, M.G. (2012). Trajectories of marital conflict across the life course: Predictors and interactions with marital happiness trajectories. *Journal of Family Issues*, 33, 341-368.
- Kamp Dush, C. & Amato, P. (2005). Consequences of relationship status and quality for subjective well-being. *Journal of Social and Personal Relationships*, 22, 607-627.
- Kaplan, M. & Maddux, J. E. (2002). Goals and marital satisfaction: Perceived support for personal goals and collective efficacy for collective goals. *Journal of Social and Clinical Psychology*, 21(2), 157-164.
- Karney, B. R. & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, method, and research. *Psychological Bulletin*, 118(1), 3-34.
- Karney, B.R. & Bradbury, T.N. (1997). Neuroticism, marital interaction, and the trajectory of marital satisfaction. *Journal of Personality and Social Psychology*, 72, 1075-1092.
- Karney, B. R. & Bradbury, T. N. (2000). Attributions in marriage: State or trait? A growth curve analysis. *Journal of Personality and Social Psychology*, 78, 295-309.
- Karney, B. & Bradbury, T. (2005). Contextual influences on marriage: Implications for policy and intervention. *Current Directions in Psychological Science*, 14(4), 171-174.
- Kathryn, E. (2000). What do low-income single mothers say about marriage? *Social Problems*, 47(1), 112-133.
- Katz, L. F. & Gottman, J. M. (1994). Patterns of marital interaction and children's emotional development. In R. D. Parke & S. G. Kellam (Eds.), *Exploring family relationships with other social contexts* (pp. 49-74). Hillsdale, NJ: Lawrence Erlbaum Associates, Inc.
- Katz, L. F. & Gottman, J. M. (1997). Buffering children from marital conflict and dissolution. *Journal of Clinical Child Psychology*, 26, 157-171.
- Kearns, J. N. & Fincham, F. D. (2004). A prototype analysis of forgiveness. *Personality and Social Psychology Bulletin*, 30, 838-855.
- Kearns, J. N. & Leonard, K.E. (2004). Social networks, structural interdependence, and marital quality over the transition to marriage: A prospective analysis. *Journal of Family Psychology*, 18(2), 383-395.
- Keiley, M. K. (2002). The development and implementation of an affect regulation and attachment intervention for incarcerated adolescents and their parents. *The Family Journal*, 10, 177-189.
- Kerkhof, P., Finkenauer, C., & Muusses, L. (2011). Relational consequences of compulsive internet use: A longitudinal study among newlyweds. *Human Communication Research*, 37, 147-173.
- Kerpelman, J. L. (2007). Youth focused relationships and marriage education. *The Forum for Family and Consumer Issues*, 12(1). Retrieved from: <http://ncsu.edu/ffci/publications/2007/v12-n1-2007-spring/kerpelman/fa-7-kerpelman.php>.
- Kerpelman, J. L., Pittman, J. F., & Adler-Baeder, F. (2008). Identity as a moderator of intervention-related change: Identity style and adolescents' responses to relationships education. *Identity*, 8, 151-171.
- Kerpelman, J. L., Pittman, J. F., Adler-Baeder, F., Eryigit, S., & Paulk, A. L. (2009). Evaluation of a statewide youth-focused relationships education curriculum. *Journal of Adolescence*, 32, 1359-1370.
- Kerpelman, J. L., Pittman, J. F., Adler-Baeder, F., Stringer, K. J., Eryigit, S., Cadely, H. S. E., & Harrell-Levy, M. K. (2010). What adolescents bring to and learn from relationship education classes: Does social address matter? *Journal of Couple and Relationship Therapy*, 9(2), 95-112.
- Kerpelman, J. L., Pittman, J. F., Saint-Eloi Cadely, H., Tuggle, F. J., Harrell-Levy, M. K., & Adler-Baeder, F. M. (2012). Identity and intimacy during adolescence: Connections among identity styles, romantic attachment and identity commitment. *Journal of Adolescence*, 35, 1427-1439.
- Keyes, C. L. M. (2002). Social civility in the United States. *Sociological Inquiry*, 72(3), 393-408.
- Kiecolt-Glaser, J. K. & Newton, T. L. (2001). Marriage and health: His and hers. *Psychological Bulletin*, 127, 472-503.
- Kirchler, E., Rodler, C., Holzl, E., & Meier, K. (2001). *Conflict and decision making in close relationships*. Hove, UK: Psychology Press.
- Knight, K. E. (2011). Assortative mating and partner influence on antisocial behavior across the life course. *Journal of Family Theory & Review*, 3, 198-219. doi: 10.1111/j.1756-2589.2011.00095.x.
- Knowler, W. C. (2002). Diabetes prevention. *New England Journal Of Medicine*, 346(23), 1829-1830. doi:10.1056/NEJM200206063462316.
- Koenig, H. G., King, D. E., & Carson, V. B. (Eds.). (2012). *Handbook of religion and health*. New York, NY: Oxford University Press.
- Koerner, A., & Fitzpatrick, M. A. (2002). Nonverbal communication and marital adjustment and satisfaction: The role of decoding relationship relevant and relationship irrelevant affect. *Communication Monographs*, 69(1), 33-51.
- Kulik, L. (2002). Perceived effects of voluntarism on marital life in late adulthood. *Journal of Sociology and Social Welfare*, 29(2), 35-51.

- Kurdek, L. A. (1993). Predicting marital dissolution: A 5-year prospective longitudinal study of newlywed couples. *Journal of Personality and Social Psychology*, 64, 221-242.
- Lambert, N. M. & Dollahite. (2006). How religiosity helps couples prevent, resolve, and overcome marital conflict. *Family Relations*, 55(4), 439-449.
- Langer, E., & Moldoveanu, M. (2000). The construct of mindfulness. *Journal of Social Issues*, 56(1), 1-9.
- Laumann, E. O., Gagnon, J. H., Michael R. T., & Michaels, S. (1994). *The social organization of sexuality: Sexual practices in the United States*. Chicago, IL: University of Chicago Press.
- Laumann, E. O., Paik, A., & Rosen, R. C. (1999). Sexual dysfunction in the United States: Prevalence and predictors. *Journal of the American Medical Association*, 281, 537-544.
- Laurenceau, J. P., Feldman Barrett, L. A., & Pietromonaco, P. R. (1998). Intimacy as an interpersonal process: The importance of self-disclosure and perceived partner responsiveness in interpersonal exchanges. *Journal of Personality and Social Psychology*, 74, 1238-1251.
- Laurenceau J. P. & Kleinman, B. M. (2006). Intimacy in personal relationships. In A. L. Vangelisti & D. Perlman (Eds.), *The Cambridge handbook of personal relationships* (pp. 637-653). New York, NY: Cambridge University Press.
- Laurenceau, J. P., Rivera, L. M., Schaffer, A. R., & Pietromonaco, P. R. (2004). Intimacy as an interpersonal process: Current status and future directions. In D. J. Mashek & A. Aron (Eds.), *Handbook of closeness and intimacy* (pp. 61-78). Mahwah, NJ: Erlbaum.
- Lavner, J. A. & Bradbury, T. N. (2012). Why do even satisfied newlyweds go on to divorce? *Journal of Family Psychology*, 26, 1-10.
- Lawlor, D. A. & Hopker, S. W. (2001). The effectiveness of exercise as an intervention in the management of depression: Systematic review and meta-regression analysis of randomized controlled trials. *BMJ*, 322, 1-8.
- Lawrence, E., Bunde, M., Barry, R. A., Brock, R. L., Sullivan, K. T., Pasch, L. A., White, G. A., Dowd, C. E., & Adams, E. E. (2008). Partner support and marital satisfaction: Support amount, adequacy, provision, and solicitation. *Personal Relationships*, 15(4), 445-463.
- Lawrence, E., Rothman, A. D., Cobb, R. J., Rothman, M. T., & Bradbury, T. N. (2008). Marital satisfaction across the transition to parenthood. *Journal of Family Psychology*, 22(1), 41-50.
- Lee, S., Cho, E., Grodstein, F., Kawachi, I., Hu, F., & Colditz, G. (2005). Effects of marital transitions on changes in dietary and other health behaviours in US women. *International Journal of Epidemiology*, 34(1), 69-78.
- Lee, Y. & Waite, L. J. (2010). How appreciated do wives feel for the housework they do? *Social Science Quarterly*, 91(2), 476-492.
- Leonard, K. E. (2002). Alcohol and substance abuse in marital violence and child maltreatment. In C. Wekerle & A. Wall (Eds.), *The violence and addiction equation: Theoretical and clinical issues in substance abuse and relationship violence* (pp. 194-219). New York, NY: Brunner-Routledge.
- Leong, F. T. L., Lee, S. H., & Chang, D. (2007). Counseling Asian Americans: Client and therapist variables. In P. B. Pedersen, J. G. Draguns, W. J. Lonner, & J. E. Trimble (Eds.), *Counseling across cultures* (6th ed.), pp. 113-128. Thousand Oaks, CA: Sage.
- Lichter, D. T. & Carmalt, J. H. (2009) Religion and marital quality among low-income couples. *Social Science Research*, 38(1), 168-187.
- Litzinger, S. & Gordon, K. C. (2005). Exploring relationships among communication, sexual satisfaction, and marital satisfaction. *Journal of Sex and Marital Therapy*, 31(5), 409-424.
- Lucas, R. E., Clark, A. E., Georgellis, Y., & Deiner, E. (2003). Reexamining adaptation and the set point model of happiness: Reactions to changes in marital status. *Journal of Personality and Social Psychology*, 84(3), 527-539.
- Lucier-Greer, M. & Adler-Baeder, F. (2012). Does couple and relationship education work for individuals in stepfamilies? A meta-analytic study. *Family Relations*, 61, 756-769. doi: 10.1111/j.1741-3729.2012.00728.x.
- Luks, A. & Payne, P. (2001). *The healing power of doing good: The health and spiritual benefits of helping others*. Lincoln, NE: iUniverse.com, Inc.
- Mahoney, A. (2010). Religion in families, 1999-2009: A relational spirituality framework. *Journal of Marriage and Family*, 72(4), 805-827. doi: 10.1111/j.1741-3737.2010.00732.x.
- Majde, J. A. & Krueger, J. M. (2005). Links between the innate immune system and sleep. *Journal of Allergy and Clinical Immunology*, 116(6), 1188-1198.
- Manusov, V. & Koenig, J. (2001). The content of attributions in couples' communication. In V. Manusov & J. H. Harvey (Eds.), *Attribution, communication behavior, and close relationships* (pp. 134-152). New York, NY: Cambridge University Press.
- Marcus, R. F. & Swett, B. (2002). Violence and intimacy in close relationships. *Journal of Interpersonal Violence*, 17, 570-586.
- Markey, C. N., Markey, P. M., & Birch, L. L. (2004). Understanding women's body satisfaction: The role of husbands. *Sex Roles*, 51(3-4), 209-216.
- Markman, H. J. & Rhoades, G. K. (2012). Relationship education research: Current status and future directions. *Journal of Marital and Family Therapy*, 38, 169-200. doi: 10.1111/j.1752-0606.2011.00247.x.
- Markman, H., Stanley, S., & Blumberg, S. L. (2001). *Fighting for your marriage: Positive steps for preventing divorce and preserving a lasting love*. San Francisco, CA: Jossey-Bass.
- Marks, L. (2005). How does religion influence marriage? Christian, Jewish, Mormon, and Muslim perspectives. *Marriage and Family Review*, 38, 85-111.
- Markus, H. & Nurius, P. (1986). Possible selves. *American Psychologist*, 41, 954-969.
- Marshall, J. & Goddard, H. W. (2007). *The marriage garden* (Publication No. FCS 461). University of Arkansas Cooperative Extension System.

- Martino, S. C., Collins, R. L., Kanouse, D. E., Elliott, M., Berry, S. H. (2005). Social cognitive processes mediating the relationship between exposure to television's sexual content and adolescents' sexual behavior. *Journal of Personality and Social Psychology*, 89(6), 914-924.
- McCullough, M. E., Worthington, E. L., & Rachal, K. C. (1997). Interpersonal forgiving in close relationships. *Journal of Personality and Social Psychology*, 73(2), 321-336.
- McFarlane, R. (1992). Golden anniversary. *Reader's Digest*, 12, 104.
- McGinnis, J. M. & Foege, W. H. (1993). Actual causes of death in the United States. *The Journal of the American Medical Association*, 270(18), 2207-2212.
- McNulty, J. K., & Karney, B. R. (2004). Positive expectations in the early years of marriage: Should couples expect the best or brace for the worst? *Journal of Personality and Social Psychology*, 86(5), 729-743.
- McPherson, M., Smith-Lovin, L., & Brashears, M. E. (2006). Social isolation in America: Changes in core discussion networks over two decades. *American Sociological Review*, 71, 353-375.
- Miga, E. M., Hare, A., Allen, J. P., & Manning, N. (2010). The relation of insecure attachment states of mind and romantic attachment styles to adolescent aggression in romantic relationships. *Attachment & Human Development*, 12, 463-481.
- Miller, P. J. E., Caughlin, J. P., & Huston, T. L. (2003). Trait expressiveness and marital satisfaction: The role of idealization processes. *Journal of Marriage and Family*, 65, 978-995.
- Miller, R. S. (1997). Inattentive and contented: Relationship commitment and attention to alternatives. *Journal of Personality and Social Psychology*, 73, 758-766.
- Miller, S. L. & Maner, J. K. (2008). Coping with romantic betrayal: Sex differences in responses to partner infidelity. *Evolutionary Psychology*, 6(3), 413-426.
- Mirowsky, J. & Ross, C. E. (1989). *Social causes of psychological distress*. New York, NY: Aldine de Gruyter.
- Moore, K. A., Jekielek, S., Bronte-Tinkew, J., Guzman, L., Ryan, S., & Redd, Z. (2004). *What is a 'healthy marriage'? Defining the concept*. Washington, DC: Child Trends.
- Morrow-Howell, N., Kinnevy, S., & Mann, M. (1999). The perceived benefits of participating in volunteer and educational activities. *Journal of Gerontological Social Work*, 32, 65-80.
- Moss, B. F. & Schwebel, A. I. (1993). Defining intimacy in romantic relationships. *Family Relations*, 42(1), 31-37.
- Murray, S. L. & Holmes, J. G. (1999). The (mental) ties that bind: Cognitive structures that predict relationship resilience. *Journal of Personality and Social Psychology*, 77, 1228-1244.
- Murray, S. L., Holmes, J. G., & Griffin, D. W. (1996). The benefits of positive illusions: Idealizations and the construction of satisfaction in close relationships. *Journal of Personality and Social Psychology*, 70(1), 79-98.
- Murray, S. L., Holmes, J. G., Dolderman, D., & Griffin, D. W. (2000). What the motivated mind sees: Comparing friends' perspectives to married partners' views of each other. *Journal of Experimental Social Psychology*, 36(6), 600-620.
- Nabi, H., Hall, M., Koskenvuo, M., Singh-Manoux, A., Oksanen, T., Suominen, S., & Vahtera, J. (2010). Psychological and Somatic Symptoms of Anxiety and Risk of Coronary Heart Disease: *The Health and Social Support Prospective Cohort Study*. *Biological Psychiatry*, 67(4), 378-385.
- National Institute of Mental Health (NIMH). (2007). *Depression*. Retrieved from <http://www.nimh.nih.gov/health/publications/depression/index.shtml>.
- Neff, L. A. & Karney, B. R. (2002). Judgments of a relationship partner: Specific accuracy but global enhancement. *Journal of Personality*, 70, 1079-1112. doi: 10.1111/1467-6494.05032.
- Nesteruk, O. & Gramescu, A. (2012). Dating and mate selection among young adults from immigrant families. *Marriage & Family Review*, 48(1), 40-58.
- Newport, F. (2011). Christianity remains dominant religion in the United States. *Gallup Poll*. <http://www.gallup.com/poll/151760/Christianity-Remains-Dominant-Religion-United-States.aspx>.
- Nichols, M. (2009). *The lost art of listening, second edition: How learning to listen can improve relationships*. New York, NY: Guilford.
- Nock, S. L. (2001). The marriages of equally dependent spouses. *Journal of Family Issues*, 22(6), 755-775. doi: 10.1177/019251301022006005.
- O'Leary, K. D. & Slep, A. M. (2003). A dyadic longitudinal model of adolescent dating aggression. *Journal of Clinical Child and Adolescent Psychology*, 32(3), 314-327.
- Oberto, K. A., Gold, D. T., & Yorgason, J. B. (2004). The influence of osteoporosis on the maritalrelationship of older couples. *Journal of Applied Gerontology*, 23(4), 443-456.
- Ogolsky, B. G. & Bowers, J. R. (2012). A meta-analytic review of relationship maintenance and its correlates. *Journal of Social and Personal Relationships*, 30(3), 343-367.
- Olson, D. H. & Olson, A. K. (2000). *Empowering couples: Building on your strengths*. Minneapolis, MN: Life Innovations, Inc.
- Olson, L. N., Fine, M. A., & Lloyd, S. (2005). Theorizing about aggression between intimates: A dialectical approach. In V. Bengsten, A. Acock, K. Allen, P. Dilworth-Anderson, & D. Klein (Eds.), *Sourcebook of family theory and research* (pp. 315-331). Newbury Park, CA: Sage.
- Ooms, T., Boggess, J., Menard, A., Myrick, M., Roberts, P., Tweedie, J., & Wilson, P. (2006). *Building bridges between healthy marriage, responsible fatherhood, and domestic violence programs: A preliminary guide*. Washington, DC: Center for Law and Social Policy. Available from [http://www.clasp.org/admin/site/publications\\_archive/files/0208.pdf](http://www.clasp.org/admin/site/publications_archive/files/0208.pdf).
- Ormel, J., Kempen, G. I., Penninx, B. W., Brilman, E. I., Beekman, A. T., & Van Sonderen, E. (1997). Chronic medical conditions and mental health in older people: Disability and psychosocial resources mediate specific mental health effects. *Psychological Medicine*, 27, 1065-1077.

- Oswald, R. F. (2002). Resilience within the family networks of lesbians and gay men: Intentionality and redefinition. *Journal of Marriage and Family*, 64, 374-383.
- Oyserman, D., Bybee, D., Terry, K., & Hart-Johnson, T. (2004). Possible selves as roadmaps. *Journal of Research in Personality*, 38, 130-149.
- Park, N. S., Lee, B. S., Sun, F., Klemmack, D., Roff, L., & Koenig, H. (2011). Typologies of religiousness/spirituality: Implications for health and well-being. *Journal of Religion and Health*. doi: 10.1007/s10943-011-9520-6.
- Paulk, A., Pittman, J. F., Kerpelman, J. L., & Adler-Baeder, F. (2011). Associations between dimensions of security in romantic relationships and interpersonal competence among dating and non-dating high school adolescents. *Journal of Social and Personal Relationships*, 28, 1027-1047.
- Phillips, E. E., Bischoff, R. J., Abbott, D. A., & Xia, Y. (2009). Connecting behaviors and newlyweds sense of shared-meaning and relationship satisfaction. *Journal of Couple & Relationship Therapy*, 8, 247-263.
- Pittman, J. F., Keiley, M. K., Kerpelman, J. L., & Vaughn, B. E. (2011). Attachment, identity, and intimacy: Parallels between Bowlby's and Erikson's paradigms. *Journal of Family Theory and Review*, 3, 32-46.
- Pollman, M. M. H., & Finkenauer, C. (2009). Investigating the role of two types of understanding in relationship well-being: Understanding is more important than knowledge. *Personality and Social Psychology Bulletin*, 35, 1512-1527.
- Potard, C., Courtois, R., & Rusch, E. (2008). The influence of peers on risky sexual behavior during adolescence. *The European Journal of Contraception and Reproductive Health Care*, 13, 264-270.
- Prager, K. J. (1995). *The psychology of intimacy*. New York, NY: Guilford Press.
- Rafaelli, M. & Ontai, L. L. (2004). Gender socialization in Latino/a families: Results from two retrospective studies. *Sex Roles: A Journal of Research*, 50, 287-299.
- Raglin, J. (2001). Factors in exercise adherence: Influence of spouse participation. *Quest*, 53(3), 356-361.
- Räikkönen, K., Matthews, K. A., Flory, J. D., Owens, J. F., & Gump, B. B. (1999). Effects of optimism, pessimism, and trait anxiety on ambulatory blood pressure and mood during everyday life. *Journal of Personality and Social Psychology*, 76, 104-113.
- Rainey, D. & Rainey, B. (2003). *Staying close: Stopping the natural float to isolation in marriage*. Nashville, TN: Thomas Nelson.
- Rank, M. R. (2000). Poverty and economic hardship in families. In D. Demo, K. Allen, & M. Fine (Eds.), *Handbook of family diversity* (pp. 293-315). New York, NY: Oxford University Press.
- Reis, H. T. & Shaver, P. (1988). Intimacy as an interpersonal process. In S. W. Duck (Ed.), *Handbook of personal relationships* (pp. 367-389). Chichester, England: Wiley.
- Roberts, L. J. & Krokoff, L. J. (1990). A time-series analysis of withdrawal, hostility, and displeasure in satisfied and dissatisfied marriages. *Journal of Marriage and the Family*, 52, 95-105.
- Roberts, T. W. & Koval, J. V. (2003). Applying brain research to couple therapy: Emotional restructuring. *Journal of Couple and Relationship Therapy*, 2(1), 1-13.
- Rohrbaugh, M. J., Shoham, V., Cranford, J. A., Nicklas, J. M., Sonnega, J. S., & Coyne, J. C. (2002). Couples coping with congestive heart failure: Role and gender differences in psychological distress. *Journal of Family Psychology*, 16, 3-13.
- Rosenfeld, L. B. & Bowen, G. L. (1991). Marital disclosure and marital satisfaction: Direct-effect versus interaction-effect models. *Western Journal of Speech Communication*, 55(1), 69-84.
- Rowan, D., Compton, W., & Rust, J. (1995). Self-actualization and empathy as predictors of marital satisfaction. *Psychological Reports*, 77, 1011-1016.
- Rubin, R. R. & Peyrot, M. (1999). Quality of life and diabetes. *Diabetes/Metabolism Research and Reviews*, 15(3), 205-218.
- Rusbult, C. E., Bissonnette, V. L., Arriaga, X. B., & Cox, C. L. (1998). Accommodation processes during the early years of marriage. In T. N. Bradbury (Ed.), *The developmental course of marital dysfunction* (pp. 74-113). New York, NY: Cambridge.
- Rusbult, C. E., Verette, J., Whitney, G. A., Slovik, L. F., & Lipkus, I. (1991). Accommodation processes in close relationships: Theory and preliminary empirical evidence. *Journal of Personality and Social Psychology*, 60(1), 53.
- Russell-Chapin, L. A., Chapin, T., & Sattler, L. G. (2001). The relationship of conflict resolution styles and certain marital satisfaction factors to marital distress. *Family Journal*, 9, 259-266.
- Ryff, C. D. & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719-727. doi: 10.1037/0022-3514.69.4.719.
- Sacco, W. P. & Phares, V. (2001). Partner appraisal and marital satisfaction: The role of self-esteem and depression. *Journal of Marriage and the Family*, 63, 504-513.
- Sallis, J. F., Hovell, M. F., & Hofstetter, C. R. (1992). Predictors of adoption and maintenance of vigorous physical activity in men and women. *Preventive Medicine*, 21(2), 237-251.
- Samuelson, M., Carmody, J., Kabat-Zinn, J., & Bratt, M. A. (2007). Mindfulness based stress reduction in Massachusetts correctional facilities. *The Prison Journal*, 87(2), 254-268.
- Sassler, S. (2010). Partnering across the life course: Sex, relationships, and mate selection. *Journal of Marriage and Family*, 72, 557-575. doi: 10.1111/j.1741-3737.2010.00718.x.
- Saxbe, D. E., Rodriguez, A., & Margolin, G. (2013). Understanding family conflict: Theoretical frameworks and directions for future research. In M. A. Fine & F. D. Fincham (Eds.), *Handbook of family theories: A content-based approach* (pp. 169-189). New York, NY: Routledge Press.
- Schneider, J. (2000). Effects of cybersex addiction on the family: Results of a survey. *Sexual Addiction and Compulsivity*, 7(1-2), 31-58.

- Schoebi, D., Karney, B. R., & Bradbury, T. N. (2011). Stability and change in the first 10 years of marriage: Does commitment confer benefits beyond the effects of satisfaction? *Journal of Personality and Social Psychology*, 102, 729-742.
- Schramm, D. G., Marshall, J. P., Harris, V. W., & Lee, T. R. (2012). Religiosity, homogamy, and marital adjustment: An examination of newlyweds in first marriages and remarriages. *Journal of Family Issues*, 33(2), 246-268. doi: 10.1177/0192513X11420370.
- Schramm, D. G., Marshall, J. P., Harris, V. W., & Lee, T. R. (2005). After "I do": The newlywed transition. *Marriage and Family Review*, 38(1), 45-67.
- Schutte, N. S., Malouff, J. M., Bobik, C., Coston, T. D., Greeson, C., Jedlicka, C., Rhodes, E., & Wendorf, G. (2001). Emotional intelligence and interpersonal relations. *The Journal of Social Psychology*, 14(4), 523-536.
- Schwartz, S. J. (2001). The evolution of Eriksonian and neo-Eriksonian identity theory and research: A review and integration. *Identity: An International Journal of Theory and Research*, 1, 7-58.
- Schwarzard, J., Koslowsky, M., & Izhak-Nir, E.B. (2008). Gender role ideology as a moderator of the relationship between social power tactics and marital satisfaction. *Sex Roles*, 59, 657-669.
- Shapiro, J., Morrison, E., & Boker J. (2004) Teaching empathy to first year medical students: Evaluation of an elective literature and medicine course. *Educ Health (Abingdon)*, 17, 73-84.
- Shapiro, A. F., Gottman, J. M., & Carrere, S. (2000). The baby and the marriage: Identifying factors that buffer against decline in marital satisfaction after the first baby arrives. *Journal of Family Psychology*, 14, 59-70.
- Shapiro, S. L., Oman, D., Thoresen, C. E., Plante, T. G., & Flinders, T. (2008). Cultivating mindfulness: Effects on well-being. *Journal of Clinical Psychology*, 64(7), 840-862.
- Skerrett, K. (1998). Couple adjustment to the experience of breast cancer. *Families, Systems and Health*, 16(3), 281-298.
- Skevingon, S. (1998). Investigating the relationship between pain and discomfort and quality of life, using the WHOQOL. *Pain*, 76(3), 395-406.
- Skogrand, L., Hatch, D., & Singh, A. (2005). Understanding Latino families, implications for family education. *Family Resources Family Brief 2005-02*, Utah State University Extension.
- Skogrand, L., Hatch, D., & Singh, A. (2009). Strong marriages in Latino culture. In R. Dalla, J. DeFrain, J. Johnson, & D. Abbott (Eds.), *Strengths and challenges of new immigrant families: Implications for research, policy, education, and service* (pp. 117-134). Lexington, MA: Lexington Press.
- Skogrand, L., Mueller, L., Crook, R., Spotted Elk, D., Dayzie, I., LeBlanc, H., & Rosenband, R. (2007). *Strong marriages for Navajo couples: Couple activity book*. Retrieved from [http://extension.usu.edu/files/publications/publication/pub\\_5559878.pdf](http://extension.usu.edu/files/publications/publication/pub_5559878.pdf).
- Skogrand, L. & Shirer, K. (2007). Working with low-resource and culturally diverse audiences. *The Forum for Family and Consumer Issues*, 12(1). Retrieved from <http://ncsu.edu/ffci/publications/2007/v12-n1-2007-spring/index-v12-n1-may-2007.php>.
- Smith, D. (2010). Volunteer patterns of mid- and later life American couples. *Journal of Sociology and Social Welfare*, 37, 131-154.
- Smith, D. A. & Peterson, K. M. (2008). Overperception of spousal criticism in dysphoria and marital discord. *Behavior Therapy*, 39, 300-312.
- Smith, T. & Brown, P. (1991). Cynical hostility, attempts to exert social control, and cardiovascular reactivity in married couples. *Journal of Behavioral Medicine*, 14(6), 581-592.
- Sperry, L. & Carlson, J. (1992). The impact of biological factors on marital functioning. *The American Journal of Family Therapy*, 20(2), 145-156.
- Sprecher, S. & Cate, R. (2004). Sexual satisfaction and sexual expression as predictors of relationship satisfaction and stability. In J. H. Harvey, A. Wenzel, & S. Sprecher (Eds.), *The handbook of sexuality in close relationships* (pp. 235-256). Mahwah, NJ: Erlbaum.
- Sprecher, S. & Fehr, B. (2005). Compassionate love for close others and humanity. *Journal of Social and Personal Relationships*, 22, 629-652.
- Sprecher, S., Metts, S., Burleson, B., Hatfield, E., & Thompson, A. (1995). Domains of expressive interaction in intimate relationships: Associations with satisfaction commitment. *Family Relations*, 44(2), 203-210.
- Stafford, L. & Canary, D. J. (1991). Maintenance strategies and romantic relationship type, gender and relational characteristics. *Journal of Social and Personal Relationships*, 8(2), 217-242.
- Stanley, S. (2004). The benefits of a healthy marriage. *Testimony before the Committee on Finance, Subcommittee on Social Security and Family Policy*. United States Senate, Dirksen Senate Office Building, Room 215, Washington, DC.
- Stanley, S. M., Amato, P. R., Johnson, C. A., & Markman, H. J. (2006). Premarital education, marital quality, and marital stability: Findings from a large, random household survey. *Journal of Family Psychology*, 20(1), 117-126.
- Stanley, S. M. & Markman, H. J. (1992). Assessing commitment in personal relationships. *Journal of Marriage and the Family*, 54, 595-608.
- Stanley, S. M., Markman, H. J., & Whitton, S. W. (2002). Communication, conflict, and commitment: Insights on the foundations of relationship success from a national survey. *Family Process*, 41, 659-675.
- Stanley, S. M., Markman, H. J., Peters, M. S., & Leber, B. D. (1995). Strengthening marriages and preventing divorce: New directions in prevention research. *Family Relations*, 44(4), 392-401.
- Stanley, S. M., Rhoades, G. K., & Markman, H. J. (2006). Sliding verses deciding: Inertia and the premarital cohabitation effect. *Family Relations*, 55, 499-509.
- Stanley, S. M., Whitton, S. W., Sadberry, S. L., Clements, M. L., & Markman, H. J. (2006). Sacrifice as a predictor of marital outcomes. *Family Process*, 45(3), 289-303.
- Sternberg, R. J. & Barnes, M. L. (1988). *The psychology of love*. New Haven, CT: Yale University.

- Steuber, K. (2005). Adult attachment, conflict style, and relationship satisfaction: A comprehensive model. Retrieved from <http://www.udel.edu/communication/web/thesisfiles/kelisteuberthesis.pdf>.
- Stosny, S. (2004). Compassion power: Helping families reach their core value. *Family Journal: Counseling and Therapy for Couples and Families*, 12(1), 58-63.
- Sue, D. W. & Sue, D. (2008). *Counseling the culturally diverse: Theory and practice* (5th ed.). Hoboken, NJ: John Wiley & Sons.
- Sullivan, K. T., Pasch, L. A., Eldridge, K. A., & Bradbury, T. N. (1998). Social support in marriage: Translating research into practical applications for clinicians. *The Family Journal*, 6(4), 263-271.
- Surra, C. A. & Bohman, T. (1991). The development of close relationships: A cognitive perspective. In G. J. O. Fletcher & F. D. Fincham (Eds.), *Cognition in close relationships* (pp. 281-305). Hillsdale, NJ: Erlbaum.
- Szinovacz, M. (1996). Couples' employment/retirement patterns and perceptions of marital quality. *Research on Aging*, 18, 243-268.
- Task Force on Community Preventive Services. (2002). Recommendations to increase physical activity in communities. *American Journal of Prevention Medicine*, 22, 67-72.
- Taylor, R. J., Lincoln, K. D., & Chatters, L. M. (2005). Supportive relationships with church members among African Americans. *Family Relations*, 54, 501-511.
- Tesser, A. (1988). Toward a self-evaluation maintenance model of social behavior. In L. Berkowitz (Ed.), *Advances in Experimental Social Psychology* (Vol. 21, pp. 181-227). San Diego, CA: Academic Press.
- Thibaut, N. & Kelley, H. (1959). *The social psychology of groups*. New York, NY: Wiley.
- Thomas, V. G. (1990). Determinants of global life happiness and marital happiness in dual-career Black couples. *Family Relations*, 39(2), 174-178.
- Thompson, W. K., Charo, L., Vahia, I. V., Depp, C., Allison, M., & Jeste, D. (2011). Association between higher levels of sexual function, activity, and satisfaction and self-rated successful aging in older postmenopausal women. *Journal of the American Geriatrics Society*, 59(8), 1503. doi: 10.1111/j.1532-5415.2011.03495.x.
- Triandis, H. C. (1995). *Individualism and collectivism*. New York, NY: Simon & Schuster.
- Trost, S., Owen, N., Bauman, A., Sallis, J., & Brown, W. (2002). Correlates of adults' participation in physical activity: Review and update. *Medicine and Science in Sports and Exercise*, 34(12), 1996-2001. doi: 10.1249/01.MSS.0000038974.76900.92.
- Turner, R. J. & Roszell, P. (1994). Psychosocial resources and the stress process. In W. R. Avison & I. H. Gotlib (Eds.), *Stress and mental health: Contemporary issues and prospects for the future* (pp. 179-210). New York, NY: Plenum.
- Twenge, J. M., Campbell, W. K., & Foster, C. A. (2003). Parenthood and marital satisfaction: A meta analytic review. *Journal of Marriage and Family*, 65(3), 574-583.
- U.S. Department of Health and Human Services. (2010). *Healthy people 2020: Goals for the nation*. Washington, DC: U.S. Government Printing Office. Available from <http://www.healthypeople.gov/2020/about/default.aspx>.
- Umberson, D., Williams, K., Powers, D. A., Liu, H., & Needham, B. (2006). You make me sick: Marital quality and health over the life course. *Journal of Health and Social Behavior*, 47, 1-16.
- Unger, D. G., Cuevas, T., & Woolfolk, T. (2007). Human services and cultural diversity: Tenuous relationships, challenges and opportunities ahead. In B. S. Trask & R. R. Hamon (Eds.), *Cultural diversity and families expanding perspectives* (pp. 173-193). Thousand Oaks, CA: Sage.
- Unterrainer, H. & Ferreira, A. (2012). Religious/spiritual well-being, personality and mental health: A review of results and conceptual issues. *International Journal of Psychology*, 47, 605-605. doi: 10.1007/s10943-012-9642-5.
- Van Der Poel, A. & Greeff, A. P. (2003). The influence of coronary bypass graft surgery on the marital relationship and family functioning of the patient. *Journal of Sex and Marital Therapy*, 29(1), 61-77.
- Van Epp, M. C., Futris, T. G., Van Epp, J. C., & Campbell, K. (2008). The impact of the PICK a partner relationship education program on single army soldiers. *Family and Consumer Sciences Research Journal*, 36(4), 328-349.
- Van Gool, C. H., Kempen, G. M., Penninx, B. H., Deeg, D. H., Beekman, A. F., & Van Eijk, J. M. (2003). Relationship between changes in depressive symptoms and unhealthy lifestyles in late middle aged and older persons: Results from the Longitudinal Aging Study Amsterdam. *Age & Ageing*, 32(1), 81.
- Van Lange, P. A. M., Rusbult, C. E., Drigotas, S. M., Arriaga, X. B., Witcher, B. S., & Cox, C. L. (1997). Willingness to sacrifice in close relationships. *Journal of Personality and Social Psychology*, 72, 1373-1395.
- Vangelisti, A. L. (2000). When words hurt: The effects of perceived intentionality on interpersonal relationships. *Journal of Social and Personal Relationships*, 17, 393-424.
- Waite, L. J. & Joyner, K. (2001). Emotional satisfaction and physical pleasure in sexual unions: Time horizon, sexual behavior, and sexual exclusivity. *Journal of Marriage and Family*, 63, 247-264.
- Waller, M. & McLanahan, S. (2005). "His" and "her" marriage expectations: Determinants and consequences. *Journal of Marriage and Family*, 67(1), 53-67.
- Waller, M. & Swisher, R. (2006). Fathers risk factors in fragile families: Implications for "healthy" relationships and father involvement. *Social Problems*, 53, 392-420.
- Walsh, F. (2012). Family resilience: Strengths forged through adversity. In F. Walsh (Ed.), *Normal family processes: Growing diversity and complexity* (4th ed.) (pp. 399-427). New York, NY: The Guilford Press.
- Wei, M., Vogel, D., Ku, T., & Zakalik, R. A. (2005). Adult attachment, affect regulation, negative mood, and interpersonal problems: The mediating role of emotional reactivity and emotional cutoff. *Journal of Counseling Psychology*, 52(1), 14-24.

- Whitton, S. W., Rhoades, G. K., Stanley, S. M., & Markman, H. J. (2008). Effects of parental divorce on marital commitment and confidence. *Journal of Family Psychology*, 22(5), 789-793.
- Whitton, S., Stanley, S., & Markman, H. (2007). If I help my partner, will it hurt me? Perceptions of sacrifice in romantic relationships. *Journal of Social and Clinical Psychology*, 26, 64-92.
- Wickrama, K. A. S., Lorenz, F. O., Conger, R. D., Matthews, L., & Elder, G. H. (1997). Linking occupational conditions to physical health through marital, social, and intrapersonal processes. *Journal of Health and Social Behavior*, 38(4), 363-375. doi: 10.2307/2955431.
- Widmer, E. (2004). Couples and their networks. In J. Scott, J. Treas, & M. Richards (Eds.), *The Blackwell companion to the sociology of families* (pp. 356-373). Oxford: Blackwell Publishing Ltd.
- Wieselquist, J., Rusbult, C. E., Foster, C. A., & Agnew, C. R. (1999). Commitment, pro-relationship behavior, and trust in close relationships. *Journal of Personality and Social Psychology*, 77, 942-966.
- Wilcox, W. B. & Dew, J. (2012). *The date night opportunity*. Charlottesville, VA: The National Marriage Project. Retrieved from <http://nationalmarriageproject.org/wp-content/uploads/2012/05/NMP-DateNight.pdf>.
- Wilcox, W. B. & Nock, S. L. (2006). What's love got to do with it? Equality, equity, commitment and women's marital quality. *Social Forces*, 84, 1321-1345.
- Wiley, A. R. (2007). Connecting as a couple: Communication skills for healthy relationships. *The Forum for Family and Consumer Issues*, 12(1). Retrieved from <http://ncsu.edu/ffci/publications/2007/v12-n1-2007-spring/wiley/fa-11-wiley.php>.
- Wilkinson, D. L. & Hamerschlag, S. J. (2005). Situational determinants in intimate partner violence. *Aggression and Violent Behavior*, 10, 333-361.
- Williams, R. & Williams, V. (1998). *Anger kills: 17 strategies for controlling the hostility that can harm your health*. New York, NY: Harper Collins.
- Wilson, J. (2000). Volunteering. *Annual Review of Sociology*, 26, 215-240.
- Wilson, S. E. & Waddoups, S. L. (2002). Good marriages gone bad: Health mismatches as a cause of later-life marital dissolution. *Population Research and Policy Review*, 21(6), 505-533.
- Whitchurch, G. & Constantine, L. (1993). Systems theory. In P. Boss, W. Doherty, R. LaRossa, W. Schumm, & S. Steinmetz (Eds.), *Sourcebook of family theories and methods: A contextual approach* (pp. 325-352). New York, NY: Plenum Press.
- Wilde, J. L. & Doherty, W. J. (2013). Outcomes of an intensive couple relationship education program with fragile families. *Family Process*, 52, 455-464. doi: 10.1111/famp.12012.
- Wood, R. G., Golesing, B., & Avellar, S. (2007). *The effects of marriage on health: A synthesis of recent research evidence*. Washington, DC: U.S. Department for Health and Human Services. Retrieved from <http://aspe.hhs.gov/hsp/07/marriageonhealth/report.pdf>.
- World Health Organization. (1946). WHO definition of health, *Preamble to the Constitution of the World Health Organization*. Retrieved from <http://www.who.int/bulletin/archives/80%2812%29981.pdf>.
- Wrzesniewski, A., Rozin, P., & Bennett, G. (2003). Working, playing, and eating: Make the most of most moments. In C. L. M. Keyes & J. Haidt (Eds.), *Flourishing: Positive psychology and the life well-lived* (pp. 185-204). Washington, DC: American Psychological Association.
- Wysocki, D. & Childers, C. (2011). "Let my fingers do the talking": Sexting and infidelity in cyberspace. *Sexuality & Culture*, 15(3), 217-239.
- Yabiku, S. T. & Gager, C. T. (2009). Sexual frequency and the stability of marital and cohabitating unions. *Journal of Marriage and Family*, 71, 983-1000.
- Young, K., Griffin-Shelley, E., Cooper, A., O'Mara, J., & Buchanan, J. (2000). Online infidelity: A new dimension in couple relationships with implications for evaluation and treatment. *Sexual Addiction and Compulsivity*, 7(1-2), 59-74.
- Youngstedt, S. D. & Kripke, D. F. (2004). Long sleep and mortality: Rationale for sleep restriction. *Sleep Medicine Review*, 8(3), 155-157.
- Youniss, J., McLellan, J., & Yates, M. (1997). What we know about engendering civic identity. *The American Behavioral Scientist*, 40, 620-631.
- Yucel, D. & Gassanov, M. A. (2010). Exploring actor and partner correlates of sexual satisfaction among married couples. *Social Science Research*, 39(5), 725-738. doi: 10.1016/j.ssresearch.2009.09.002.
- Zuo, J. (1992). The reciprocal relationship between marital interaction and marital happiness: A three-wave study. *Journal of Marriage and the Family*, 54, 870-878.



How to Cite: Futris, T. G., & Adler-Baeder, F. (2013). *The National Extension Relationship and Marriage Education Model: Core teaching concepts for relationship and marriage enrichment programming*. Athens, GA: The University of Georgia Cooperative Extension. Available from <http://www.nermen.org/NERMEM.php>.

**www.nermen.org**

©2013 University of Georgia

HDFS-E-157