

Marital History

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ASSESSMENT

- Family life-cycle
 - Pre-parenthood
 - Early parenthood
 - School going child
 - Pre-adolescent/second child
 - Adolescent
 - Child(ren) leave home
 - Retirement

- Demographic details of each partner
- Presenting problems (from each partner's perspective)
- Three generation genogram
- Timeline of major events
 - Courtship
 - Marriage
 - Birth of children
 - Death of significant family-members
 - Children moving out of house for education/occupation
 - Marriage of children

Pre-marriage

- Type of family (nuclear/joint/extended)
- Type of relationship parents shared
- Any breakup in parent's marriage? Reasons
- Expectations from marriage
- Expectations from partners
- Any conflicts/violence in family of origin
- Readiness to get married
- Readiness to get married to the current partner

Courtship Period

- Type of relationship
- Type of contact (telephonically, face to face)
- Frequency of contact
- Positive aspects
- Issues faced
- Resolution, if any

Post-marriage

- If there was a conflict-free period, how was it?
 - What did each partner like about the other
- When did conflicts begin?
 - Initial issues
 - Reactions of both partners
 - Consequences
- How did conflicts escalate over-time?

Current Aspects

- Communication
- Handling Conflicts
- Intimacy
- Decision-making
- Relationship with –in-laws
- Social
- Parenting

Communication

Patterns of communication

- Channels (who speaks to whom)
- Direct/indirect; verbal/non-verbal
- Equality of participation, clarity of communication
- Paradoxical

Affective communication

- Welfare feelings (e.g., love, joy)
- Emergency feelings (e.g., anger, fear)

Handling conflicts

- Conflicts – pushed under carpet/expressed?
- What happens during conflicts?
 - Each partner's reaction
- What happens when there are anger issues?
 - Each partner's reaction
- Strengths and weaknesses in resolving issues
 - Each partner

Intimacy

- Sexually active?
- Sexual satisfaction?
- Who initiates?
- Connectedness with partner?
- Communication regarding sexual issues?

Decision-making

- Who makes decisions?
 - Day-to-day
 - Financial
 - Major decisions
 - Related to children
- Decisions made
 - After discussion?
 - Followed amicably, even if made by one person
 - Followed reluctantly by partners
 - Leads to conflicts

Relationship with in-laws

- Staying together or separate
- Boundaries and degree of interference
- Point of contentions

Social

- Friends of each partner as well as common friends
- Comfort if partner spends time with friends
- Time spent as couple
 - Socializing
 - Leisure activities

Other Aspects

- Expectation from therapy and goals
- Things found positive in partner
- Things partner finds positive in you
- Things liked most about the relationship
- Most frustrating thing about the relationship
- Five things want to change in partner
- Three things to change in relationship

Sexual History

- Current Problems
- Onset
- Progression
- Reaction of partner (if any)

Childhood

- Discussion about sex at home
- Accidentally/deliberately watching two people engaged in sexual activity
- Any other childhood sexual experience (positive/negative)

Masturbation (if yes)

- age at which started?
- Self-discovered or taught by others
- Frequency
 - Past
 - Present
- Use of fantasy or porn or both
- Quality of erection/arousal (strong/average/poor)
- Degree of satisfaction
- Degree of sexual desire

Nocturnal emission (for males), if yes

- Age at which it began
- Frequency per week
 - Past
 - Current
- Associated with sex dreams?
- Reaction to it

Spontaneous erection

- Number of times per week
- Duration
- Associated with sexual fantasies
- Quality of erection
- Presence of sexual desire
- Morning erection on awakening

Heterosexual Contact

- Age at first contact
- Type of contact
 - Foreplay only
 - Coital with/without foreplay
 - Orgasm achieved or not
 - Methods employed: M over F; F over M; lateral; rear entry; surface stimulation of clitoris; deep penetration; anal intercourse)
 - Reaction to act
- Number of sexual partners till date
- Type of activities (oral, coital, anal)
- Use of protection

Steady Sexual Relationship

- Who decides about having intercourse
- Techniques of foreplay
 - Hugging/kissing/manipulation of breasts or genitalia/any other
- Preferred coital position
- Other preferences
 - Clothing
 - Lighting
 - Time of day
 - Frequency per week
 - Any other
- Attainment of orgasm
 - Frequency
 - Preferred method

Other Issues

- Does your partner
 - Readily agrees
 - Needs lot of persuasion
 - Cooperates during sexual activity
- Is your partner
 - Passive or indifferent
 - Cold and unresponsive
 - Averse to intercourse
- Do you
 - Think of another person/fantasy while having sex with partner
 - Get completely satisfied
 - Need multiple orgasms or self-stimulation after coitus to achieve satisfaction

- Do you
 - Have adequate space and time to engage in sexual activity
 - Cuddle with partner after sexual activity or just “complete the business”
- Any other means that you/partner employ for enhancing sexual pleasure?
 - Watching porn together
 - Mutual masturbation
 - BDSM

- Communication Practices w.r.t.
 - Sexual activity, work, money, health, emotions, decisions etc.
- Perception of self and partner
 - Attractive physical/ psychological attributes
 - Unattractive physical/psychological attributes
 - Effect of the same on current relationship

Extra-marital Relationship (if yes)

- Sexual in nature?
 - Frequency of contact
 - Relative/known person/stranger/prostitute
- Reasons
 - Unsatisfactory sexual relationship with partner (frigidity/lack of orgasm/impotency)
 - Experience variety
 - Continuation of premarital relations
- Does partner know? Reactions
- How does that affect relationship with
 - Spouse
 - Children