

ASPPH-MT

Directions: Using the scale below, please use the blank provided to write the number which best represents your views on the following statements:

Disagree	Slightly Disagree	Slightly Agree	Agree
1	2	3	4
1. Although there are many different places to seek counseling or professional help for my marriage, I would not have much faith in them.			
2. If a good friend asks my advice about a problem they are having in their marriage, I might recommend that he or she seek marital counseling.			
3. I would feel uneasy going to a marriage counselor because of what people would think.			
4. A person with a strong character can find ways to deal with marital problems by him or herself, and would have little need for a professional.			
5. There have been times when I have felt completely at a loss to deal with a problem in my marriage and would have welcomed professional advice.			
6. Considering the time and expense involved in marital therapy, it would have doubtful value for me and my partner.			
7. I would willingly confide intimate matters to an appropriate person if I thought it might help my relationship.			
8. I would rather live with certain problems in my marriage than go through the ordeal of getting professional assistance.			
9. Marital problems, like many difficulties, tend to sort themselves out over time.			
10. There are certain problems which should not be discussed outside of one's marriage.			
11. If I believed my marriage was on the verge of breaking up, my first inclination would be to get professional help.			
12. Focusing on a job helps me to avoid worries and concerns about my relationship.			
13. Having seen a marriage counselor is an indication of some failure in a person's relationship.			
14. I would rather be advised by a close friend than by a professional, even for a serious problem in my marriage.			
15. A couple with problems in their relationship is not likely to solve them by themselves; they are more likely to solve them with professional help.			
16. I resent a person—professionally trained or not—who wants to know about the difficulties in my relationship.			
17. I would want to seek professional advice if I was unhappy in my marriage for a long period of time.			
18. The idea of talking about problems with a marriage counselor strikes me as a poor way to resolve relationship conflicts.			
19. Having problems with one's marriage carries with it a burden of shame.			
20. There are aspects of my relationship that I would not discuss with anyone.			
21. It is probably best not to think about everything in my relationship.			
22. If I were experiencing an acute problem in my marriage, I would be confident that I could find some relief in professional counseling.			
23. There is something admirable in the attitude of a person who is willing to cope with his or her marital problems without resorting to professional help.			
24. At some future time, I might want to have marital therapy or counseling.			
25. A couple should work out their own problems; getting professional assistance would be a last resort.			
26. If my partner and I received marital therapy or counseling, I would not feel that it should be kept secret.			
27. If I thought I needed professional assistance for my marriage, I would get it no matter who knew about it.			
28. It is difficult for people to talk about their personal relationships with highly educated people such as doctors, teachers, and clergy.			