

RHSM

Please indicate whether you engaged in any of the following activities over the previous two weeks. If you participated in the activity, please indicate how helpful it was on a 5-point scale (1 = not at all helpful; 5 = extremely helpful). If you did *not* participate in this activity, put a 0 in the first column.) In the second column, for each of the activities you participated in, please indicate the amount of time you spent or number of sessions attended (e.g. 10 minutes, 5 hours, once a week for a year, etc.)

	Helpfulness	How long?
1. Sought information online regarding an issue in my relationship.		
2. Bought or borrowed a book relevant to an issue in my relationship.		
3. Consulted a friend or family member about an issue in my relationship.		
4. Consulted someone in my community, such as clergy, about an issue in my relationship.		
5. Made steps to find professional help or counseling for my relationship (e.g., looked in phone book, checked with insurance company for providers, etc.)		
6. Participated in relationship counseling.		
7. Participated in individual therapy to get support around issues in my relationship.		
8. Purchased a video/DVD pertaining to couples relationship issues.		
9. Signed up or attended a workshop on couples or marital issues.		

10a. Over the course of the last two weeks, I have deliberately engaged in actions that were intended to have a positive effect on my marital health (please circle):

Not at All Sometimes Often
 1 2 3 4 5

10b. Please tell us up to 4 actions you have taken:

1. _____
2. _____
3. _____
4. _____