BUILDING STRONG FAMILIES: A STUDY OF FAMILY STRENGTH AND FAMILY RESOURCES

Interim Report 2: Investigating the Predictors of Family Strength across Family Life Stages

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Acknowledgements

Abstract

This study employed a family strengths perspective to understand the state of Singaporean families, the common stressors and help seeking methods employed by families, and investigated the relationship between family and marital factors on family resilience. 2589 participants were purposefully sampled through Catholic Family Life's official social media channels (n = 332, 12.8%) or from an external fieldwork market research agency (n = 2257, 87.2%) to attempt an online questionnaire, with the final analysis including 2200 responses. A descriptive analysis was conducted to understand the state of Singaporean families, a one-way ANOVA between groups was used to test the differences between total stress and total help seeking scores across family life stages and educational levels, and the main analyses involved confirmatory factor analysis (CFA) and structural equation modelling (SEM). In understanding the state of Singaporean Families, those married 6-10 years scored the highest across various family factors and participants who are single again (divorced, separated, or widowed) scored the highest for marital negative conflict resolution. Married couples between 0 to 20 years or those educated at post-secondary level are the groups that experience the highest number of stressors – with majority respondents in this study citing expectations for the future, household management and work as major stressors. In terms of help seeking, married couples between 0 to 10 years and singles or those educated at post-secondary level adopted the most help seeking strategies – in which confiding in close friends, seeking encouragement and support from friends, or facing the problem head on were strategies most adopted. Finally, across the family life stages, family commitment was found to be the strongest predictor of family resilience, and family spirituality was the weakest predictor of family resilience. In addition, marital positive conflict resolution, marital positive communication and marital satisfaction were individually found to be partial mediators between the relationship of family commitment and conflict resolution on family resilience.

(313 words)

Introduction

1.1 Background

Families are regarded as the foundation of society in Singapore, a message that has been emphasized to its citizens. Over the last decade, the Singaporean government has implemented policies to promote a strong nuclear family unit by encouraging the formation of closely-knit three-generation familial units and more children. Furthermore, the government has introduced more grants that reduce the cost of caregiving. (Huang, 2015). With the government's efforts to promote strong family ties, there has been a falling number of marital dissolutions in Singapore across the years, in which average annual number of marital dissolutions from 2018 to 2022 was 7,385, which is slightly less than the average of 7,509 seen in the five years prior (SingStat, 2022).

Regardless, there remains a need to strengthen families given the impact divorce can have on the nuclear family unit. This research study therefore adopts a Family-Strengths Perspective, which argues that instead of focusing on family problems, families should aim to "(restore) them to their proper place in life: as vehicles for testing our capacities as families and reaffirming our vital human connections with each other" (Defrain et al., 2007). Importantly, viewing families from a strengths-based perspective emphasises that families should be viewed for its internal family functioning to promote positive relationships and support healthy child development (Defrain et al., 2007). Family strength is therefore likened to the concept of family resilience, which is described by Walsh (1998) as the capacity to rebound from adversity strengthened and more resourceful (Lietz, 2006). This process of resilience can be viewed as "a balance between the use of internal and external family resources for coping and adapting to life events and planning for the future" (Trivette et al., 1990) to maintain a balance across all life stages (McCubbin, 1993). Therefore, this paper defines family strength/resilience as the set of relationships and processes that support and protect family members,

specifically during times of change, that represent core communicative processes and relationships which serves as coping mechanisms and resources during adversity (Schrodt, 2009).

Resilient families are described in family research as families who display a positive outlook, spirituality, flexibility, family communication, financial management, family time, shared recreation, routines and rituals, and support networks (Black & Lobo, 2008). During times of stress (i.e., Covid-19) a review of the literature by Gayatri and Irawaty (2022) found that practicing gratitude, engaging in positive activities together, having faith-based practices, and healthy communication has built a sense of togetherness, trust, cohesion, and happiness as adaptive coping strategies to respond to crisis. Therefore, this paper seeks to build further corroborating evidence on this relationship of key family relational processes such as family commitment (i.e., displaying co-operation and mutual support to tackle crises together (Benzies & Mychasiuk, 2009)), family conflict resolution and family spirituality, and how these relate to family resilience. Such factors seem to build family resilience regardless of family background – for example, Bhana and Bachoo (2011) noted that when financially poor families display high levels of warmth, affection, and emotional support for each other, their children perform much better in school and are more likely to proceed into university and improve their life opportunities.

Family strength is also related to marital satisfaction – given that the family unit is broadly defined as any combination of two or more persons who are brought together over time by ties of mutual consent, birth and/or adoption who, together, assume responsibilities for family functions. A secure, loving dyadic relationship in two-parent families marked by high quality communication between couples is found to provide a consistent, healthy environment for child social and cognitive development (Benzies & Mychasiuk, 2009). Family resilience is thus strengthened by the capacity of parents to deliver a competent and quality level of parenting to children despite the presence of risk factors (Gavidia-Payne et al., 2015; Greeff & Du Toit, 2009).

Despite establishing the relationships between marital satisfaction and family resilience, little is known about the relationship between family and marital factors (i.e., family commitment, conflict resolution, marital satisfaction) and their influence on family resilience. For example, Panoi and Turliuc (2018) found that for married couples and for those who live together, there is a very strong negative correlation between marital stress and family resilience – yet it remains unknown the mechanisms and processes behind these relationships. Likewise, although family strength is seen as a mechanism in maintaining a balance across all life stages (McCubbin, 1993), there has been a lack of studies that investigate how family processes transition across the family life cycle (Dallos & Draper, 2015).

Locally, the literature on strong families and marriages are only limited to cross-sectional descriptive data on the attitudes of Singaporeans. Mathews and Straughan (2015) outlined some attitudes of strong families amongst Singaporeans: i) satisfaction with marriage and family, ii) close family ties, iii) intergenerational contact, iv) ability to mobilize family for social support and v) strong family values. In a study on the Singapore family conducted by Stella Quah in 1999, marital relations (i.e., consensus, cohesion, affection, and division of home duties) were found to be influenced by education, age, and the family life cycle to some extent. Quah (1999) also presented a list of stressors (i.e., a lack of recreation) and help-seeking methods (i.e., seeking help from neighbors) adopted by respondents in overcoming challenges. Despite these findings, there remains a gap in understanding the processes and relationships involved between marital and family factors in predicting family resilience across family life stages.

The Present Study

This paper is part of a broader study that aims to bridge the gap in understanding the key factors that contribute to strong family functioning, particularly in terms of relationships, communicative and help-seeking processes across different life stages. This aspect of family strength research is currently understudied in Singapore, and the findings from this study will provide valuable insights into how families can enhance their relationships to promote stronger and more resilient family units. By

identifying the factors that contribute to family strength with Singaporeans, including help-seeking behaviours of families, this study will also help to inform interventions and programs aimed at promoting healthy family dynamics locally.

The study utilises a mixed methods approach that takes place in across three phases. Firstly, it uses an exploratory design to qualitatively explore the concept of strong families and marriages amongst Singaporeans. This then builds onto a secondary quantitative phase connected to the initial qualitative results (Clark et al., 2008). Taken together, the third and final phase of this study will comprise of an in-depth qualitative exploration with family service practitioners on whether the findings can be translated to practice and to uncover new resources that social service agencies like Catholic Family Life can adopt in supporting the building of strong families and marriages.

1.2 Phase 1: Preliminary Findings of Qualitative Interviews

The first qualitative phase sought to understand perceptions of Singaporeans on the factors that strengthens or threatens strong families and marriages, and how do families navigate challenges through their relationships and communicative processes while using their internal and external family resources. See Figure 1 (Appendix C) for a summary of the major themes mentioned across interviews with 47 participants. Importantly, Figure 1 presents a conceptual framework for the present paper illustrating family, marital and personal factors predicting family resilience.

Notably, the findings from Phase 1 support the definition of family strength defined by the set of relationships and processes that support and protect family members, specifically during times of change, that represent core communicative processes and relationships (Schrodt, 2009). In investigating family processes/relationships especially in the Singaporean context, Phase 1 presented an overview of: a) conflict resolution strategies (i.e., emotional regulation, addressing conflict without criticising each other) and b) ideas of family commitment (i.e., continued efforts to make time for the family) that were adopted and acknowledged as useful daily practices in promoting family strength. To overcome challenges, families orientated towards internal (i.e., religiosity, self-reliance) and

external resources (i.e., using the internet, relying on experts, praying) to build resilience (i.e., having at least one social support, taking charge of their circumstance). As such, the outcomes of strong families are indicated by family resilience – the continued growth of relationships within families, knowing each other more intimately and being able to communicate more effectively through crises throughout the family life cycle.

1.3 Phase 2: Investigating the Predictors of Family Strength across Family Life Stages

The first phase of the study delved into the notion of strong marriages and families among people in Singapore through qualitative means. In the second phase of the study, it then seeks to ascertain the frequency of these ideas, their variation across participant characteristics, and their link with family outcomes. By integrating the concepts into a supplementary quantitative phase connected to the primary qualitative findings, the overall research can achieve this objective (Clark et al., 2008). To gauge the impact of the themes identified in Phase 1 and the relation of these factors in influencing family strength/resilience, they are mapped onto a quantitative questionnaire adopted in this paper, by inspiring key constructs and measures of family/marital strength that are most closely associated with the themes.

1.4.1 Aim of This Paper

Pertinent to the Phase 2 of the study, this paper aims to understand the state of Singaporean families and understand factors that can strengthen and threaten family strength across family life stages. This paper seeks to answer three research questions in extending the findings from Phase 1:

1) What is the state of Singapore families based on the aspects of family life valued in Singapore?

2) What are the challenges that are experienced by families in Singapore? How do these challenges differ based on family profiles?

3) What are the factors that are associated with strong relationships in families? How are these factors different or similar across family profiles?

A questionnaire is developed and administered cross-sectionally to a sample of 2589 participants who were sampled purposefully. Findings from this study will ascertain the findings conjured from Phase 1, as well as develop a deeper understanding of the state of Singaporean families and what makes families more resilient.

Method

The study was approved by the Institutional Review Board, Agency for Integrated Care - IRB Reference No: 2021-010.

2.1 Participants

All participants (N = 2589) were recruited either through Catholic Family Life's official social media channels (n = 332, 12.8%) or from an external fieldwork market research agency (n = 2257, 87.2%). All participants attempted the questionnaire online, of which majority of participants (n = 1422, 54.9%) were administered the questionnaire in-person via a third-party administrator using a tablet, and the remaining (n = 1167, 45.1%) accessed the questionnaire through official web channels. Note that the third-party administrator does not have access to the participants data. Participants who completed the survey in person via a third-party administrator received a cash incentive of no greater than $5, and these participants were sampled via purposeful sampling to achieve a more well-balanced participant demographic. All participants interviewed were above 21 years old and are Singaporean or Permanent Resident.

2.2 Procedure

This study employed a cross-sectional design, using self-report questionnaires about their demographic information, family strength and processes, marital satisfaction and communication, and personal help seeking preferences and stressors.

Before taking part in the study, all participants were given an online participant information sheet (see Appendix A1) which informed them about the purpose of the study with an option to

discontinue their voluntary participation at any time with no penalties. All participants were given an option to acknowledge their consent for participation by clicking on "I consent to participate".

Upon receiving the participants' consent to take part in this study, participants were asked to complete an online self-report questionnaire (see Appendix A2). The questionnaire was hosted on Qualtrics as a full online study. All participants were anonymized and de-linked with a participant code.

2.3 Measures

All measures in the questionnaire were self-reported and administered in English via the Qualtrics survey platform. Participants had to answer all questions about their demographics, family strength and processes (Walsh Family Resilience Questionnaire; the Family Adaptability and Cohesion Evaluation Scale; Family Conflict Resolution Scale; Spiritual Perspective Scale-Family Version), marital satisfaction and communication (Dyadic Adjustment Scale; Self-perceived Communication in the Couple Relationship; Romantic Partner Conflict Scale), and personal help seeking preferences and stressors.

2.3.1 Demographic Information

All participants were asked about their age, gender, ethnicity, religion, present type of housing (i.e., HDB, private property, rental housing etc.), highest educational qualification, and marital status (i.e., status of relationship, length of marriage). Family demographic information such as the number of children they have (if applicable) was also collected.

2.3.2 Strong Families

2.3.2.1 Family Resilience is measured by Walsh Family Resilience Questionnaire (WFRQ; Walsh, 2015). The WFRQ is a 32-item instrument with a five-point Likert scale ranging from 1 ("*rarely/never*") to 5 ("*almost always*") in which participants were asked how their families deal "with crises and ongoing challenges." Of the 28 items, 12 items assess belief systems - giving meaning to adversity, positive outlook, transcendence, and spirituality; six items assess organizational patterns - the process of

flexibility in reorganising the family system, having mutual support and cooperation within the family towards a common goal, and mobilising social and economic resources; and 10 items assessed communication/problem-solving − a clarity of communication, open emotional expression, cooperation in problem solving. A higher overall family resilience score indicates greater family resilience. Finally, the internal consistency of all 32 items comprising of the overall construct of family resilience was high (α = .94; Duncan et al., 2021). In this study, item 10 ("We draw on spiritual resources (religious or non-religious) to help us cope well.") was removed on the basis that the item was as ill-fitted to other items in the scale which was then reflected by low inter-item correlation (r = <0.4), and the scale yielding an improved internal consistency (α = .94) if the item was removed.

2.3.2.2 Family Commitment is measured by the balanced cohesion in the Family Adaptability and Cohesion Evaluation Scale (FACES-IV; Olson, 2011). The balanced cohesion subscale contains seven items (e.g., "Family members like to spend some of their free time with each other"). All items are ranked on a five-point Likert scale ranging from 1 ("*Strongly Disagree*") to 5 ("*Strongly Agree*"). A higher score for the balanced cohesion subscale indicates greater family commitment. The subscales have demonstrated good internal reliability (α = .89; Olson, 2011).

2.3.2.3 Family Conflict and Resolution is measured by the positive conflict resolution subscale in the Family Conflict Resolution Scale (FCRS; Roskos et al., 2010). All 11 items (e.g., "In my family, when we disagree on issues, we can come to a resolution/solution") on the subscale scale are rated on a 7-point Likert-scale from 1 = *never* to 4 = *sometimes, not good* to 7 = *always*. Items are summed, with higher scores indicating higher levels of conflict resolution. The FCRS scale is reported to have good internal consistency (α = .87; Roskos et al., 2011).

2.3.2.4 Family Spirituality is measured by the Spiritual Perspective Scale-Family Version (SPS-FV; Taylor et al., 2021) which measures perceptions of family spirituality in terms of family spiritual beliefs and family spiritual behaviours. The spirituality beliefs subscale contains six items (e.g., "Spirituality is a significant part of my family's life") and spiritual behaviors subscale contains four

items ("In talking with family, how often do you mention spiritual matters?") rated on a six-point Likert scale ranging from 1 ("*strongly disagree or not at all*") to 6 ("*strongly agree or about once a day*"). Higher scores on the family spirituality scale indicate having more spiritual beliefs and activities occurring within the family. The SPS-FV has demonstrated good internal consistency (α = .97; Taylor et al., 2021).

2.3.3 Strong Marriages

2.3.3.1 Marital Satisfaction is measured by the Dyadic Adjustment Scale (DAS-7; Sharpley & Cross, 1982). The DAS-7 contains Items 8, 10, 11, 25, 27, 28, 31 from the original DAS and measures the following characteristics: a) Dyadic Consensus (items 8, 10, 11) – agreement between partners on matters important to the relationship; b) Dyadic Cohesion (items 25, 27, 28) – common interests and activities shared by the couple; and c) Dyadic Satisfaction (item 31) – the amount of tension in the relationship and commitment to its continuance. All 7 items are rated on a six or five-point Likert scale, with higher scores indicating greater marital satisfaction. The DAS-7 scale is reported to have good internal reliability which remains consistent in subsequent reliability and validity studies (α =.76 to .96; Sabourin et al., 2005). To note that only married, divorced, and separated respondents responded to this scale.

2.3.3.2 *Marital Positive Communication Patterns* are measured by the positive communication subscale of Self-perceived Communication in the Couple Relationship (SCCR; Iglesias et al., 2019). The four-item scale measures positive communication styles – in which people transmit their thoughts and feelings to their partners, show affection, are open, friendly, cooperative, attentive, understanding, and communicative with their partners. All items (e.g., "usually express my opinion and my desires to my partner") are measured with a four-point Likert scale from 1 ("*Strongly Disagree*") to 4 ("S*trongly Agree*"), with higher scores indicating positive communication styles. The SCCR scale is reported to have good internal consistency (α =.75; Iglesias et al., 2019). To note that only married, divorced, and separated respondents responded to this scale.

2.3.3.3 Marital Conflict Resolution is measured by the Romantic Partner Conflict Scale (RPCS; Zacchilli et al., 2009), that measures the following constructs: Compromise (14 items; "We try to collaborate so that we can reach a joint solution to conflict."; α = .95), Domination (6 items ; "I try to take control when we argue."), Avoidance (3 items; "My partner and I try to avoid arguments."), Submission (5 items; "When we have conflict, I usually give in to my partner"), Separation (5 items; "When we experience conflict, we let each other cool off before discussing it further."), and Interactional Reactivity (6 items ; "My partner and I have frequent conflicts."). All 39 items are rated on a five-point Likert Scale from 0 ("*Strongly Disagree*") to 4 ("S*trongly Agree*"). In this study, as ascertained by a confirmatory factor analysis, higher scores on the reactivity and domination subscales indicate high negative conflict resolution, and higher scores on the compromise, avoidance, submission, separation subscales indicate high positive conflict resolution. The RPCS has a good internal consistency (α =.82 to .95; Zacchilli et al., 2009). To note that only married, divorced, and separated respondents responded to this scale.

2.3.4 Personal Resources

Help Seeking Orientation is asked using a scale that contains 20-items for participants to select help seeking patterns ("During stress or conflict with my family....."). These 20-items were adapted from a Study on Singaporean Families (Quah, 1999) that determines patterns of help seeking (i.e., "We face the problem head-on and try to get solutions right away") in the following domains: a) self-reliance, b) expert orientation (i.e., counsellors or teachers), c) family orientation, d) religion, e) attending workshops, f) friends and g) using the internet.

2.3.5 Experienced Stressors

Participants are asked to rank their stressors (i.e., "Select the major reasons for stress and conflict within your family over the past 3 months") using a scale that contains 16-items that were adapted from a Study on Singaporean Families (Quah, 1999) in the following domains: 1) livelihood

(i.e., financial situation), 2) marital relations (i.e., marriage), 3) personal life (i.e., social life), 4) role obligations (i.e., parenting challenges) and 5) family relationships (i.e., conflict with in-laws).

2.3.6 Mapping of Phase 1 to Phase 2

Taken together, to gauge the impact of the themes (Figure 1) identified in Phase 1, questionnaire items found in this study were selected to be most closely associated with the themes found in Phase 1. For example, in Phase 1 the major theme of "being able to discuss differences openly" was mapped onto an item 2 of the Family Conflict Resolution Scale: "In my family, we can discuss our differences openly". See Figure 2 for a detailed description of the mapping from Phase 1 to Phase 2. Given that culturally specific themes (pertaining to the category of "Characteristics of Strong Families" (i.e., intergenerational contact)) has emerged in Phase 1 (see Figure 1 in Appendix C), not all major themes from Phase 1 (identified in white, see Figure 1) were mapped by verbatim to the scales adopted in Phase 2 (see Figure 2 in Appendix C). As such, to overcome this limitation, this paper adopts a Factor Analytic Model (i.e., Confirmatory Factor Analysis) to investigate the extent of how observed/measured variables (i.e., family resilience scale) are generated by the underlying unobserved constructs (i.e., latent variables such as family strength/resilience) adopted in this paper (Kline, 2011).

2.4 Analyses

2.4.1 Data Cleaning

Data collected through online surveys might be prone to careless or inattentive (C/IE) responding. To detect C/IE responses, Curran's (2016) multiple hurdles approach was adopted, which involves a sequential identification of most-likely-invalid data according to several criteria. Firstly, participant responses that were shorter than the recommended conservative cut-off of 2 seconds per item were removed (Huang et al., 2012). This response time approach is a one-tailed analysis as there has been an absence of research which examines an appropriate cut-off for too

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slow response times (Curran, 2016). Next, a long-string analysis removed participants who gave a string of consistent responses (e.g., selecting "agree" for all responses) greater than half the length of each scale (Curran, 2016) across all scales in the questionnaire.

2.4.2 Statistical Analysis

Data was analysed using the Statistical Package for the Social Sciences (IBM Corp, 2017) and M*plus* 7.0 (Muthén & Muthén, 2017).

2.4.2.1 Research Question 1: What is the state of Singapore families based on the aspects of family life valued in Singapore?

Apart from the main themes transpired from Phase 1 qualitative interviews, this paper further extends our findings in describing the state of Singaporean families across family life stages in referencing to the conceptual model in Figure 1. As such, this segment will present descriptive statistics of the scores for each factor (i.e., scores of family resilience) across the family life stages (i.e., single, married 0-5 years, married 6-10 years, married 11-20 years, married more than 20 years and single again).

2.4.2.2 Research Question 2: What are the challenges that are experienced by families in Singapore? How do these challenges differ based on family profiles?

A One-way ANOVA between groups was used to test the differences between total stress and total help seeking scores across the family life stages and separately with educational levels (i.e., secondary and below, post-secondary, tertiary). Education is used in this paper as a proxy for social economic status – given that educational levels are closely related to income. For example, Singaporeans in their 20s and 30s who have a university degree or post-graduate degree earn a median salary of $4,200 a month – more than double the $2,000 that those with secondary and lower education and those with Institute of Technical Education (ITE) qualifications earn (Dhamani, 2008; Mukhopadhaya, 2003; Tan, 2022). In this study, the assumption for homogeneity of variance was violated, as such the Kruskal–Wallis one-way analysis of variance and Dunn's post hoc tests were employed for pair-wise comparisons between means if applicable. To compliment the quantitative

findings, descriptive data ranking the top 3 stressors and help seeking methods were presented across the family life stages and educational levels.

2.4.2.3 Research Question 3: What are the factors that are associated with strong relationships in families? How are these factors different or similar across family profiles?

The main analyses involved confirmatory factor analysis (CFA) and structural equation modelling (SEM). Typically, the researcher posits an a priori factor structure of the measures (in CFA) or hypothesizes a model that depicts structural relationships of latent factors (in SEM). The researcher then tests the validity of a solution based on the fit of the posited factor structure or the hypothesized structural relationships by showing that: (a) the solution is well defined, (b) the parameter estimates are consistent with theory and a priori predictions, and (c) the subjective indices of fit are conventionally acceptable (McDonald & Marsh, 1990). Maximum likelihood with robustness to non-normality and non-independence of observations (MLR; Muthén & Muthén, 2017) was the method of estimation used for the CFA and SEM in this study as it is generally regarded as a robust method with moderate to large sample sizes (see Hoyle, 1995).

In evaluating the fit of the data to hypothesised models in CFA and SEM, a range of goodness-of-fit indices were assessed. Following recommendations on establishing model fit (e.g., Marsh et al., 2004), the Comparative Fit Index (CFI), the Non-Normed Fit Index (NNFI), the Root Mean Square Error of Approximation (RMSEA), the Chi-Square test statistic, and an evaluation of parameter estimates were used in the present research to assess model fit. The RMSEA index is less affected by sample size and values at or less than .08 and .05 are taken to reflect acceptable and excellent fit respectively (Yuan, 2005). The NNFI and CFI vary along a 0-to-1 continuum in which values at or greater than .90 and .95 are typically taken to reflect acceptable and excellent fit to the data respectively (McDonald & Marsh, 1990). The CFI contains no penalty for a lack of parsimony so that improved fit due to the introduction of additional parameters may reflect capitalization on chance, whereas the NNFI and RMSEA contain penalties for a lack of parsimony (Yuan, 2005).

The purpose of the present study is to test associations between family and marital constructs in relating to family resilience, and how these relationships vary across the family life stages. Essentially, then, it emphasizes parsimony in a bid to explore the various theoretical contentions described earlier. Hence, the primary analytical approach utilizes a higher-order technique. In the higher-order CFA and SEM, family resilience was represented by a higher order latent factor comprising of three first-order latent variables (i.e., belief systems, organisational patterns, communication and problem solving); family spirituality was represented by a higher order latent factor comprising of two first-order latent variables (i.e., spiritual beliefs and behaviours); marital conflict resolution was represented by a higher order latent factor comprising of two first-order latent variables (i.e., positive conflict resolution and negative conflict resolution); and marital satisfaction was represented by a higher order latent factor comprising of three first-order latent variables (i.e., cohesion, consensus, satisfaction). As inspired from Figure 1, the proposed SEM models are: (a) family commitment, family conflict resolution and family spirituality predict family resilience, with (b) marital satisfaction, marital positive communication and marital conflict resolution as individual mediators between the associations observed in (a). In addition, the proposed model (a) will be tested across the family life stages.

Results

3.1 Preliminary Analysis

3.1.1 Careless/Inattentive Response Removal

2589 participants attempted the questionnaire, 358 participants did not complete the questionnaire. Using the multiple hurdles approach, 31 participants were identified for their short response time and/or have given string of consistent responses. The final analysis included 2200 responses.

3.2.1 Research Question 1: What is the state of Singapore families based on the aspects of family life valued in Singapore?

Participants were recruited to represent individuals across different life stages (age groups, marital status, and length of marriage), education background, and race to provide a holistic understanding of how different families navigate through everyday family life. Descriptive statistics of participant demographics are shown in Table 1 in Appendix B.

In describing the state of families in Singapore according to the aspects of family life valued amongst Singaporeans reflected in Figure 1 (see Appendix C), Table 2 (see Appendix B) presents demographic data of family and marital scores across the family life stages. Descriptively, those married 6-10 years scored the highest scores across various factors and participants who are single again (divorced, separated, or widowed) scored highest in terms of marital negative conflict resolution (i.e., dominance and interpersonal reactivity) and lowest in marital satisfaction and positive communication.

3.2.2 Research Question 2: What are the challenges that are experienced by families in Singapore? How do these challenges differ based on family profiles?

Results of the Kruskal–Wallis one-way analysis of variance revealed significant differences in total scores for stressors and help seeking across the family life stages and education (see Table 3 for test statistics in Appendix B). Pairwise comparisons with adjusted p-values showed that there were significant differences between total stress and help seeking scores across some family life stages (see Figures A to B, see Appendix C) and all educational levels (see Figures C and D, see Appendix C). The null hypotheses that there are no significant differences in total scores for stressors and help seeking across the family life stages, and educational levels are thus rejected.

From the pair-wise comparisons, across family life stages, married couples between 0 to 20 years are the group that experience the highest number of stressors, and singles experience the lowest number of stressors[1]. Yet, married couples between 0 to 10 years and singles are the groups that adopt more help seeking strategies than those married more than 11 years and are single again. Across educational levels, stressors experienced are the highest for those educated at post-secondary level

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[1] Note that 4 out of 16 options do not apply to "Single"

and lowest for those with up to secondary level education (i.e., PSLE/N/O Level). This is mirrored in levels of help seeking, in which help seeking is highest for those educated at post-secondary level and lowest for those with up to secondary level education (i.e., PSLE/N/O Level).

Given that the mean scores for total stress and total help seeking is between 3 to 4 out of 20, Table 4 (see Appendix B) presents the top 3 rankings of stressors and help seeking strategies across life stage and education levels.

3.2.3 Research Question 3: What are the factors that are associated with strong relationships in families? How are these factors different or similar across family profiles?

3.2.3.1 Confirmatory Factor Analysis. Descriptive statistics and distributional properties for the subscales used in the study are shown in Table 5 (see Appendix B). The table shows that all the multi-item subscales were reliable ($.84 < \alpha s < .96$). The summary of factor loadings for each subscale also suggests a good fit of the model to the data (i.e., measurement model). All factor loadings ranged between .60 and .92 and were significant at $p < .001$. As such, the psychometric properties of the factors adopted in this study provide a robust and sound measurement basis upon which to conduct statistical analyses aimed at addressing the substantive questions central to the study.

A first-order CFA was first conducted to test the robustness of the dimensionality and factor structure of the subscales used. In this analysis, first-order CFAs across distinct and independent first-order factors reflect a very good fit of the model to the data, CFI = .96 to .99, NNFI = .94 to .98, RMSEA = .04 to .08 (see Table 6 for Model Fit indices in Appendix B). All factor loadings were significant at p < .001, and as presented in Table 5 (see Appendix B), the ranges and means of the loadings were acceptable. We then conducted a higher-order CFA which also yielded very good fit of the model to the data, CFI = .85 to .99, NNFI = .84 to .99, RMSEA = .05 to .07 (see Table 6 for Model Fit indices, see Appendix B). All factor loadings of the higher-order latent factor were significant at p < .001, and the ranges and means of the loadings were also acceptable. Partial correlations generated from the first order and higher-order CFAs are presented in Table 7 (see Appendix B). These preliminary correlations

support relationships proposed in the model – and justify further investigation in the SEM that controls for shared variance amongst predictors.

3.2.3.2 Structural Equation Modelling.
An examination of the fit of our data to the hypothesized model from figure 1 was then executed in which: (a) family commitment, family conflict resolution and family spirituality predict family resilience, with (b) marital satisfaction, marital positive communication and marital conflict resolution as individual mediators between the associations observed in (a). In maintaining parsimony of the models, martial factors for (b) were tested individually as mediators on Model (a). Finally, the proposed model (a) was tested across family life stages.

The relationship between family spirituality, commitment, conflict resolution and resilience were first tested (model a). This model fit the data well: $\chi2$ = (1640, N = 2200) = 9691.65, p < .0001, CFI = .91, NNFI = .91, RMSEA = .05 (see Figure 3, Appendix C). The solution was well defined, and all beta coefficients were in the expected ranges and directions that did not deviate from their correlations (see Table 7 for correlations and Figure 3 for significant beta coefficients, i.e., there was no apparent multicollinearity or suppression effect). Family commitment (β = .69, p < .001), family spirituality (β = .03, p < .001) and family conflict resolution (β = .34, p < .001) is found to be a significant predictor of family resilience.

Model (a) was then tested across family life stages and the models fit the data well (see Table 8 for Model Fit indicators). Across the family life stages, family commitment (β =.56 to .79, p < .001) and conflict resolution (β = .23 to .46 to , p < .001) are predictors for family resilience regardless of life stage, whereas family spirituality (β = .05, p < .001) is a significant predictor for family resilience only for couples married for only more than 20 years (see Figure 3.1 to 3.6 for significant beta coefficients in Appendix C). Note that only Figure 3.6 (model (a) tested on the single again demographic yielded an average fit (i.e., RMSEA = <.05) to the data. To overcome this limitation, Model (a) was then tested across the length marriage (e.g., a divorced participant with 6 years of marriage is re-categorised under length of marriage 6-10 years regardless of marital status). While the models yielded a better

fit to the data with good model fit indicators, the relationships between family commitment, family conflict resolution and family spirituality in predicting family resilience remains the same in testing Model (a) across family life stage or length of marriage (0 [single/widowed], 0-5, 6-10, 11-20, more than 20 years).

Model (b) was then tested in which marital indicators were individually tested as mediators on Model (a). Marital conflict resolution was tested as a mediator and this model also showed a good fit to the data, $\chi2 = (4625, N = 1,759) = 14511.16$, $p < .0001$, CFI = .92, NNFI = .92, RMSEA = .04 (see Figure 4). As shown in Figure 4, family commitment ($\beta = .36$, p < .001) and family conflict resolution ($\beta = .54$, p < .001) significantly predicted marital positive conflict resolution, which in turn significantly predicted family resilience ($\beta = .23$, p < .001). Family commitment has a direct link with family resilience ($\beta = .59$, p < .001), likewise family conflict resolution also has a direct link with family resilience ($\beta = .18$, p < .001). Figure 4 (Appendix C) thus suggests that marital positive conflict resolution as a partial mediator between the relationship of family commitment, family conflict resolution and family resilience.

Similarly, marital positive communication was tested as a mediator and this model also showed a good fit to the data, $\chi2 = (1874, N = 1,759) = 7596.56$, $p < .0001$, CFI = .93, NNFI = .92, RMSEA = .04 (see Figure 5). As shown in Figure 5, family commitment ($\beta = .15$, p < .001) and family conflict resolution ($\beta = .65$, p < .001) significantly predicted marital positive communication, which in turn significantly predicted family resilience ($\beta = .17$, p < .001). Family commitment has a direct link with family resilience ($\beta = .65$, p < .001), likewise family conflict resolution also has a direct link with family resilience ($\beta = .20$, p < .001). Figure 5 (Appendix C) thus suggests that marital positive communication as a partial mediator between the relationship of family commitment, family conflict resolution and family resilience.

Marital satisfaction was finally tested as a mediator and this model also showed a good fit to the data, $\chi2 = (2060, N = 1,759) = 8862.17$, $p < .0001$, CFI = .92, NNFI = .91, RMSEA = .04 (see Figure 6).

As shown in Figure 6, family commitment (β = .27, p < .001) and family conflict resolution (β = .59, p < .001) significantly predicted marital satisfaction, which in turn significantly predicted family resilience (β = .10, p < .001). Family commitment has a direct link with family resilience (β = .65, p < .001), likewise family conflict resolution also has a direct link with family resilience (β = .24, p < .001). Figure 6 (Appendix C) thus suggests that marital satisfaction as a partial mediator between the relationship of family commitment, family conflict resolution and family resilience.

All 3 tested models fit the data well (see Table 8 for Model Fit indicators, Appendix B), the solution was well defined, and all beta coefficients were in the expected ranges and directions that did not deviate from their correlations (see Table 6 for correlations and Figure 4 to 6 for significant beta coefficients, i.e., there was no apparent multicollinearity or suppression effect). Do also note that family spirituality predicted none of the marital factors, and family spirituality only has direct links to family resilience across all 3 models.

It is important to note that (a) a conservative p < .001 significance level was set to avoid capitalizing on chance in the context of the multiple parameters being estimated and the large sample and (b) that these obtained β coefficients can be interpreted in the manner of traditional effect sizes, such that a change of 1 SD in the independent variable will result in a change of .zz SD in the dependent variable (where .zz is the completely standardized beta coefficients; Liem & Martin, 2011).

Discussion

4.1 The Present Study

This paper aimed to understand the state of Singaporean families and understand factors that can strengthen and threaten family strength across family life stages, and seeks to answer three research questions:

4.1.1 *Research Question 1: What is the state of Singapore families based on the aspects of family life valued in Singapore?*

This paper presents a novel conceptual framework (Figure 1) for family strength in relation to the Singaporean context. The conceptual framework is constructed from a mixed-method study which contextualises how family commitment, conflict resolution and problem solving, and family spirituality are related to martial satisfaction, marital conflict resolution and marital positive communication in predicting family resilience – an outcome qualitatively defined as an indicator of family strength. Such a framework fills the gap in family theories in defining and relating family strength to family and marital factors across different demographics.

Findings from this paper also ascertained the nature of these relationships and used the conceptual model to describe the state of Singaporean families across family life stages with descriptive data. While no statistical tests were employed to ascertain these differences, the analyses in RQ3 would instead provide a more robust understanding of how these factors vary in their relationships across the family life cycle. As such, in describing the state of families, these descriptive scores may provide some benchmarks in observing the state of families in Singapore across the family life cycle.

4.1.2 Research Question 2: What are the challenges that are experienced by families in Singapore? How do these challenges differ based on family profiles?

Across family life stages, married couples between 0 to 20 years are the group that experience the highest number of stressors. This is aligned with Singstats' reported median duration of marriage amongst divorced individuals in 2022 – in which the median duration of marriage among those divorced was 11.8 years for civil divorces and 8.1 years for Muslim marriages. Yet, help seeking peaks for those married between 0 to 10 years and are higher amongst singles. Therefore, in explaining the deviation between experienced stressors and levels of help seeking for those single (i.e., low number of stressors and high number of help seeking strategies) or married 11-20 years (i.e., high number of stressors and low number of help seeking strategies), it may be the case that help-seeking might be higher for groups which are younger regardless of the number of stressors experienced.

Across educational levels, stressors experienced are the highest for those educated at post-secondary level and lowest for those with up to secondary level education (i.e., PSLE/N/O Level). This is mirrored in levels of help seeking, in which help seeking is highest for those educated at post-secondary level and lowest for those with up to secondary level education (i.e., PSLE/N/O Level). It is prudent to note that there is a disproportionate distribution of participants in terms of their highest education attainment, as such these findings might not fully reflect the experiences on the ground.

Almost majority of participants (about 50%) cited expectations for the future, household management and work as major stressors, which remained consistent regardless of family life stage and educational levels. Notably, deviations in the type of stress experienced such as physical health starts to present as a major stressor when participants are on average above 45 years old given that the age groups for those married above 20 years and those single again (divorced, separated, widowed) are above 45 years on average. Likewise, only those educated below secondary school level cited finances and physical health as major stressors.

In terms of help seeking strategies, almost the majority of participants would confide in close friends or face the problem head-on, and some might seek encouragement and support from friends. In addition, those married 0-5 years might seek information or advice from those with similar problems and those married 6-10 years might pray together. Consistent with stressors experienced, since physical health starts to present as a major stressor when participants are on average above 45 years old, this age group might start to seek advice from experts (i.e., doctors) as part of their help seeking. Likewise, finance problems may also be better supported through formal institutions and/or organizations. That is, help seeking strategies may be tied to the nature of the problems faced. In terms of differences in help seeking strategies across educational levels, those with up to secondary level education might confide in family members going through similar life stages or rely on experts/ pray together.

These findings on help seeking are consistent with the findings from the Ministry of Health (MOH, 2022) which found that Singaporeans aged 18 to 74 years were more willing to seek help from

informal support networks (79.9%) than healthcare professionals (56.6%) during stress. Of which, older adults aged 60 to 74 years were least willing to seek help from healthcare professionals. However, our findings differ in terms of help-seeking across educational levels, of which MOH found that those with higher educational attainment had highest levels of formal help-seeking as compared to those with post-secondary education and primary education, with primary education having the lowest levels of help-seeking.

4.1.3 Research Question 3: What are the factors that are associated with strong relationships in families? How are these factors different or similar across family profiles?

In general, family commitment is the strongest predictor of family resilience, followed by family conflict resolution, with family spirituality being the weakest predictor of family resilience. Across family life stages, family commitment and conflict resolution are predictors of family resilience throughout the life stages with family spirituality emerging as a predictor of family resilience only for those married for more than 20 years. While these findings allow a deeper understanding of the processes that builds family resilience, the findings on family spirituality are the most interesting. Presently research on spirituality across the life span indicate that spirituality and religion become more important in the later years, while it is also possible that changes in spirituality/religiosity could reflect changes in an individual's life experiences (Schultz-Hipp, 2001). As such, these findings may allude to deeper discussions from religious organisations and their roles in strengthening family life.

In looking at marital factors as mediators on the aforementioned relationship, a) marital positive conflict resolution is a likely a partial mediator between the relationship of family commitment, family conflict resolution and family resilience, b) marital positive communication is likely a partial mediator between the relationship of family commitment, family conflict resolution and family resilience and c) marital satisfaction is likely a partial mediator between the relationship of family commitment, family conflict resolution and family resilience. That is, the relationship of family commitment, family conflict resolution and family resilience is indirectly through marital positive conflict resolution or marital positive communication or marital satisfaction. In addition, family

commitment and family conflict resolution also directly predict family resilience, independent of its effect on the marital factors. These marital factors do not account for the direct relationship between family spirituality and family resilience. These findings may point towards having more up-stream approaches in building family strength – such as strengthening marriages before childbirth, and reemphasising the importance of strong marriages after childbirth, across the family life cycle.

These findings are supported by the literature on family strength that supports key family relational processes like family commitment, family conflict resolution, family spirituality, and marital satisfaction as predictors of family resilience across family life stages (Benzies & Mychasiuk, 2009; Black & Lobo, 2008; Gayatri & Irawaty, 2022; Gavidia-Payne et al., 2015). While the literature largely supports spirituality as a resource for family resilience, this paper further extends these findings to contextualise spirituality as a resource that emerges only when participants are married for more than 20 years. This is mirrored in research that emphasizes spirituality as a more important resource in later age as a means of reviewing one's accomplishments, life's meaning, and coming to terms with the end of life (McGoldrick et al., 2016). These interesting findings on spiritualty fills the gap in the literature in explaining the influence of spirituality on family resilience (Bhana & Bachoo, 2011), and further posits that only those with age (i.e., above 45) and are married (i.e., married only) view family spirituality (i.e., the common belief in a higher being along with adopting rituals and spiritual practices) as relevant in building family strength.

4.2 Strength and Limitations

The findings from this paper are robustly supported by a mixed-study methodology that ascertained the frequency of ideas emerged from qualitative interviews about the strong families, described their variation across participant characteristics, and their link with family outcomes. By integrating the concepts into a supplementary quantitative phase (i.e., Phase 1) connected to the primary qualitative findings (i.e., Phase 2, the present study), the overall research has achieved its

objective of understanding the state of Singaporean families and the factors that strengthens and threatens family strength across family life stages (Clark et al., 2008).

While defining and understanding the construct of strong families is widely undefined in the literature (Maurović et al., 2020), this limitation is overcome in Phase 1 whereby participants defined what family strength means in relation to their experiences, and this definition was built onto this paper which used family resilience as an indicator of family strength.

In addition to the substantive and applied yields described above, the study reaffirms the importance of some key methodological and measurement aspects as well. Firstly, SEM enabled us to analyse theoretically hypothesized constructs at a higher level of abstraction (i.e., higher-order level constructs) and this was particularly useful in developing a parsimonious model for directly testing the fundamental questions. Secondly, the testing of multi-group SEMs across life stages confirms the generalizability of structural relationships among constructs and demonstrated the generality of the model across family life stages (Liem & Martin, 2011).

The present study provides further information on the relationships between family and marital factors on family resilience. There are, however, potential limitations important to consider when interpreting findings and which provide directions for future research. First, all data is self-reported which might induce self-report bias. Next, although the participants in the present study were sampled from purposeful sampling to stratify the participant demographics across marital status and educational background, this paper still has a disproportionate number of participant demographics in terms of educational level and marital status. Therefore, further work is needed to determine generalizability of such findings to the wider Singaporean population. Finally, the present study was cross-sectional. Longitudinal research tracking families of various demographics across stressors and life stages is thus recommended in clarifying and uncovering possible fluctuations in the factors that emerge in times of crisis and family transitions (Rolland, 1994).

4.2 Practical Implications

Results from this study at best point towards the possibilities of strengthening a sense of family commitment and improving family conflict resolution strategies as key factors that might improve family strength across demographics. Fostering a sense of family commitment is to provide more opportunities for families to display their actions in placing quality family time as a priority and can look like making time out of their busy days to share a meal together. Building family commitment is displayed when families can spend more meaningful time together and are able to experience positive feelings and a sense of closeness post-interaction. Family conflict resolution is the having the sense of being able to express and communicate individual feelings, and in return receiving a sense of respect, acceptance, and mutual conflict resolution during family disagreements. Both family constructs allude to having positive feelings amongst family members during day-to-day activities and communication, and such can be a potential indicator of successful interventions.

Singapore families may benefit from interventions that reduces stress from household management, work, and meeting expectations over the future. In line with current government efforts, practitioners may also think of strengthening informal support networks (i.e., friends) in supporting families through crises. Family practitioners can also engage in cross-disciplinary exchanges with marital practitioners in building family resilience.

It is however prudent to note that these are preliminary recommendations of the implications of this study, further discussions on the implications on policy, education and family work should still be taken up across multi-disciplinary teams in constructing the viable solutions to build family strength in Singapore.

4.3 Conclusion

This paper is part of a broader study that aims to bridge the gap in understanding the key factors that contribute to strong family functioning, particularly in terms of relationships, communicative and help-seeking processes across different life stages. In corroborating the findings adopted from a mixed methods approach, we clarified the relationships between family commitment, family conflict

resolution, family spirituality in predicting family resilience across family life stages. This relationship was tested against marital factors in which, marital satisfaction, marital positive conflict resolution and marital positive communication were each individually found to be partial mediators between the relationships of family commitment and conflict resolution and family resilience. In terms of help seeking and stressors, in overcoming stress from household management, work, and meeting expectations over the future, the presence of informal support networks (i.e., friends) was reiterated as a key support during help seeking along with engaging in self-reliance in overcoming their challenges.

Taken together, this paper serves as a continuation of the first qualitative phase and confirms the factors and key processes of what makes families strong in the Singaporean context. The third and final phase of this study will comprise of an in-depth qualitative exploration with approximately 20-30 family service practitioners on whether the findings can be translated to practice and to uncover new resources that social service agencies like Catholic Family Life can adopt in supporting the building of strong families and marriages.

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APPENDIX A: Materials

PARTICIPANT INFORMATION SHEET

PHASE 2 – QUANTITATIVE SURVEY STUDY

Please include inputs under each heading.
(Note: Amend and delete the blue text as required)
*Please include your **version number and date** (e.g. Version 1 dated dd/mm/yyyy) on the right footer of every page of the document.*

1. **Title:** *Building Strong Families in Singapore: A Study of Family Strength and Resources (Building Strong Families)*   **AIC IRB Reference No.:** *2021-010*

2. **Principal Investigator and co-investigator(s), if any, with the contact number and organisation:**

Miss Karen Lee	*Ms Lynette Lai*	*Mr Daniel Ng*	*Ms Shirley Lee*
Principal Investigator	**Co-investigator**	**Co-investigator**	**Collaborator**
Research, Catholic Family Life	*Management, Catholic Family Life*	*Counselling, Catholic Family Life*	*Management, Catholic Family Life*
6488 0278	*6488 0278 (ext. 111)*	*6488 0278 (ext. 148)*	*6488 0278 (ext. 110)*
karen@familylife.sg	*lynette@familylife.sg*	*daniel@familylife.sg*	*shirley@familylife.sg*

3. **What is the purpose of this research?** *(Explain research briefly in layman's terms)*

   (Please start with this opening paragraph) You are invited to participate in a research study. This information sheet provides you with information about the research study. It is important that you first take time to read through and understand the information provided in this sheet.

   The Principal Investigator (the person in-charge of this research) or his/her representative will also explain this research to you and answer all of your questions. Read the information below and ask questions about anything you do not understand before deciding whether or not to take part. Consent for participation will be taken either virtually (for online sessions) or just before the interview (for face-to-face session).

   This study is carried out to understand how strong and resilient families would look like in Singapore, regardless of family life stage and family types. Catholic Family Life Limited is a charity that seeks to form, empower, and restore families at all stages of development, regardless of ethnicity or religion, via our education, formation, and counselling programmes. The core belief is that all families have strengths and the capability to face challenges and grow from it. Catholic Family Life is seeking to understand what makes a family strong, how families survive adversities, family communication patterns, the values that Singaporean families hold close, and the aspects or characteristics of strong families in Singapore, in hope that we can be able to equip families with the necessary support and resources to flourish.

   Your responses will greatly inform the service that Catholic Family Life provides to the community, and every response will provide valuable input for us to better understand, serve, and support individuals, married couples, and families.

4. **Who can participate in the research? What is the expected duration of my participation? What is the duration of this research?**
(Please state inclusion and exclusion criteria e.g. age, gender, health status etc.)

Any individual aged 21 years old and above can participate in the survey phase of our research study on Strong Families. There are no exclusion criteria for our research study. Consent will be obtained from all participants before the start of all surveys. Personal Data will be secured and protected in accordance with Catholic Family Life Limited Personal Data Policy.

The expected duration of your participation is as follow:
- Participation in one survey on aspects of family strength
- Expected to take 20 – 30 minutes per survey
- The Phase will run from September 2022 – March 2023

This research study will commence in March 2022 and will wrap up by July – August 2023. Research analysis will wrap up by December 2023.

5. **What is the approximate number of research participants involved?**
(This study will involve (insert number of participants)

The survey phase of this study will involve approximately 2,020 research participants.

6. **What will be done if I take part in this research study?**
(Please describe the research procedures to be followed by the participant)

If you take part in the study, you will be asked to fill out 1 survey on family strength – exploring aspects and characteristics related to strong families and relationships, challenges and stressors faced by families, not limited to family communication patterns, family conflict resolution, and any other areas of family life.

7. **How will my privacy and confidentiality of my research records be protected?**
*(Please **describe the extent** to which information identifying the research subject will be kept confidential.*

Participation in this research study may involve the collection of individually identifiable research data and will be kept at a minimal. Only the Principal Investigator has your personal data (e.g., names and contact information) and this will not be released to any other person, including members of the research team, during the course of the study.

Any voluntary decision to leave contact information will solely be used as an invitation to be a part of Catholic Family Life Research Database following the end of this research study. Personal data will never be used in any publication or presentation. All identifiable research data from the surveys will be removed at the earliest possible stage of the research.

All responses provided in any of our phases will be kept private and confidential and in accordance with our Personal Data Protection Policy. Catholic Family Life may distribute aggregated statistical information to the Board of Directors and our grant funding organisations for reporting purposes. All data will be anonymised, and no individual will be identified in any reports.

All data collected will be stored securely in a local database accessible only by the Research staff at Catholic Family Life. Any downloaded data for analysis purposes will be password protected, with added security measures, such as anti-virus software, taken by the organisation to prevent data leakages. Catholic Family Life may retain the responses and the individual's personal data for as long as it is necessary to fulfil the research and analysis purposes, up to ten years.

As Catholic Family Life is working to build a long-term research database to track families' growth and utilisation of family strength and other areas related to family life, participants will be offered the option of retaining their personal data so that Catholic Family Life may recontact them for future studies, not limited to the tracking of family strength and family dynamics. Participants who have given their approval will have their data transferred to the Catholic Family Life Research database at the end of this study. These data will be stored indefinitely and with no identifiers other than primary and secondary participant IDs and will be stored on computers and portable password protected devices.

8. **What are the possible discomforts and risk for participants?**
   (Please provide other details, where relevant)

   There are minimal discomforts in taking part in the surveys.

   There are no perceived risks for participants in this research study.

9. **What is the compensation for any injury?**
   (Please state the compensation and/or treatment available to the research participant in the event of research-related injury. If no injury and/or compensation are expected, it should be explicitly stated)

   No injury and/or compensation are expected from the participation in this research study.

10. **What are incidental findings that may arise from this research?**
    "Incidental findings" are findings that have potential health or reproductive importance to research participants like you/your child and are discovered in the course of conducting the study, but are unrelated to the purposes, objectives, or variables of the study. There will not be any incidental findings arising in this research.

11. **What is the cost involved for participating in this research?**
    (Please provide details if there are anticipated expenses the participant is likely to incur as a consequence of participating in this research)

    There are no anticipated expenses for the participants while participating in the surveys.

12. **Will there be reimbursement for participation?**

You will not receive any reimbursement for your participation in this study.

13. **What are the possible benefits to me and to others?**

There is no direct benefit to you by participating in this research study. The knowledge gained may benefit the public in the future via our programmes, services, and resources for yourself, other individuals, married couples, and families. Other benefits from this study may include educational videos and family resource packs that will be made available at the end of the study. The findings will serve to inform the development of resources and services to serve the broad range of families within the community in the services provided by Catholic Family Life.

14. **Can I refuse to participate in this research?**

Yes, you can. Your decision to participate in this research study is voluntary and completely up to you. You can also withdraw from the research at any time without giving any reasons and without any consequence whatsoever, by informing the Principal Investigator. Any research data obtained before the consent is withdrawn may be retained and used for research.

In the event of any new information becoming available that may be relevant to your willingness to continue in this study, you (or your legally acceptable representative, if relevant) will be informed in a timely manner by the Principal Investigator or his/her representative. There will be no other circumstances under which the participants or his/her legally acceptable representative will be contacted for further consent.

15. **Whom should I call if I have any questions or problems?**

Please contact the Principal Investigator, **Karen Lee** at **6488 0278** and **research@familylife.sg** for all research-related matters in the event of research-related injuries.

For an independent opinion regarding the research the rights of research participants, you may contact a staff member of the Agency for Integrated Care Pte Ltd Institutional Review Board (Attn: AIC IRB Secretariat at 66321197 / 66036926 or email IRB@aic.sg).

CONSENT FORM

Please include inputs under each heading. (Note: Amend and delete the blue text as required)
For clauses starting with "(If applicable)", please delete if they do not apply to your research.
*Please include your **version number and date** (e.g. Version 1 dated dd/mm/yyyy) on the right footer of every page of the document.*

Title: *Building Strong Families in Singapore: A Study of Family Strength and Resources (Building Strong Families)*

Principal Investigator with the contact number and organisation:

> *Miss Karen Lee*
> **Principal Investigator**
> *Research, Catholic Family Life*
> *6488 0278, research@familylife.sg*

I hereby acknowledge that:

1. I voluntarily consent to take part in this research study.

2. I have fully discussed and understood the purpose and procedures of this study.

3. I have been given enough time to ask any questions that I have about the study, and all my questions have been answered to my satisfaction.

4. I have been informed that participation in this research study involves the collection of my individually identifiable research data.

5. I may be contacted for further consent, including but not limited to changes in the proposed research.

6. I can withdraw from the research at any point of time by informing the Principal Investigator and all my research data obtained prior the consent withdrawal may be retained and used for research.

7. I will not have any financial benefits that result from the commercial development of this research.

8. I ***consent / do not consent*** to have the coded data made available for future research studies. This will be subject to an Institutional Review Board's approval.

9. By participating in this research study, I confirm that I have read, understood and consent to **Catholic Family Life's** Personal Data Protection Notification.

*please delete as appropriate

☐ I hereby acknowledge that I have read and understood the above information and give my acknowledgement and consent to Catholic Family Life to use my personal data in accordance with Catholic Family Life Personal Data Policy.

☐ I have agreed to participate in this survey.

Consent to be included into Catholic Family Life Research Database (contact for future research studies)

☐ Yes, I agree to have my personal data included in Catholic Family Life Research Database following the closure of this study.

Name _____

Last 4-Digits and letter of NRIC (Sxxx1234A) _____

Email Address 1 (Main) _____

Email Address 2 _____

Mobile Number _____

Home Number _____

Postal Address _____

Note: The last 4 digits and last letter of your NRIC is to enable tracking and matching of personal information for re-contacting purposes only.

☐ No, I do not agree to have my personal data included in Catholic Family Life Research database.

Are you aged 21 and Are you aged 21 and above?

◯ Yes (1)

◯ No (2)

Skip To: End of Block If Are you aged 21 and above? != Yes

- -

Q54 Are you Singaporean or PR?

◯ Yes (1)

◯ No (2)

Skip To: End of Block If Are you Singaporean or PR? != Yes

End of Block: Screener Questions

Start of Block: Consent Form

Q1 **Building Strong Families in Singapore: A Study on Family Strength and Resource**
AIC IRB Reference No.: 2021-010

Objective of Study: to understand family life in Singapore, areas of challenges, and factors that are associated with strong relationships in Singapore.

Who can participate: Any individual **aged 21 years old and above** can participate in the survey phase of our research study, and there are no exclusion criteria for our study.

Right to Refuse or Withdraw: Participation is voluntary, and you may withdraw from the research at any time without giving any reasons and without any consequence whatsoever.

Benefits: There is no direct benefit associated with participating in this study. However, the knowledge gained from the study may benefit the public in the future via our programmes, services, and resources for yourself, other individuals, married couples, and families.

Risks: There are no perceived risks for participants in this research study.

Anonymity and Confidentiality: Participation in this research study may involve the collection of individually identifiable research data and will be kept at a minimal. Only the Principal Investigator has your personal data (e.g., names and contact information) and this will not be released to any other person, including members of the research team, during the course of the study.

Duration of Survey: This survey will take approximately 15 - 25 minutes to complete.

All responses provided in any of our phases will be kept private and confidential and in accordance with our Personal Data Protection Policy. Catholic Family Life may distribute aggregated statistical information to the Board of Directors and our grant funding organisations for reporting purposes. All data will be anonymised, and no individual will be identified in any reports.

Contact Person at Catholic Family Life: Please contact the Principal Investigator, Karen Lee at 6488 0278 (ext.

115) and research@familylife.sg for all research-related matters in the event of research-related injuries.

Should you have questions on participants' rights in the study, please contact: Agency for Integrated Care Pte Ltd Institutional Review Board (Attn: AIC IRB Secretariat at 66321197 / 66036926 or email IRB@aic.sg).

You may download the full Participant Information Sheet and PDPA Policy at https://www.familylife.sg/cflresearch.

✳

Q2 I hereby acknowledge that:
1. I voluntarily consent to take part in this research study.
2. I have fully discussed and understood the purpose and procedures of this study.
3. I have been given enough time to ask any questions that I have about the study, and all my questions have been answered to my satisfaction.
4. I have been informed that participation in this research study involves the collection of my individually identifiable research data.
5. I may be contacted for further consent, including but not limited to changes in the proposed research.
6. I can withdraw from the research at any point of time by informing the Principal Investigator (post-completion of the survey) or voluntarily exiting the survey, and all my research data obtained prior the consent withdrawal may be retained and used for research.
7. I will not have any financial benefits that result from the commercial development of this research.
8. I consent to have the coded data made available for future research studies. This will be subject to an Institutional Review Board's approval.
9. By participating in this research study, I confirm that I have read, understood and consent to Catholic Family Life's Personal Data Protection Notification.

☐   I hereby acknowledge that I have read and understood the above information and give my acknowledgement and consent to Catholic Family Life to use my personal data in accordance with Catholic Family Life Personal Data Policy. (1)

Q2.1

☐   I have agreed to participate in this survey. (2)

End of Block: Consent Form

Start of Block: Demographics
Page Break

Q6 Which age group do you belong to?

○ 21 - 24 years old (1)

○ 25 - 29 years old (2)

○ 30 - 34 years old (3)

○ 35 - 39 years old (4)

○ 40 - 44 years old (5)

○ 45 - 49 years old (6)

○ 50 - 54 years old (7)

○ 55 - 59 years old (8)

○ 60 - 64 years old (9)

○ 65 - 69 years old (10)

○ 70 years old and above (11)

X→

Q7 I identify as a...

○ Female (1)

○ Male (2)

○ Others (3) _____

Q8 What is your ethnicity?

○ Chinese (1)

○ Malay (2)

○ Indian (3)

○ Others (4)

Q9 What is your religion?

○ Buddhist (1)

○ Christian (2)

○ Hindu (3)

○ Islam (4)

○ Roman Catholic (5)

○ Taoist (6)

○ No Religion (7)

○ Others (8) _____

Q10 What housing type do you live in?

○ 1-room / 2-room HDB Flat (1)

○ 3-room HDB Flat (2)

○ 4-room HDB Flat (3)

○ 5-room HDB Flat and Executive Flats (4)

○ Condominium and Other Apartments (5)

○ Landed Properties (6)

○ Others (7)

Q11 What is your employment status?

○ Employed (1)

○ Unemployed (2)

○ Self-employed (3)

○ Student (4)

○ Retiree (5)

Q12 What is your highest education obtained?

○ No Formal Education (1)

○ PSLE and Below (1)

○ GCE 'O'/'N' Levels (1)

○ GCE 'A' Levels / ITE Nitec and Higher Nitec / Diploma (2)

○ Bachelor's Degree (3)

○ Post-Graduate (Post-Graduate Diploma, Masters, Doctorate, PhD) (3)

Q13 Which of the following best describes the family that you were raised in (e.g., throughout majority of your childhood)?

○ Nuclear Household (Couple + Children) (1)

○ Single-Parent Household (2)

○ 3-Generation Household (Grandparents + Parents + Children) (3)

○ Blended Family (Couple + Children the couple have together + Children from previous marriage(s) if any) (4)

○ Others (5) _____

Q14 Which of the following best describes the family that you are currently staying with?

○ Nuclear Household (Couple + Children) (1)

○ Single-Parent Household (2)

○ 3-Generation Household (Grandparents + Parents + Children) (3)

○ Blended Family (Couple + Children the couple have together + Children from previous marriage(s) if any) (4)

○ Married without Co-residing Children (i.e., Children have moved out, or childless) (6)

○ Others (5) _____

Q15 Please indicate the family members who share the same religion as you. Tick all that applies.

☐ My Father (1)

☐ My Mother (2)

☐ My Spouse (3)

☐ All of My Siblings (4)

☐ Some of My Siblings (5)

☐ My Father-in-law (6)

☐ My Mother-in-law (7)

☐ All of My Children (8)

☐   Some of My Children (9)

☐   No family members share the same religion as me (10)

Q27 What is your current marital status?

○ Single (1)

○ Married/ Re-married (2)

○ Separated (3)

○ Divorced (4)

○ Widowed (5)

Q20 How many children do you have?

○ 0 (0)

○ 1 (1)

○ 2 (2)

○ 3 (3)

○ 4 (4)

○ 5 (5)

○ 6 and more (6)

Q21 How old is/are your child(ren)? Tick all that applies.

☐   0 - 6 years old (1)

☐   7 - 12 years old (2)

☐   13 - 16 years old (3)

☐   17 - 18 years old (4)

☐   19 - 25 years old (5)

☐   26 years old and above (6)

Q28 What is the current length of your marriage?

○ 0 - 5 years (2.5)

○ 6 - 10 years (8)

○ 11 - 15 years (15.5)

○ 16 - 20 years (15.5)

○ 21 - 25 years (20)

○ 26 - 30 years (20)

○ 31 - 35 years (20)

○ 36 - 40 years (20)

○ >40 years (20)

Q30 What was the length of marriage up till point of separation/divorce/widowed?

○ 0 -5 years (2.5)

○ 6 - 10 years (8)

○ 11 - 15 years (15.5)

○ 16 - 20 years (15.5)

○ 21 - 25 years (20)

○ 26 - 30 years (20)

○ 31 - 35 years (20)

○ 36 - 40 years (20)

○ > 40 years (20)

Q29 Please indicate your spouse's/partner's highest education attained, if applicable.

○ No Formal Education (1)

○ PSLE and Below (1)

○ GCE 'O'/'N' Levels (1)

○ GCE 'A' Levels / ITE Nitec and Higher Nitec / Diploma (2)

○ Bachelor's Degree (3)

○ Post-Graduate (Post-Graduate Diploma, Masters, Doctorate, PhD) (3)

End of Block: Demographics

Q16 Select the major reasons for stress and conflict within your family over the past 3 months

☐ Financial situation (1)

☐ Employment or demands at work (2)

☐ Household management (3)

☐ Expectations for the future (4)

☐ Satisfaction with life (5)

☐ Physical health (6)

☐ Relationship with your partner/spouse (7)

☐ Lack of recreation and leisure time (8)

☐ Lack of social life (9)

☐ Conflict about religion (10)

☐ Difficulty with parenting (11)

☐ Conflict with family members (i.e., such as your in-laws/ siblings) (12)

☐ Having difficulties with your personal capacity to parent (i.e., having a lack of patience/ energy) (13)

☐ Fertility (14)

☐ Communication (or lack thereof) in the home (15)

☐ Others (16) _____

Q17 During stress or conflict with my family....

☐ We face the problem head-on and try to get solutions right away (1)

☐ We seek professional counselling and help (2)

☐ We seek assistance from community agencies and programmes (3)

☐ We seek guidance from talks, workshops, or courses related to the issue(s) that we are facing (4)

☐ We get information and advice from the experts (i.e., doctors, teachers) (5)

☐ We turn to the internet for help - i.e., googling answers, reading articles (6)

☐ We seek advice from our parents or grandparents (7)

☐ We share our difficulties with family members going through similar life stages (8)

☐ We get advice from our religious leader (9)

☐ We attend religious services or engage in rituals (10)

☐ We participate in activities at places of worship (11)

☐ We pray together (12)

☐ We attend programs hosted by religious organizations (i.e., parenting workshop at church) (13)

☐ We ask our neighbours for assistance (14)

☐ We share our problems with our neighbours (15)

☐ We seek encouragement and support from friends (16)

☐ We share our concerns with close friends (17)

☐ We get information and advice from people with same or similar problem (18)

☐　　　We turn to community groups for support (19)

☐　　　Others (20) _____

Q22 Please indicate the degree to which you agree or disagree with each statement towards your family

	1 = Strongly Disagree (1)	Disagree (2)	3 = Neutral (3)	Agree (4)	5 = Strongly Agree (5)
Family members are involved in each other's lives. (1)	○	○	○	○	○
Family members feel very close to each other. (2)	○	○	○	○	○
Family members are supportive of each other during difficult times. (3)	○	○	○	○	○
Family members consult other family members on important decisions. (4)	○	○	○	○	○
Family members like to spend some of their free time with each other. (5)	○	○	○	○	○
Although family members have individual interests, they still participate in family activities. (6)	○	○	○	○	○
Our family has a good balance of separateness and closeness. (7)	○	○	○	○	○

Q23.1 Please indicate the degree to which you agree or disagree with each statement towards your family

	1 =Never (1)	Disagree (2)	3 = Neutral (3)	Agree (4)	5 = Almost Always (5)
Our family faces difficulties together as a team, rather than individually. (1)	○	○	○	○	○
We view distress with our situation as common and understandable. (28)	○	○	○	○	○
We approach a crisis as a challenge we can manage and master with shared efforts. (29)	○	○	○	○	○
We try to make sense of stressful situation and focus on our options. (30)	○	○	○	○	○
We keep hopeful and confident that we will overcome difficulties. (31)	○	○	○	○	○
We encourage each other and build on our strengths. (33)	○	○	○	○	○
We seize opportunities, take action, and persist in our efforts. (32)	○	○	○	○	○
We focus on possibilities and try to accept what we cannot change. (34)	○	○	○	○	○

We share important values and life purpose that help us rise above difficulties. (35)	○	○	○	○	○
We draw on spiritual resources (religious or non-religious) to help us cope well. (36)	○	○	○	○	○
Our challenges inspire creativity, more meaningful priorities, and stronger bonds. (37)	○	○	○	○	○
Our hardship has increased our compassion and desire to help others. (38)	○	○	○	○	○
We believe we can learn and become stronger from our challenges. (39)	○	○	○	○	○

Q23.2 Please indicate the degree to which you agree or disagree with each statement towards your family

	1 =Never (1)	Disagree (2)	3 = Neutral (3)	Agree (4)	5 = Almost Always (5)
We are flexible in adapting to new challenges. (1)	◯	◯	◯	◯	◯
We provide stability and reliability to buffer stresses for family members. (28)	◯	◯	◯	◯	◯
Strong leadership by parents/caregivers provides warm nurturing, guidance, and security. (41)	◯	◯	◯	◯	◯
We can count on family members to help each other in difficulty. (42)	◯	◯	◯	◯	◯
Our family respects our individual needs and differences. (43)	◯	◯	◯	◯	◯
In our immediate and extended family, we have positive role models and mentors. (29)	◯	◯	◯	◯	◯
We can rely on the support of friends and our community. (44)	◯	◯	◯	◯	◯
We have economic security to be able to get through hard times. (30)	◯	◯	◯	◯	◯
We can access community resources to help our family through difficult times. (45)	◯	◯	◯	◯	◯

Q23.3 Please indicate the degree to which you agree or disagree with each statement towards your family

	1 =Never (1)	Disagree (2)	3 = Neutral (3)	Agree (4)	5 = Almost Always (5)
We try to clarify information about our stressful situation and our options. (41)	○	○	○	○	○
In our family, we are clear and consistent in what we say and do. (42)	○	○	○	○	○
We can express our opinions and be truthful with each other. (43)	○	○	○	○	○
We can share difficult negative feelings (e.g., sadness, anger, fears). (28)	○	○	○	○	○
We show each other understanding and avoid blame. (44)	○	○	○	○	○
We can share positive feelings, appreciation, humor, and fun and find relief from difficulties. (29)	○	○	○	○	○
We collaborate in discussing and making decisions, and we handle disagreements fairly. (45)	○	○	○	○	○
We focus on our goals and take steps to reach them. (46)	○	○	○	○	○

We celebrate successes and learn from mistakes. (30)	○	○	○	○	○
We plan and prepare for the future and try to prevent crises. (31)	○	○	○	○	○

Q24 Please indicate the degree to which you agree or disagree with each statement towards your family

	1 = Strongly Disagree (1)	Disagree (2)	3 = Neutral (3)	Agree (4)	5 = Strongly Agree (5)
Family members are satisfied with how they communicate with each other. (1)	○	○	○	○	○
Family members are very good listeners. (2)	○	○	○	○	○
Family members express affection to each other. (3)	○	○	○	○	○
Family members are able to ask each other for what they want. (4)	○	○	○	○	○
Family members can calmly discuss problems with each other. (5)	○	○	○	○	○
Family members discuss their ideas and beliefs with each other. (6)	○	○	○	○	○
When family members ask questions of each other, they get honest answers. (7)	○	○	○	○	○
Family members try to understand each other's feelings. (8)	○	○	○	○	○

When angry, family members seldom say negative things about each other. (9)	◯	◯	◯	◯	◯
Family members express their true feelings to each other. (10)	◯	◯	◯	◯	◯

Q25 Please indicate below the approximate extent of agreement or disagreement for each of the following statements.

	1 = Never (1)	Rarely (2)	Occasionally (3)	4 = Sometimes (4)	Often (5)	Very Frequently (6)	7 = Always (7)
In my family, when we disagree on issues, we can come to a resolution/solution. (1)	○	○	○	○	○	○	○
In my family, we can discuss our differences openly. (2)	○	○	○	○	○	○	○
In my family, when we have an argument, we usually come to a resolution. (3)	○	○	○	○	○	○	○
In my family, when we have an argument we usually work it out. (4)	○	○	○	○	○	○	○
In my family, we can effectively communicate about issues. (5)	○	○	○	○	○	○	○
In my family, when we disagree about something, we usually come up with a solution (6)	○	○	○	○	○	○	○
In my family, when we have a disagreement, we usually come to a mutually agreeable solution. (7)	○	○	○	○	○	○	○
In my family, we tend to resolve/solve our problems in a mutually satisfying way when we have a disagreement. (17)	○	○	○	○	○	○	○
In my family, we can identify issues on which we differ. (9)	○	○	○	○	○	○	○

In my family, we usually can accept each other's differences. (10) ○ ○ ○ ○ ○ ○ ○

In my family, we can agree to disagree. (11) ○ ○ ○ ○ ○ ○ ○

X→

Q26.1 Please indicate below the approximate extent of agreement or disagreement for each of the following statements.

	1 = Strongly Disagree (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 = Strongly Agree (6)
Forgiveness is an important part of my family's spirituality (1)	○	○	○	○	○	○
My family seeks spiritual guidance in making decisions (2)	○	○	○	○	○	○
Spirituality is a significant part of my family's life (3)	○	○	○	○	○	○
My family frequently feels very close to God or a "higher power" in prayer, during public worship or at important moments in our daily lives (4)	○	○	○	○	○	○
My family's spiritual views have had an influence upon our lives (6)	○	○	○	○	○	○
My family's spirituality is especially important to my family because it answers many questions about the meaning of life (7)	○	○	○	○	○	○

X→

Q26.2 Please indicate below the approximate extent of agreement or disagreement for each of the following statements.

	1 = Not At All (1)	2 (2)	3 (3)	4 (4)	5 (5)	6 = About Once A Day (6)
In talking with family, how often do you mention spiritual matters? (1)	○	○	○	○	○	○
How often do you share the problems and joys of living according to your spiritual beliefs with your family? (2)	○	○	○	○	○	○
How often do you read spiritually-related materials to or with your family? (14)	○	○	○	○	○	○
How often do you engage in prayer or meditation with your family? (3)	○	○	○	○	○	○

End of Block: Section 3 | Family Interactions (Communication and Spirituality)

Start of Block: Section 4 | Marital Satisfaction

Page Break

Q31.1 Most people have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner/ex-partner for each item:

	0 = Always disagree (0)	1 = Almost always disagree (1)	2 = Frequently disagree (2)	3 = Occasionally disagree (3)	4 = Almost always agree (4)	5 = Always agree (5)
Philosophy of life (1)	◯	◯	◯	◯	◯	◯
Aims, goals, and things believed important (2)	◯	◯	◯	◯	◯	◯
Amount of time spent together (3)	◯	◯	◯	◯	◯	◯

Q31.2 How often would you say the following events occur between you and your partner/ex-partner?

	0 = Never (0)	1 = Less than once a month (1)	2 = Once or twice a month (2)	3 = Once or twice a week (3)	4 = Once a day (4)	5 = More often than once a day (5)
Have a stimulating exchange of ideas (1)	◯	◯	◯	◯	◯	◯
Calmly discuss something together (16)	◯	◯	◯	◯	◯	◯
Work together on a project (18)	◯	◯	◯	◯	◯	◯

Q31.3 The following represent different degrees of happiness in your relationship/previous relationship. The middle point, "happy," represents the degree of happiness of most relationships.

	Extremely unhappy (0)	Fairly unhappy (1)	A little unhappy (2)	Happy (3)	Very happy (4)	Extremely happy (5)	Perfect (6)
Please select the degree of happiness, all things considered, in your relationship/previous relationship. (1)	◯	◯	◯	◯	◯	◯	◯

Q32 Please select the number that best describes you in your relationship/previous relationship.

	1 = Strongly Disagree (1)	2 (2)	3 (3)	4 = Strongly Agree (4)
I usually express my opinion and my desires to my partner. (1)	○	○	○	○
When I have a problem with my partner I talk it through with them. (23)	○	○	○	○
I feel like I can talk to my partner about anything. (24)	○	○	○	○
When something bothers me about my partner I tell them, respecting their point of view. (25)	○	○	○	○

Q33.1 Think about how you handle conflict with your partner/ ex-partner. Specifically, think about a significant conflict issue that both of you have disagreed about recently. Using the scale below, fill in which response is most like how you handled conflict.

	0 = Strongly Disagree (0)	1 (1)	2 (2)	3 (3)	4 = Strongly Agree (4)
My partner and I collaborate to find a common ground to solve problems between us. (1)	◯	◯	◯	◯	◯
We try to collaborate so that we can reach a joint solution to conflict. (23)	◯	◯	◯	◯	◯
We collaborate to come up with the best solution for both of us when we have a problem. (24)	◯	◯	◯	◯	◯
In order to resolve conflict, we try to reach a compromise. (30)	◯	◯	◯	◯	◯
When my partner and I have conflict, we collaborate so that we are both happy with our decision. (25)	◯	◯	◯	◯	◯
The best way to resolve conflict between me and my partner is to find a middle ground. (31)	◯	◯	◯	◯	◯
Our conflicts usually end when we reach a compromise. (32)	◯	◯	◯	◯	◯

When we disagree, we work to find a solution that satisfies both of us. (33)	○	○	○	○	○
When my partner and I disagree, we consider both sides of the argument. (34)	○	○	○	○	○
We often resolve conflict by talking about the problem. (35)	○	○	○	○	○
We try to find solutions that are acceptable to both of us. (36)	○	○	○	○	○
Compromise is the best way to resolve conflict between my partner and me. (37)	○	○	○	○	○
I try to meet my partner halfway to resolve a disagreement. (38)	○	○	○	○	○
My partner and I negotiate to resolve our disagreements. (39)	○	○	○	○	○

Q33.2 Think about how you handle conflict with your partner/ ex-partner. Specifically, think about a significant conflict issue that both of you have disagreed about recently. Using the scale below, fill in which response is most like how you handled conflict.

	0 = Strongly Disagree (0)	1 (1)	2 (2)	3 (3)	4 = Strongly Agree (4)
When we have conflict, I try to push my partner into choosing the solution that I think is best. (1)	○	○	○	○	○
When we disagree, my goal is to convince my partner that I am right. (42)	○	○	○	○	○
When we argue or fight, I try to win. (23)	○	○	○	○	○
I try to take control when we argue. (24)	○	○	○	○	○
I rarely let my partner win an argument. (30)	○	○	○	○	○
When we argue, I let my partner know I am in charge. (25)	○	○	○	○	○

Q33.3 Think about how you handle conflict with your partner/ ex-partner. Specifically, think about a significant conflict issue that both of you have disagreed about recently. Using the scale below, fill in which response is most like how you handled conflict.

	0 = Strongly Disagree (0)	1 (1)	2 (2)	3 (3)	4 = Strongly Agree (4)
I avoid disagreements with my partner. (1)	○	○	○	○	○
I avoid conflict with my partner. (42)	○	○	○	○	○
My partner and I try to avoid arguments. (23)	○	○	○	○	○

Q33.4 Think about how you handle conflict with your partner/ ex-partner. Specifically, think about a significant conflict issue that both of you have disagreed about recently. Using the scale below, fill in which response is most like how you handled conflict.

	0 = Strongly Disagree (0)	1 (1)	2 (2)	3 (3)	4 = Strongly Agree (4)
When we disagree, we try to separate for awhile so we can consider both sides of the argument. (1)	○	○	○	○	○
When we experience conflict, we let each other cool off before discussing it further. (43)	○	○	○	○	○
When we have conflict, we separate but expect to deal with it later. (42)	○	○	○	○	○
When we have conflict, we withdraw from each other for awhile for a "cooling-off" period. (23)	○	○	○	○	○
Separation for a period of time can work well to let our conflicts cool down. (44)	○	○	○	○	○

Q33.5 Think about how you handle conflict with your partner/ ex-partner. Specifically, think about a significant conflict issue that both of you have disagreed about recently. Using the scale below, fill in which response is most like how you handled conflict.

	0 = Strongly Disagree (0)	1 (1)	2 (2)	3 (3)	4 = Strongly Agree (4)
I give in to my partner's wishes to settle arguments on my partner's terms. (1)	○	○	○	○	○
When we have conflict, I usually give in to my partner. (43)	○	○	○	○	○
I surrender to my partner when we disagree on an issue. (42)	○	○	○	○	○
Sometimes I agree with my partner just so the conflict will end. (23)	○	○	○	○	○
When we argue, I usually try to satisfy my partner's needs rather than my own. (44)	○	○	○	○	○

Q33.6 Think about how you handle conflict with your partner/ ex-partner. Specifically, think about a significant conflict issue that both of you have disagreed about recently. Using the scale below, fill in which response is most like how you handled conflict.

	0 = Strongly Disagree (0)	1 (1)	2 (2)	3 (3)	4 = Strongly Agree (4)
My partner and I have frequent conflicts. (1)	○	○	○	○	○
Our conflicts usually last quite awhile. (43)	○	○	○	○	○
When my partner and I disagree, we argue loudly. (42)	○	○	○	○	○
I suffer a lot from conflict with my partner. (23)	○	○	○	○	○
I become verbally abusive to my partner when we have conflict. (44)	○	○	○	○	○
My partner and I often argue because I do not trust him/her. (45)	○	○	○	○	○

End of Block: Section 4 | Marital Satisfaction

APPENDIX B: Tables

Table 1

Demographic Data Across Life Stages

		Single (*n* = 364)	Married 0-5 (*n* = 379)	Married 6-10 (*n* = 401)	Married 11-20 (*n* = 476)	Married > 20 (*n* = 503)	Single Again[2] (*n* = 77)	Total (*N* = 2200)
								N (%)
Religion	Buddhist/ Taoist	38	41	49	85	186	4	303 (13.7)
	Christian	63	60	86	91	109	21	430 (19.5)
	Hindu	53	78	76	53	37	10	307 (14.0)
	Islam	112	89	92	115	133	9	550 (25.0)
	Roman Catholic	59	47	48	69	87	19	329 (15.0)
	No Religion	32	61	49	61	51	12	266 (12.1)
	Others	7	3	1	2	0	2	15 (0.7)
Education	Secondary and below	12	23	38	33	78	16	200 (9.1)
	Post Secondary	155	156	144	147	164	24	790 (35.9)
	Tertiary	197	200	219	296	261	37	1210 (55.0)
Age	Mean	29.6	31.4	35.6	42.5	45.2	47.8	42.2
Gender	Female	187	194	205	233	267	51	1137 (51.7)
	Male	177	184	196	243	236	26	1062 (48.3)
	Others	0	1	0	0	0	0	1 (0.0)
Housing	1-room / 2-room HDB Flat	0	5	9	5	4	0	23 (1.0)

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[2] Participants who are divorced, separated or widowed

	3-room HDB Flat/ 4-room HDB Flat	201	214	188	240	177	42	1062 (48.3)
	5-room HDB Flat and Executive Flats	84	94	101	121	150	17	567 (25.8)
	Condominium/ Landed Properties	79	66	103	110	172	18	548 (24.9)
Number of Children	Mean	0	.85	1.39	.928	1.97	1.42	1.22

Table 2

Demographic Data of Family and Marriage Factors Across Family Life Stages

	Single (*n* = 364)	Married 0-5 (*n* = 379)	Married 6-10 (*n* = 401)	Married 11-20 (*n* = 476)	Married >20 (*n* = 503)	Single Again (*n* = 77)	Total (*N* = 2200)
Subscale (items)				M (*SD*)			
Family Resilience							
Belief systems (12)	44.2 (10.3)	45.9 (9.8)	46.7 (10.2)	45.8 (9.8)	45.8 (9.4)	44.2 (8.0)	42.2 (9.2)
Organizational patterns (9)	31.4 (5.5)	31.9 (5.2)	32.3 (5.47)	31.4 (6.1)	31.5 (6.2)	30.1 (5.5)	31.6 (5.8)
Communication and Problem-Solving (10)	34.5 (7.9)	35.1 (7.3)	36.1 (7.6)	35.5 (7.2)	35.5 (7.5)	34.9 (6.2)	35.4 (7.4)
Total (31)	110 (23.7)	113 (22.3)	115 (23.3)	113 (23.1)	112 (23.1)	109 (19.7)	109 (22)
Family Commitment							
Balanced Cohesion (7)	25.3 (5.0)	25.9 (4.8)	26.2 (5.3)	25.5 (5.5)	25.2 (6.0)	23.9 (5.4)	25.6 (5.4)
Family Positive Conflict Resolution							
Positive Conflict Resolution (11)	45.8 (13.2)	49.0 (11.7)	49.3 (12.3)	49.6 (11.8)	49.2 (12.3)	47.1 (11.2)	48.6 (12.3)
Family Spirituality							
Beliefs (6)	21.5 (8.6)	21.9 (8.3)	23.9 (7.8)	22.1 (7.2)	21.8 (7.5)	18.5 (7.8)	22.1 (7.9)
Behaviours (4)	11.8 (5.5)	13.1 (5.5)	14.6 (5.6)	13.2 (5.0)	12.7 (5.4)	10.1 (5.0)	13.0 (5.5)
Total (10)	33.3 (14.1)	35 (13.8)	38.5 (13.4)	35.3 (12.2)	34.5 (12.9)	28.6 (12.8)	35 (13.4)

	Single & Widowed (*n* = 399)	Married 0-5 (*n* = 379)	Married 6-10 (*n* = 401)	Married 11-20 (*n* = 476)	Married >20 (*n* = 503)	Divorced & Separated (*n* = 42)	Total (*n* = 1801)
Marital Satisfaction							
Total (7)	-	20.9 (5.8)	20.3 (6.6)	20.5 (7.2)	20.0 (7.0)	8.6 (4.4)	20.1 (6.8)
Marital Positive Communication							

Positive Communication (4)	-	11.7 (3.0)	11.4 (3.1)	11.3 (2.9)	11.2 (3.0)	8.2 (2.6)	11.3 (3.0)

Marital Conflict Resolution							
Compromise (14)	-	36.9 (11.0)	36.1 (11.1)	35.4 (11.3)	35.8 (12.0)	18.1 (6.2)	35.6 (11.6)
Domination (6)	-	10.3 (5.8)	11.7 (6.2)	12.4 (5.3)	11.0 (5.6)	13.6 (5.8)	11.4 (5.8)
Avoidance (3)	-	8.2 (2.5)	8.1 (2.3)	7.6 (2.5)	7.7 (2.7)	5.3 (2.7)	7.81 (2.6)
Submission (5)	-	10.8 (4.2)	11.3 (4.5)	10.4 (4.1)	10.0 (4.1)	8.5 (4.7)	10.5 (4.3)
Separation (5)	-	11.2 (5.2)	12.1 (5.4)	12.3 (4.1)	12.3 (4.1)	9.2 (4.3)	11.9 (4.7)
Interactional Reactivity (6)	-	9.0 (6.0)	11.0 (6.1)	10.3 (5.9)	8.6 (6.2)	17.3 (3.3)	10.1 (6.2)
Total (39)	-	86.4 (34.7)	90.3 (35.6)	88.4 (33.2)	85.4 (34.7)	72 (27)	87.3 (35.2)

Table 3

Test Statistics for Total Stress and Help Seeking across the Family Life Stage and Educational Levels

	M (SD)		F	*df*	n^2
	Total Stress	Total Help Seeking			
Total (*N* = 2200)	3.67 (2.15)	3.97 (2.63)			
Family Life Stage					
Single (*n* = 364)	2.89 (1.59)	4.25 (2.35)			
Married 0-5 (*n* = 379)	4.07 (1.83)	4.66 (2.38)			
Married 6-10 (*n* = 401)	4.11 (1.94)	4.18 (2.83)			
Married 11-20 (*n* = 476)	4.03 (2.36)	3.78 (2.60)			
Married > 20 (*n* = 503)	3.29 (2.37)	3.32 (2.93)			
Single Again (*n* = 77)	3.30 (2.47)	3.73 (2.61)			
Total Stress			23.1***	5	.05
Total Help Seeking			13.9***	5	.03
Educational Level					
Secondary and Below (*n* = 200)	2.02 (1.58)	2.55 (1.63)			
Post Secondary (*n* = 790)	4.05 (2.20)	4.43 (2.67)			
Tertiary (*n* = 1210)	3.59 (2.13)	3.91 (2.62)			
Total Stress			38.4***	2	.03
Total Help Seeking			43.8***	2	.04

Note. *** indicates a significant level of $p < 0.001$.

Table 4

Ranking of Stressors and Help Seeking Strategies across the Family Life Stage and Educational Levels

	Stressors Ranked (%)	Help Seeking Ranked (%)
Total (*N* = 2200)	1) Expectations for future (45.7) 2) Household management (44.5) 3) Employment or demands at work (43.2)	1) Confide in close friends (44.4) 2) Face the problem head-on (41.9) 3) Encouragement and support from friends (29.2)
Family Life Stage		
Single (*n* = 364)	1) Expectations for future (55.2) 2) Household management (41.8) 3) Employment or demands at work (35.4)	1) Confide in close friends (66.2) 2) Encouragement and support from friends (47.5) 3) Face the problem head-on (41.5)
Married 0-5 (*n* = 379)	1) Expectations for future (52.2) 2) Household management (51.7) 3) Employment or demands at work (49.1)	1) Confide in close friends (47.5) 2) Get information and advice from those with similar problems (39.1) 3) Face the problem head-on (37.2)
Married 6-10 (*n* = 401)	1) Household management (51.9) 2) Employment or demands at work (51.1) 3) Expectations for future (46.6)	1) Confide in close friends (37.7) 2) Pray together (35.9) 3) Face the problem head-on (35.7)
Married 11-20 (*n* = 476)	1) Employment or demands at work (47.9) 2) Household management (45.4) 3) Expectations for future (43.3)	1) Face the problem head-on (49.4) 2) Confide in close friends (42.0) 3) Encouragement and support from friends (23.1)
Married > 20 (*n* = 503)	1) Physical Health (42.7) 2) Employment or demands at work (37.0) 3) Expectations for future (35.8)	1) Face the problem head-on (44.1) 2) Confide in close friends (33.4) 3) Advice from experts (30.2)
Single Again (*n* = 77)	1) Expectations for future and Physical Health (40.3) 2) Household management (37.7) 3) Financial Situation (36.4)	1) Confide in close friends (48.1) 2) Advice from experts (45.5) 3) Face the problem head-on (39.0)

Educational Level				
Secondary and Below (*n* = 200)	1)	Finances (54.0)	1)	Face the problem head-on (47.5)
	2)	Physical Health (34.0)	2)	Confide in family members going through similar life stages (24.5)
	3)	Household Management (32.5)	3)	Advice from experts /Pray together (21.0)
Post Secondary (*n* = 790)	1)	Employment or demands at work (50.9)	1)	Confide in close friends (49.1)
	2)	Household management (49.9)	2)	Face the problem head-on (39.4)
	3)	Expectations for future (49.7)	3)	Encouragement and support from friends (30.9)
Tertiary (*n* = 1210)	1)	Expectations for future (46.3)	1)	Confide in close friends (45.9)
	2)	Household management (43.0)	2)	Face the problem head-on (42.6)
	3)	Employment or demands at work (42.2)	3)	Encouragement and support from friends (31.0)

Table 5

Descriptive Statistics, Cronbach's Alphas, and CFA Loadings of the Subscales

Measures (items)	*M*	*SD*	Cronbach's α	CFA Loadings Range (Mean)
Family Resilience (*N* = 2200)				
WFRQ - Belief systems (12)	42.2	9.24	.94	.68 - .78 (.76)
WFRQ - Organizational patterns (9)	31.6	5.79	.85	.32- .78 (.62)
WFRQ - Communication and Problem-Solving (10)	35.4	7.43	.92	.60 - .81 (.73)
Family Commitment (*N* = 2200)				
FACES-IV Balanced Cohesion (7)	25.6	5.42	.90	.68 - .83 (.76)
Family Positive Conflict Resolution (*N* = 2200)				
FCRS - Positive Conflict Resolution (11)	48.6	12.3	.96	.78 - .85 (.82)
Family Spirituality (*N* = 2200)				
SPS-FV – Beliefs (6)	22.1	7.89	.95	.71 - .93 (.88)
SPS-FV – Behaviours (4)	13.0	5.47	.94	.88 - .89 (.89)
Marital Satisfaction and Commitment (*N* = 1801)				
DAS-7 – Consensus (3)	9.60	2.95	.87	.82 - .85 (.83)
DAS-7 – Cohesion (3)	7.47	3.53	.87	.72 - .92 (.80)
MDAS-7 – Total (7)	20.1	6.75	.89	
Marital Positive Communication (*N* = 1801)				
SCCR – Positive Communication (4)	11.3	3.00	.87	.76 - .83 (.79)
Marital Conflict Resolution (*N* = 1801)				
RPCS – Compromise (14)	35.6	11.60	.96	.68 - .84 (.78)
RPCS – Domination (6)	11.4	5.78	.93	.77 - .87 (.82)
RPCS – Avoidance (3)	7.81	2.57	.84	.74 - .84 (.80)
RPCS – Submission (5)	10.5	4.26	.89	.72 - .85 (.79)
RPCS – Separation (5)	11.9	4.67	.91	.79 - .83 (.82)
RPCS - Interactional Reactivity (6)	10.1	6.02	.92	.77 - .86 (.81)

Table 6

Model Fit Indices from CFA: First-Order and Higher-Order Solutions

	n	*df*	*χ2*	CFI	NNFI	RMSEA
First-order CFA Correlations						
FConfR	2200	44	613.22***	.964	.955	.077
FComit	2200	14	87.802***	.989	.983	.049
MPcom[3]	1801	2	8.581*	.998	944	.043
Higher-order CFA Correlations						
FRes	2200	429	3299.809***	.926	.920	.055
FSpirit	2200	33	197.320***	.990	.987	.048
MConfR	1801	855	8122.591***	.851	.843	.069
MSatis	1801	11	62.781***	.992	.984	.051

Note. FConfR = Family conflict resolution; FComit = Family commitment; Fres = Family resilience; FSpirit = Family Spirituality; MConfR = Marital Conflict Resolution; MSatis = Marital Satisfaction. *** indicates a significant level of *p* <0.001; * indicates a significant level of *p* <0.05

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[3] Marital Positive Communication

Table 7[4]

Partial Correlations among Latent Factors from CFA: First-Order and Higher-Order Solutions

	FConfR	FComit	MPcom	FRes	FSpirit	NegConfR	PosConfR	MSatis
	First-order CFA Correlations							
FConfR	-							
FComit	.79	-						
MPcom[5]	.78	.67	-					
	Higher-order CFA Correlations							
FRes	.87	.94	-	-				
FSpirit	.42	.50	.35	.50	-			
NegConfR	-.41	-.50	-	-	-.00	-		
PosConfR	.83	.81	-	-	.42	-0.50	-	
MSatis	.84	.78	-	-	.41	-	-	-

Note. FConfR = Family conflict resolution; FComit = Family commitment; Fres = Family resilience; FSpirit = Family Spirituality; NegConfR = Marital Negative Conflict Resolution; PosConfR = Marital Positive Conflict Resolution; MSatis = Marital Satisfaction.

[4] The table reflects partial correlations derived from the SEM models and should be interpreted in making reference to Figures 3 to 6.

Table 8

Model Fit Indices from Structural Equation Modelling

	n	df	χ2	CFI	NNFI	RMSEA
Model (a) across Family Life Stage						
Figure 3.1 (single)	364	1640	4229.37 ***	.867	.861	.066
Figure 3.2 (married 0-5)	379	1640	3545.98***	.888	.883	.055
Figure 3.3 (married 6-10)	401	1640	3532.76***	.893	.888	.054
Figure 3.4 (married 11-20)	476	1640	2760.63***	.943	.940	.038
Figure 3.5 (married >20)	503	1640	3363.90***	.926	.922	.046
Figure 3.6 (single again)	77	1640	3305.96***	.661	.647	.115
Model (b) Marital Factors as Mediators						
Figure 4 (marital conflict resolution)	1759	4625	14511.16***	.919	.917	.035
Figure 5 (marital positive communication)	1759	1874	7596.56***	.926	.923	.042
Figure 6 (marital satisfaction)	1759	2060	8862.17***	.918	.914	.043

Note. *** indicates a significant level of $p <0.001$; * indicates a significant level of $p <0.05$

APPENDIX C: Figures

Figure 1: Major Themes Based on Strong Families and Marriages from Phase 1.

Resources of Strong Families
- Family congruence in religion
- Family spirituality
- Help-seeking Orientation (i.e., reliance on themselves, experts, using the internet etc.)

Family Conflict Resolution and Communication
- Ability to discuss differences openly
- Accepting each other despite conflict
- Having self-reflexivity
- Often talking about things that has occurred during the day

Family Commitment
- Despite our busy schedules we find time to be together

Marriage Conflict Resolution and Positive Communication
Married / Re-married / Divorced / Separated only
- Having a consensus on goals and directions
- A give and take
- Flexibility
- Compromise
- Addressing conflict without criticizing the other's character or personality
- Playfulness, humor and affection during conflict resolution
- Willingness to forgive and be forgiven
- Being in a safe space
- Sharing needs and feelings
- Listening to emotions
- Careful observation about how individuals deal with life issues
- Thinking from each other's perspective

Characteristics of Strong Families
- Having specific responsibilities
- Thinking on behalf of each other
- Sticking together regardless of challenges
- Not taking each other for granted
- Looking after grandchildren
- Believing that parenting responsibilities should be shared
- Spending quality time in great quantity
- Having shared values
- Having warmth and care

Family Resilience
- Initiative to take charge of one's circumstance
- The presence of at least one significant person during adversity
- Acceptance
- Looking after each other in the family

Characteristics of Strong Marriages
Married / Re-married / Divorced / Separated only
- Engaging in common activities together
- Believing in a nurturing relationship that supports life together
- Working on a nurturing life that supports each other
- Intimately knowing your spouse
- Support and understanding
- Strong morals/virtues
- Religiosity/Faith in God
- Teamwork
- Shared Goals

Marital Commitment
Married / Re-married / Divorced / Separated only
- Love
- Belief that marriage is an important social and religious institution
- Commitment to spouse
- Hardwork

Stressors Experienced (i.e., finances, health stressors, parenting)

Family Life Stage (i.e., length of marriage)

Family Demographics
- Family structure when participant is growing up
- Present family structure
- Number and age of children (if applicable)

Personal Demographics
- Age
- Gender
- Ethnicity
- Religion
- Employment
- Education (self/ spouse)
- Marital status and duration
- Housing type

Note: Themes in white were not directly mapped onto the quantitative questionnaire in Figure 2

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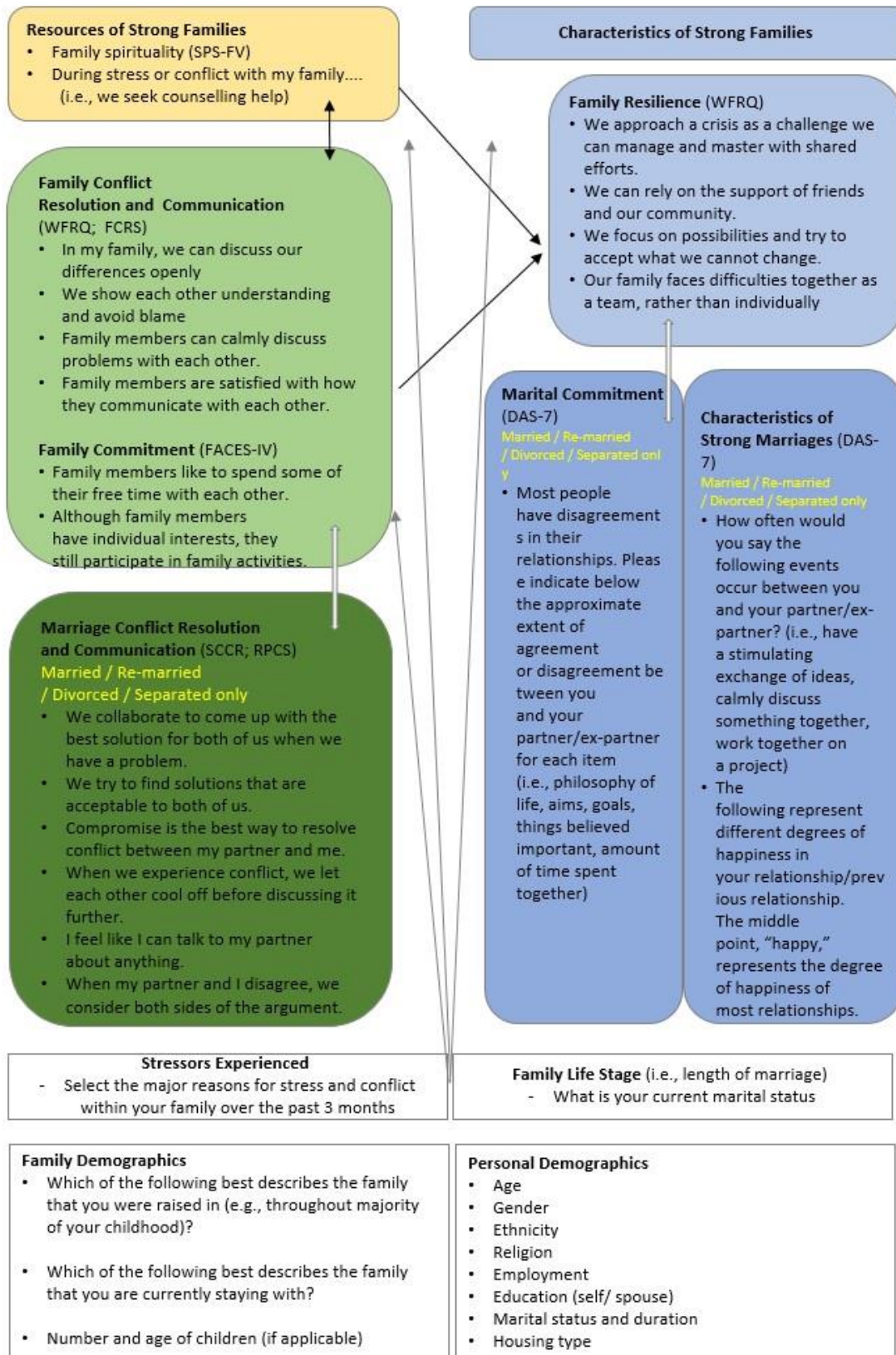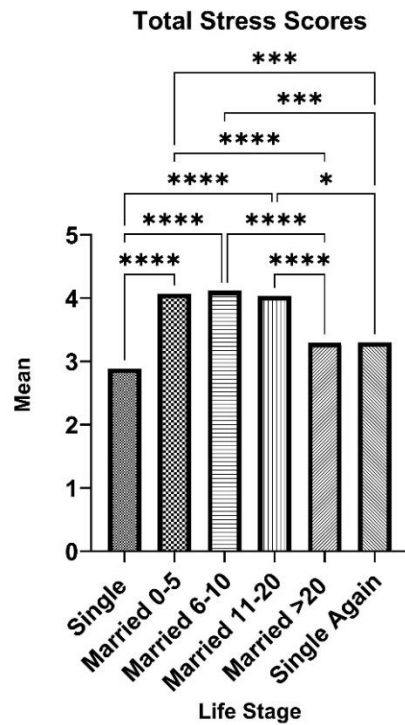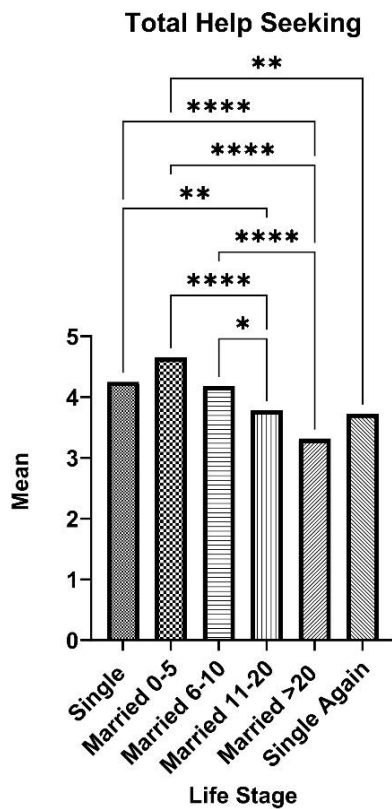**Figure 2: Mapping of Major Themes from Phase 1 to Questionnaire Items in Phase 2**

Resources of Strong Families
- Family spirituality (SPS-FV)
- During stress or conflict with my family…. (i.e., we seek counselling help)

Characteristics of Strong Families

Family Resilience (WFRQ)
- We approach a crisis as a challenge we can manage and master with shared efforts.
- We can rely on the support of friends and our community.
- We focus on possibilities and try to accept what we cannot change.
- Our family faces difficulties together as a team, rather than individually

Family Conflict Resolution and Communication (WFRQ; FCRS)
- In my family, we can discuss our differences openly
- We show each other understanding and avoid blame
- Family members can calmly discuss problems with each other.
- Family members are satisfied with how they communicate with each other.

Family Commitment (FACES-IV)
- Family members like to spend some of their free time with each other.
- Although family members have individual interests, they still participate in family activities.

Marital Commitment (DAS-7)
Married / Re-married / Divorced / Separated only
- Most people have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner/ex-partner for each item (i.e., philosophy of life, aims, goals, things believed important, amount of time spent together)

Characteristics of Strong Marriages (DAS-7)
Married / Re-married / Divorced / Separated only
- How often would you say the following events occur between you and your partner/ex-partner? (i.e., have a stimulating exchange of ideas, calmly discuss something together, work together on a project)
- The following represent different degrees of happiness in your relationship/previous relationship. The middle point, "happy," represents the degree of happiness of most relationships.

Marriage Conflict Resolution and Communication (SCCR; RPCS)
Married / Re-married / Divorced / Separated only
- We collaborate to come up with the best solution for both of us when we have a problem.
- We try to find solutions that are acceptable to both of us.
- Compromise is the best way to resolve conflict between my partner and me.
- When we experience conflict, we let each other cool off before discussing it further.
- I feel like I can talk to my partner about anything.
- When my partner and I disagree, we consider both sides of the argument.

Stressors Experienced
- Select the major reasons for stress and conflict within your family over the past 3 months

Family Life Stage (i.e., length of marriage)
- What is your current marital status

Family Demographics
- Which of the following best describes the family that you were raised in (e.g., throughout majority of your childhood)?
- Which of the following best describes the family that you are currently staying with?
- Number and age of children (if applicable)

Personal Demographics
- Age
- Gender
- Ethnicity
- Religion
- Employment
- Education (self/ spouse)
- Marital status and duration
- Housing type

Figure A: Total Stress across Family Life Stage

Total Stress Scores

Note. * Indicates a significant level of $p < .05$, **** indicates a significant level of $p < 0.0001$.

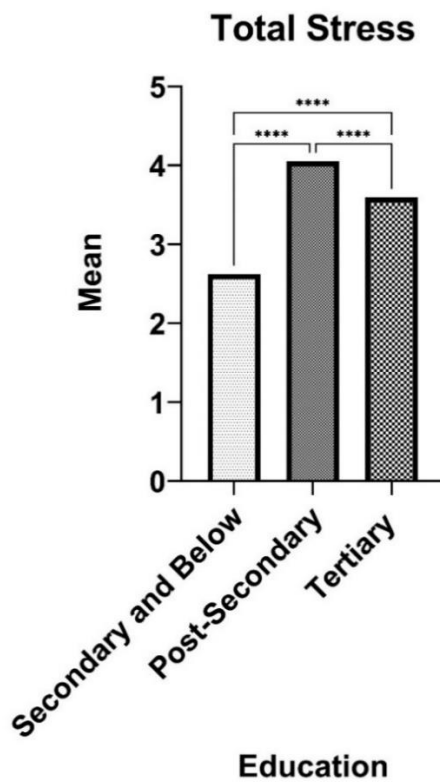**Figure B: Total Help Seeking across Family Life Stage**

Total Help Seeking

Note. * Indicates a significant level of $p < .05$, ** Indicates a significant level of $p < .01$ **** indicates a significant level of $p < 0.0001$.

Figure C: Total Stress across Education Level

Total Stress

Note. **** indicates a significant level of $p < 0.0001$.

Figure D: Total Help Seeking across Education Level

Total Help Seeking
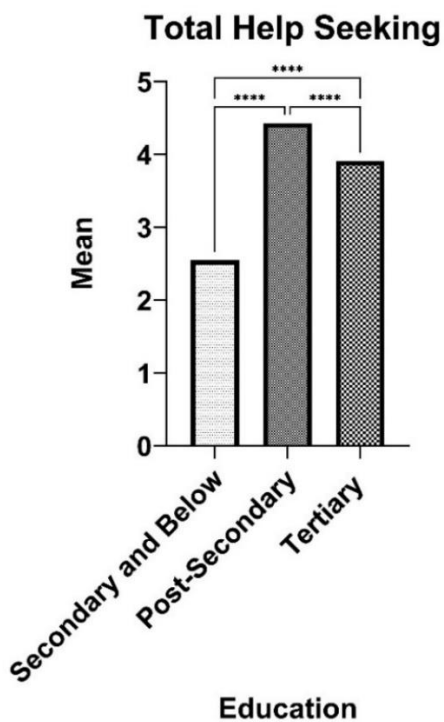
Note. **** indicates a significant level of $p < 0.0001$.

Figure 3: RELATIONSHIP BETWEEN FAMILY SPIRITUALITY, COMMITMENT, CONFLICT RESOLUTION AND RESILIENCE
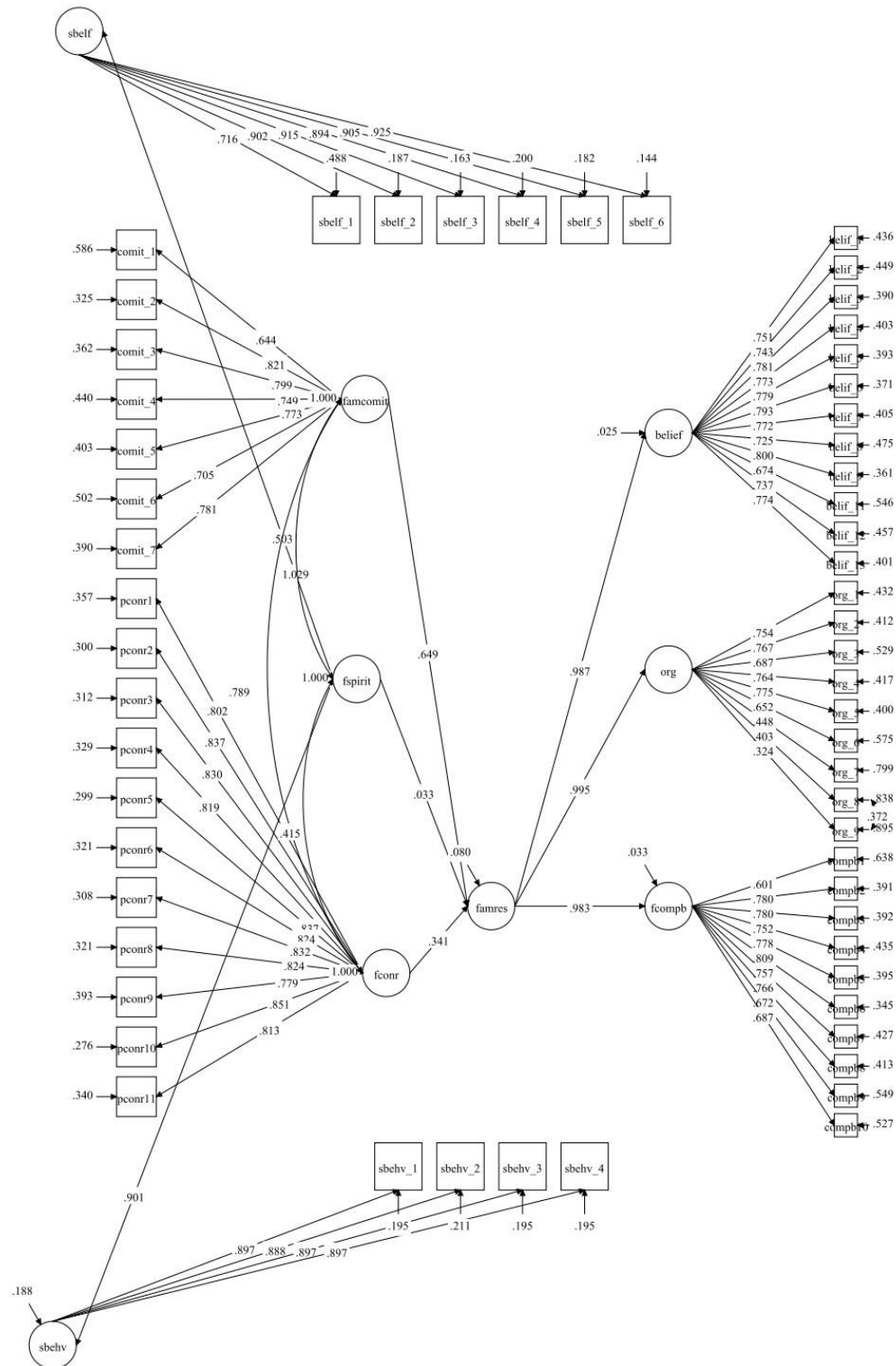
Figure 3.1: RELATIONSHIP BETWEEN FAMILY SPIRITUALITY, COMMITMENT, CONFLICT RESOLUTION
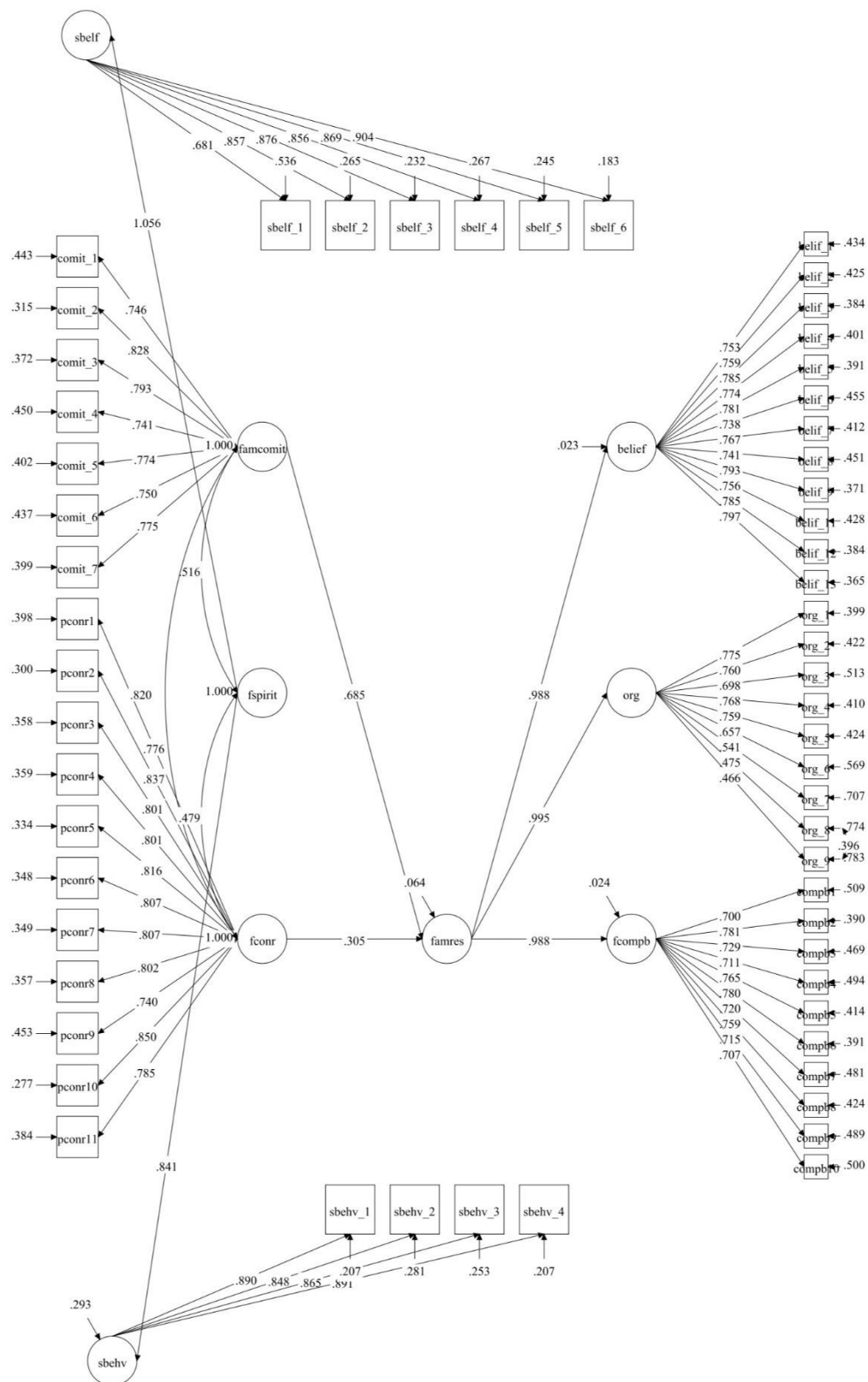
AND RESILIENCE (SINGLE)
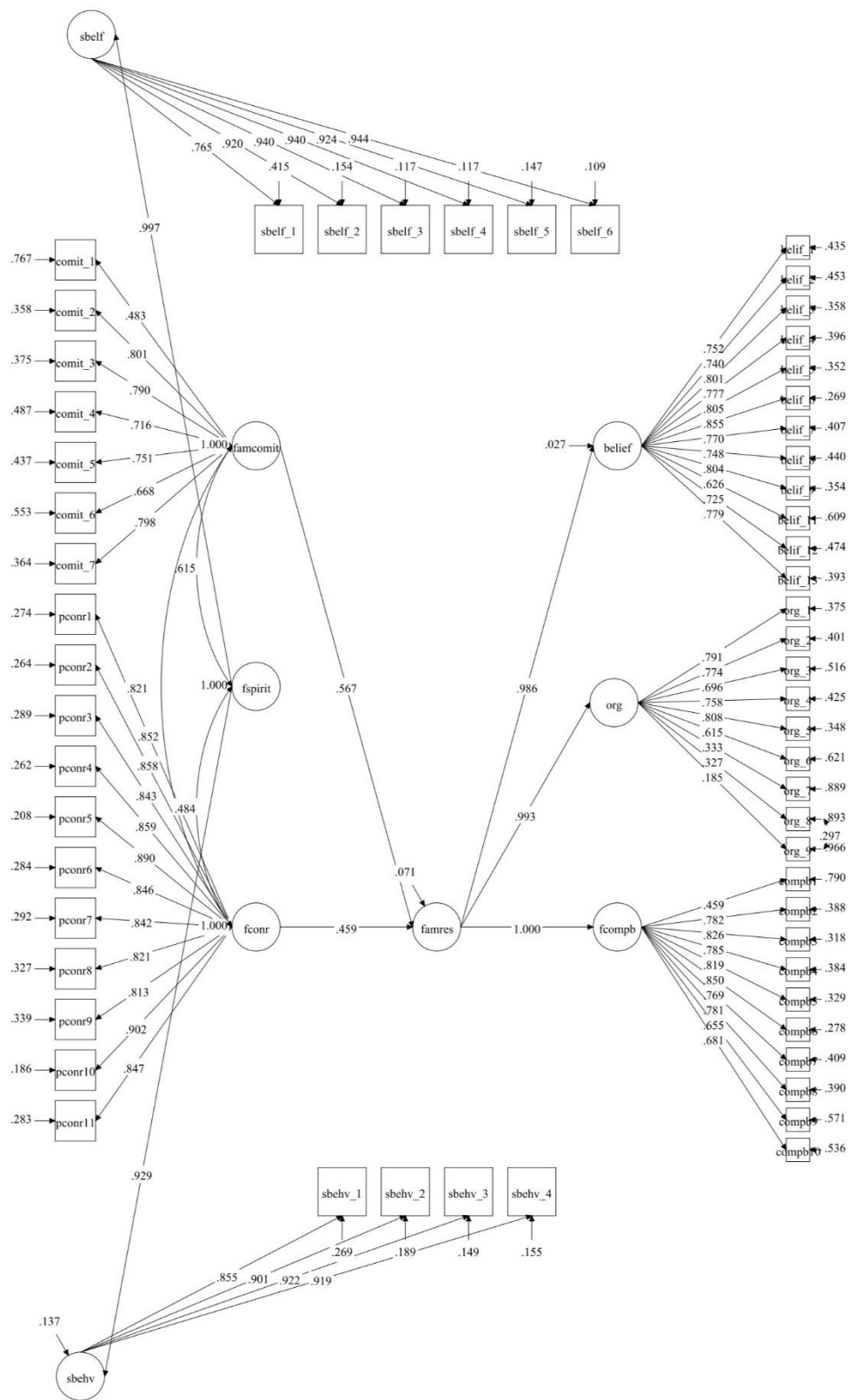
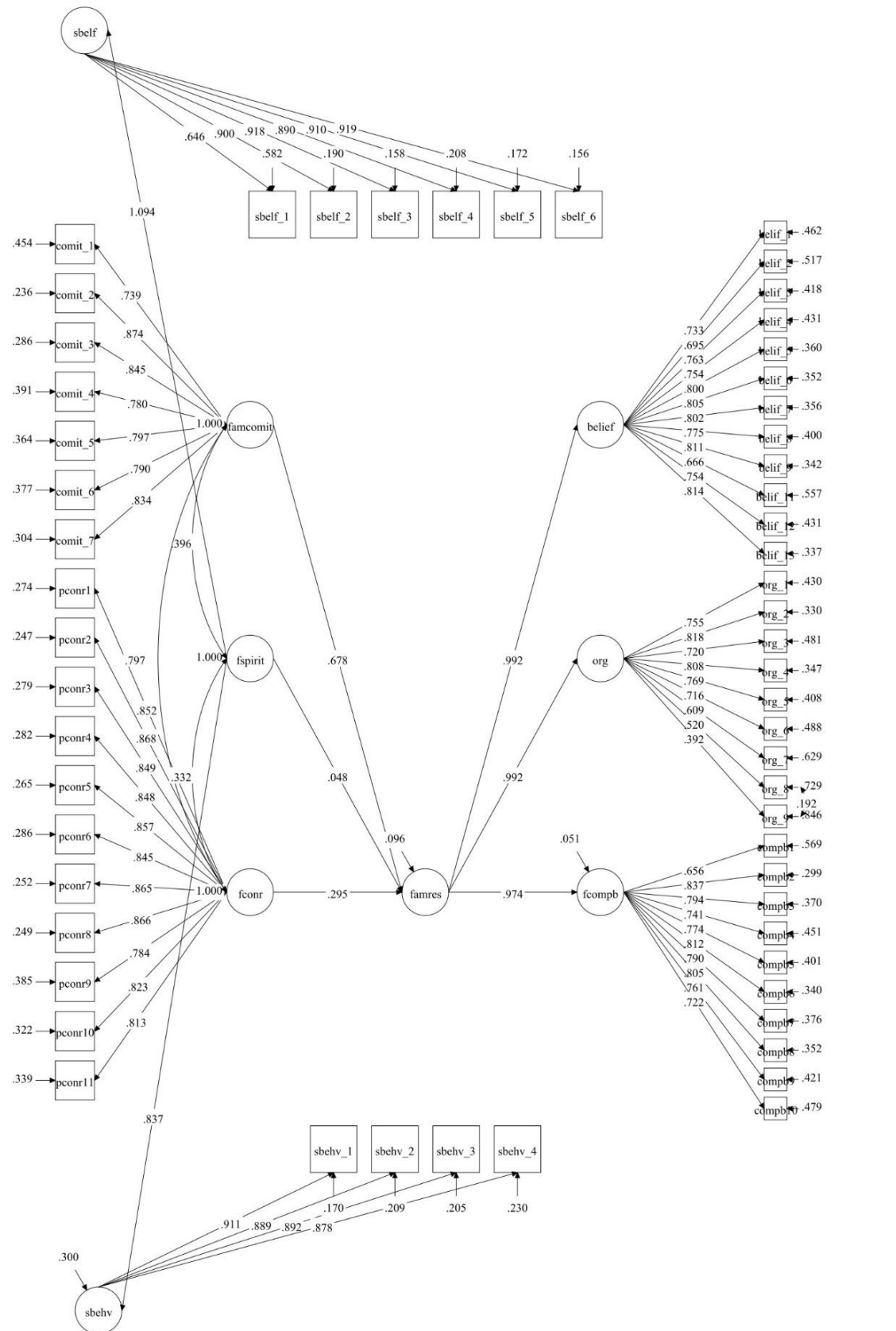**Figure 3.2: RELATIONSHIP BETWEEN FAMILY SPIRITUALITY, COMMITMENT, CONFLICT RESOLUTION AND RESILIENCE (MARRIED 0-5)**
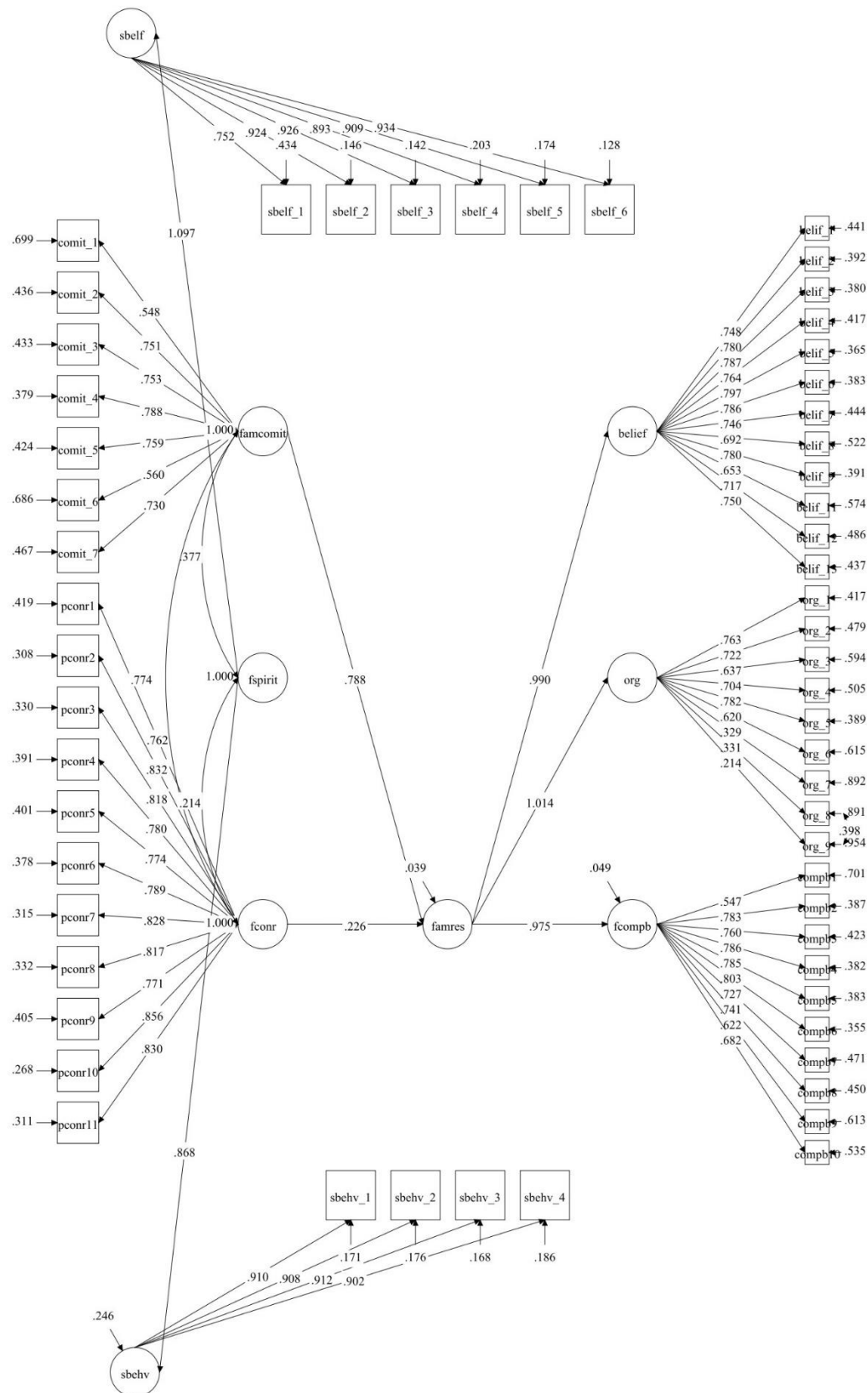
Figure 3.3: RELATIONSHIP BETWEEN FAMILY SPIRITUALITY, COMMITMENT, CONFLICT RESOLUTION AND RESILIENCE MARRIED (6-10)
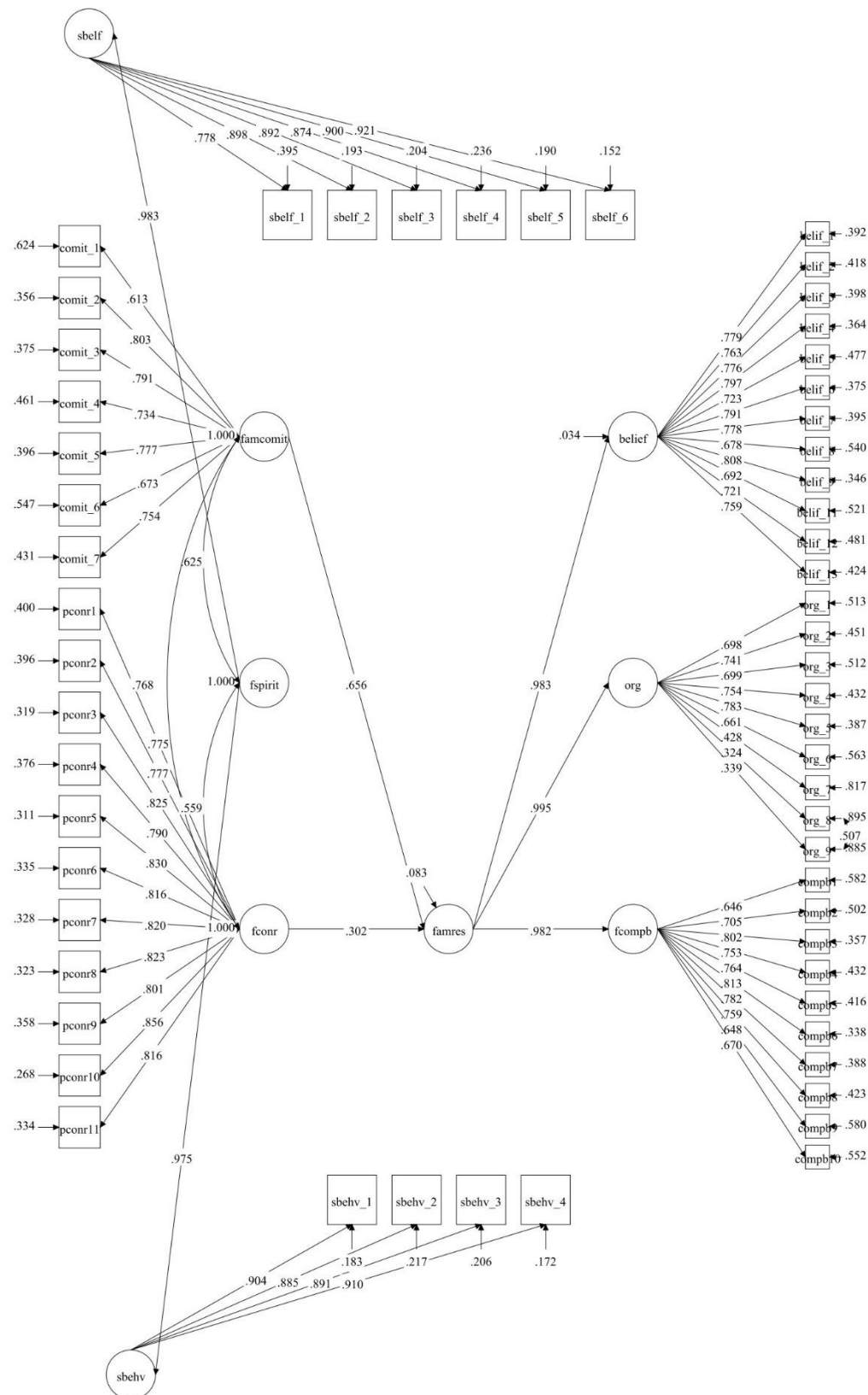
Figure 3.5: RELATIONSHIP BETWEEN FAMILY SPIRITUALITY, COMMITMENT, CONFLICT RESOLUTION AND RESILIENCE MARRIED (> 20)

Figure 3.6: RELATIONSHIP BETWEEN FAMILY SPIRITUALITY, COMMITMENT, CONFLICT RESOLUTION AND RESILIENCE (SINGLE AGAIN)
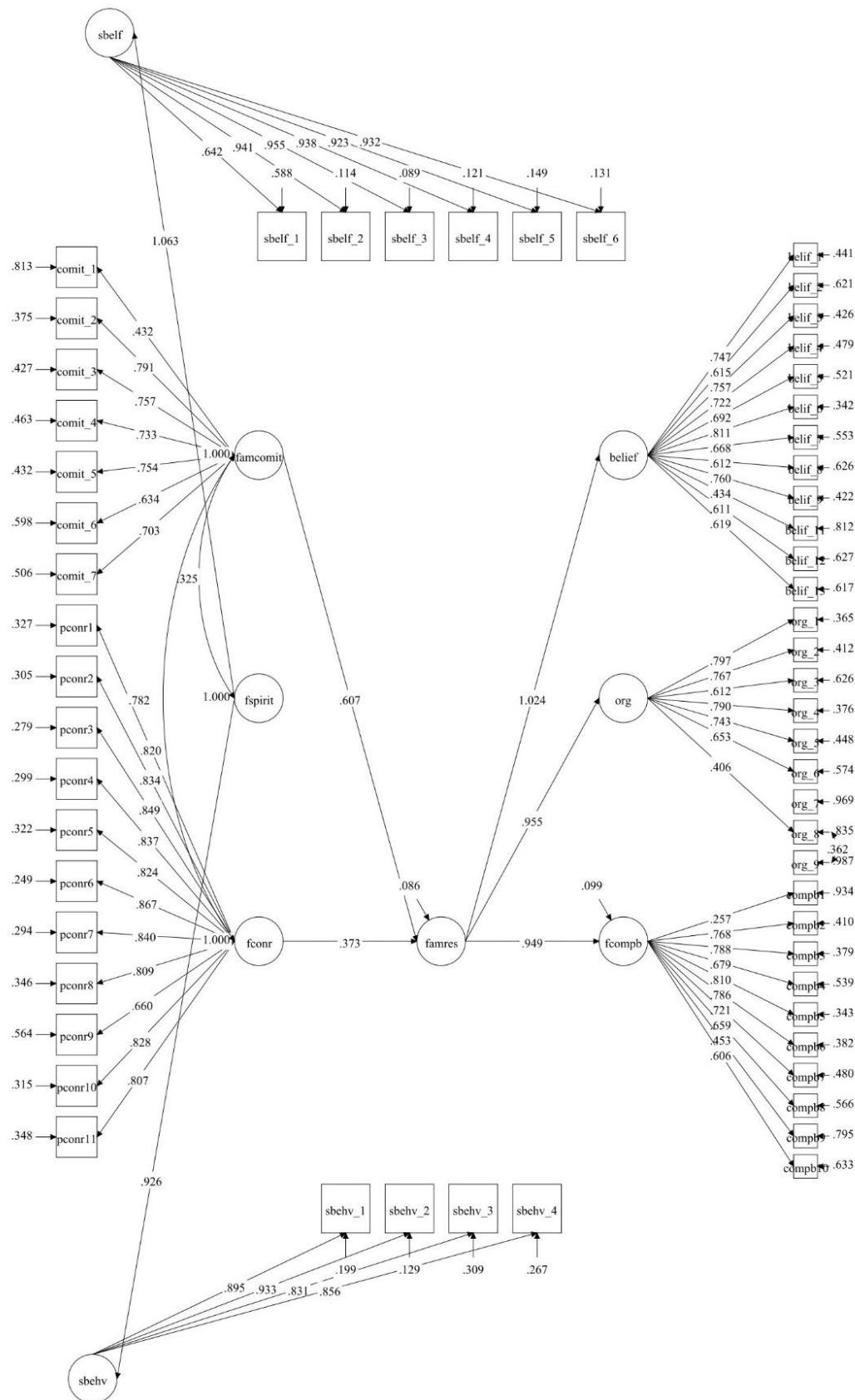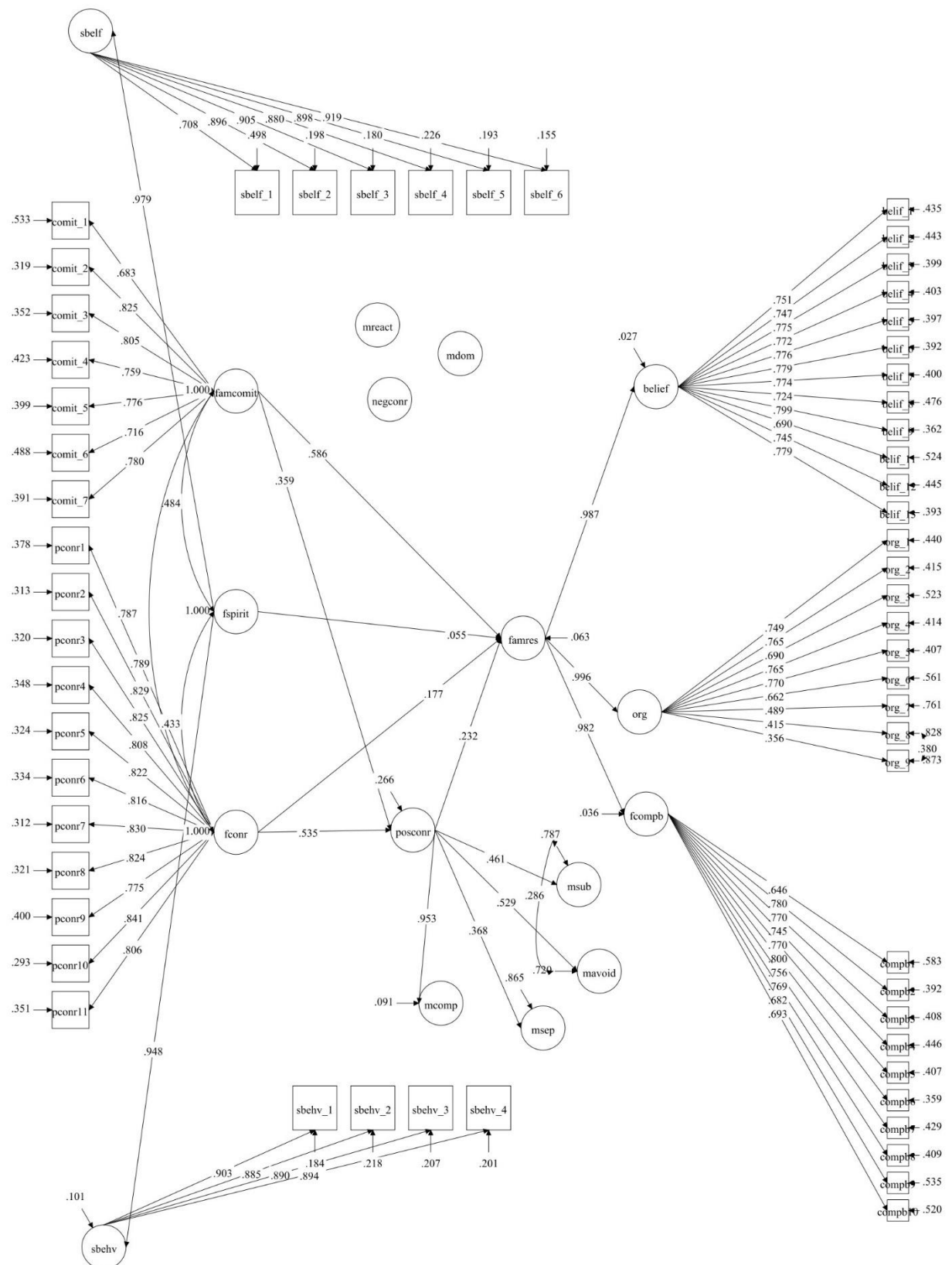
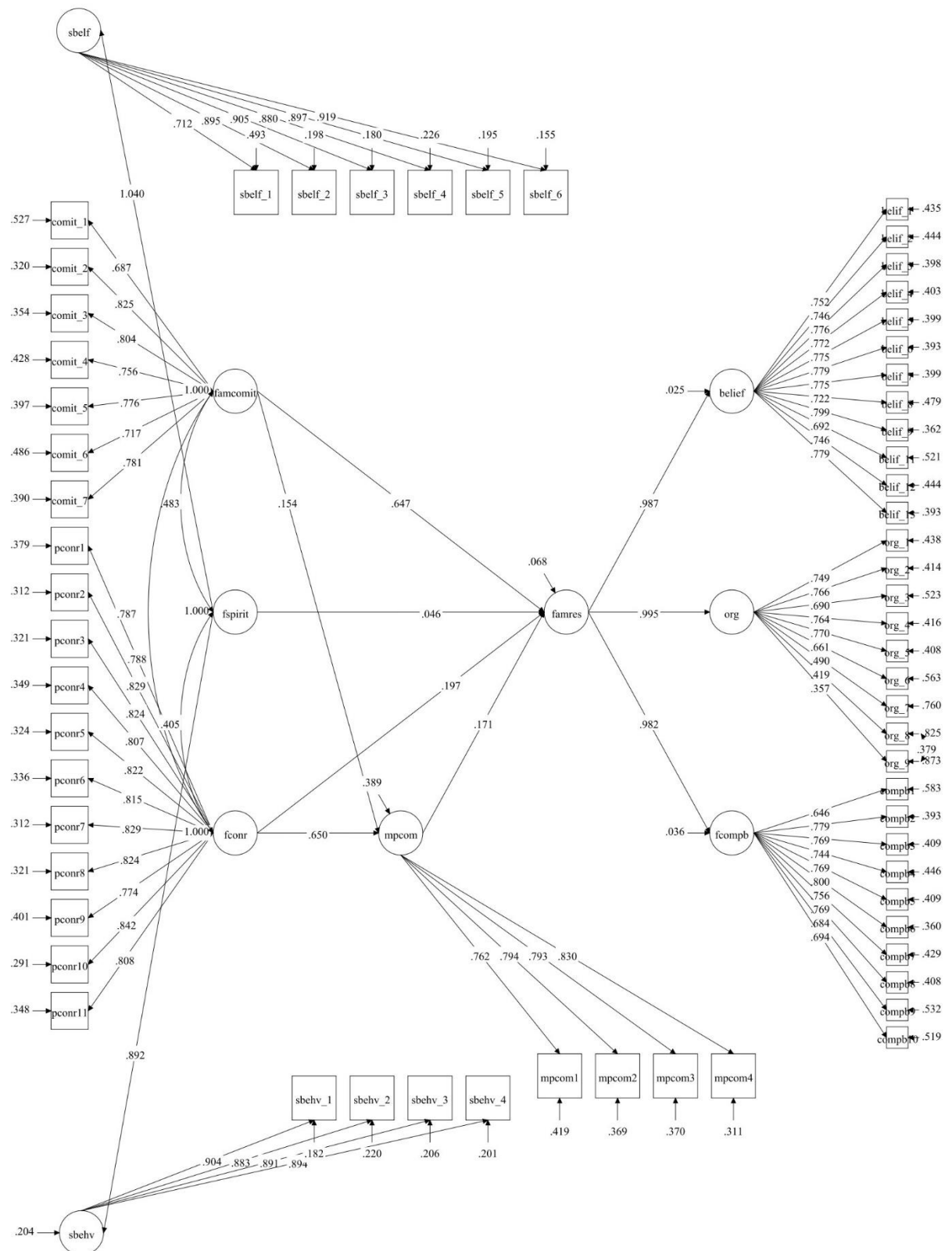**Figure 4: MARITAL CONFLICT RESOLUTION AS MEDIATOR**

Figure 5: MARITAL POSITIVE COMMUNICATION AS MEDIATOR

Figure 6: MARITAL SATISFACTION AS MEDIATOR