

marri Findings

FAITH & FAMILY



“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.” – Helen Keller

Marital Quality Affects a Wide Range of Health Outcomes



A [20-year-old study](#) found that individuals with low marital quality reported more depression and anxiety, were less inclined to take care of their health, had more illness-induced family difficulties, and had more symptoms than individuals with high marital quality.

Marital Quality Negatively Impacts Immune Function



A [2013 study](#) found that, over a two-year period, spouses in more distressed marriages had larger declines in cellular immune function than spouses in less distressed marriages.

Marital Quality Contributes Positively for the Health of Middle-Aged and Older Spouses



For both midlife and older spouses, a 2016 study using [data from 3 waves of the Health and Retirement Study \(HRS\)](#) found that positive marital quality promotes health in middle and later adulthood. And, over a four year period, increases in marital quality are linked to increases in self-rated health.

Marital Quality Moderates Genetic and Environmental Influences on Mental Disorders



A [2014 meta-analytic study](#) found that greater marital quality was related to better overall health and cardiovascular health, to health-enhancing behaviors, better immunity, and to a lower risk of mortality.



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