



CREATE

Couple Relationships and Transition Experiences

3,103 participants contributed to Wave 5 of the study

This year in the CREATE Study...



386

births/adoptions



65%

of participants are happy with the amount of love and affection in their relationships

Average
6.5-7



hours of sleep per night



44

participants changed primary religious views/affiliation



458

participants had a close family member pass away

88%

of participants feel happy with their relationships, all things considered



76%

of participants believe their relationship with their partner is more important than anything else in their life

533



participants took on additional financial obligations



315

participants experienced infertility/pregnancy loss

308

participants experienced personal injury or illness



Most commonly shared family leisure activities:

reading books

listening to music

watching TV/videos

star gazing

gardening

family dinners

playing with pets

walks

45

participants reconciled their marriages



55%



of participants feel their partner understands their feelings

66%

of participants are satisfied with their life overall



Average

42

work hours per week



57%

of participants engage in regular physical activity



45% of participants report spirituality is an important part of their life



22%

of participants spend more than 2 hours on social media per day



8%

of participants are currently attending school