



TEXAS TECH UNIVERSITY™

Professional Athletes and Successful Marriage

Professional sports are extremely popular worldwide, and the lives of professional athletes are scrutinized in the mass media to an unprecedented degree (e.g., television, the Internet, social media, etc.). Although the media and popular press occasionally focus on professional athletes' marriages, they usually focus on the negative aspects and relationship failures, ignoring successful marriage and family relationships of professional athletes. Currently, there are no published scientific studies on how professional athletes maintain healthy marriage and family relationships. With the demands, distractions, travel, and other unique challenges that professional athletes face, some may question whether a professional athlete can maintain a healthy, successful marriage. We believe this is possible! Although no marriage is perfect, there are many athletes and their spouses who have a strong commitment to marriage and family.

Purpose: The purpose of this study is to gain a better understanding of how professional athletes and their spouses work together to have successful marriages. To accomplish this purpose, we are interviewing married professional athletes and their partners about the positive aspects of their marriage and family relationships. The focus of the interview is on what you've done to maintain a successful marriage, not any problems that you've had in your relationship.

Confidentiality: Our primary concern is confidentiality. Please be assured that your interview will be kept confidential within the research team. All identifying information will be removed from the data.

Research Interview: We would like to interview you and your spouse together. If you elect to participate in this study, you and your partner may choose to be interviewed either by phone, secure online video, or at a location of your choice. The interview will take about 30 minutes, and our conversation will be audio recorded with a digital recording device. Each participant will be given a \$25 Amazon gift card for their participation.

Data Analysis: Once the interview is complete, it will be transcribed, and all names and identifying information will be removed from the data. From there we will compare your comments with those of other participants in order to identify common strategies couples use for maintaining a healthy marriage.

Results: Results from this study may provide useful information and insights for professional athletes and their partners as they navigate the difficult and unique demands on professional athletes and their families. Additionally, the results of the study may provide a valuable resource for therapists and counselors who work with professional athletes seeking help related to marriage, couple, and family relationships.

To participate in the study: Please contact Dr. Stephen Fife via email, text, or phone: stephen.fife@ttu.edu or (702) 413-2465

We greatly appreciate your consideration. If you have any questions or concerns about the study, please contact the Texas Tech Human Research Protection Program office at (806) 742-2064 or hrrp@ttu.edu

Respectfully,

Stephen T. Fife, Ph.D.
Associate Professor
Professional Athletes and Relationships Research Group
Texas Tech University

