



# SPICE INDEX

## CONFIDENTIAL ASSESSMENT

Person completing SPICE INDEX  Woman  Man

**INSTRUCTIONS:** Please answer the following questions to the best of your ability and bring this form with you to your second follow-up.

Please rate each of the following according to the following scale:

← 1 = Poor — 2 = Fair — 3 = Good — 4 = Very Good — 5 = Excellent →  
 n/a = Not applicable

At the **present time**, how would you rate the following?

- A. Dialogue (communication) with your spouse or fiancé(e)
- B. Mutual respect for each other
- C. The actual sharing of family planning responsibility
- D. The ability to exercise self-control or self-mastery in the area of your sexual relationship
- E. The ability to plan the avoidance of genital contact
- F. The ability to distinguish between arousal touch and affirming touch
- G. The ability to express tenderness and affection
- H. Your ability to **mutually** discuss your pregnancy related intentions
- I. Your ability to **mutually** discuss the fertility or infertility of any given day
- J. Your ability to **mutually** implement your pregnancy related intentions

	WOMAN'S SELF-EVALUATION	WOMAN'S EVALUATION OF MAN	MAN'S SELF-EVALUATION	MAN'S EVALUATION OF WOMAN
A				
B				
C				
D				
E				
F				
G				
H				
I				
J				
TOTAL POINTS				

For use at your Follow-up:

FU #  ID#

Date: \_\_\_\_\_

Calculation of your SPICE INDEX:

Woman's self-evaluation

Man's self-evaluation

Woman's evaluation of man

Man's evaluation of woman

TC