



**FOR IMMEDIATE RELEASE**

**Pittsburgh Construction and Traffic Causing Stress in Local Marriages**

*TWOgether Pittsburgh Survey Identifies Local Construction and Traffic as Significant Source of Marital Stress*

**Pittsburgh, PA (January 18, 2010)** – Everywhere you turn in Pittsburgh there's constant road construction and traffic jams. But, did you know that these travel delays could be affecting your relationship? According to a study commissioned by TWOgether Pittsburgh, an initiative designed to build and maintain stable marriages by offering free education services, construction and traffic were found to be a significant source of marital stress for area residents.

The data was compiled through an online survey that was administered to 400 married individuals, of various ages, across the Pittsburgh region. Participants of the survey were asked to rate their relationship with their spouse based on a number of regional factors including construction, sports and weather. More than 53% of participants in the study stated that their interactions with their spouse are negatively affected when they are in heavy traffic or construction. Additionally, when participants were asked, in an open-end format, how Pittsburgh has negatively affected their relationship, travel-related issues were cited most often.

Other key finding revealed that both local sports and weather also contribute to marital stress. Nearly one in five survey respondents said that a Steelers loss negatively affected how they and their spouse treated each other, and nearly one in five people stated that undesirable weather conditions negatively affect their spousal interactions.

"Finances and workload are common and obvious triggers of stress. But, there are also everyday, unavoidable factors that can affect the way we interact with our partners," said Dr. Terry Mann, project director of TWOgether Pittsburgh. "We initiated this survey to uncover these regional stresses so we can better serve couples in our community through a number of education and training programs."

TWOgether Pittsburgh is a five-year, federally-funded project designed to strengthen marriages and families across the region. It specializes in a variety of education programs that offer a series of workshops and activities to assist in the preparation for and improvement of marriages. This free program provides area couples facing difficult times with an alternative to divorce—a means to make things better.

"TWOgether Pittsburgh offers couples a new and different approach to preventing marital distress and breakdown," said Mann. "We have found our marriage education strategy to be extremely effective in building healthier and more viable marriages. To date, we've worked with over 2,100

individuals to work towards stronger relationships—and we look forward to serving at least that many more over the next two years.”

For more information about TWOgether Pittsburgh, visit [www.twogetherpgh.org](http://www.twogetherpgh.org).

**About TWOgether Pittsburgh**

TWOgether Pittsburgh is a coalition whose members include Family Guidance, Inc., as the lead agency, the Center for Urban Biblical Ministry, the National Fatherhood Initiative, the Women’s Center and Shelter of Greater Pittsburgh, Smith Brothers Agency, and a team of Evaluators led by Dr. Stanley Denton. TWOgether Pittsburgh is a multi-pronged effort with the mission to create healthier, more viable marriages in the Pittsburgh region. For more information, visit [www.twogetherpgh.org](http://www.twogetherpgh.org).

# # #