

How Does a Spinal Cord Injury Affect Romantic Relationships?

Marital Status at Time of Injury

At the time of injury, **44.9%** of individuals are single, **37.3%** are married, and **8.6%** are divorced.

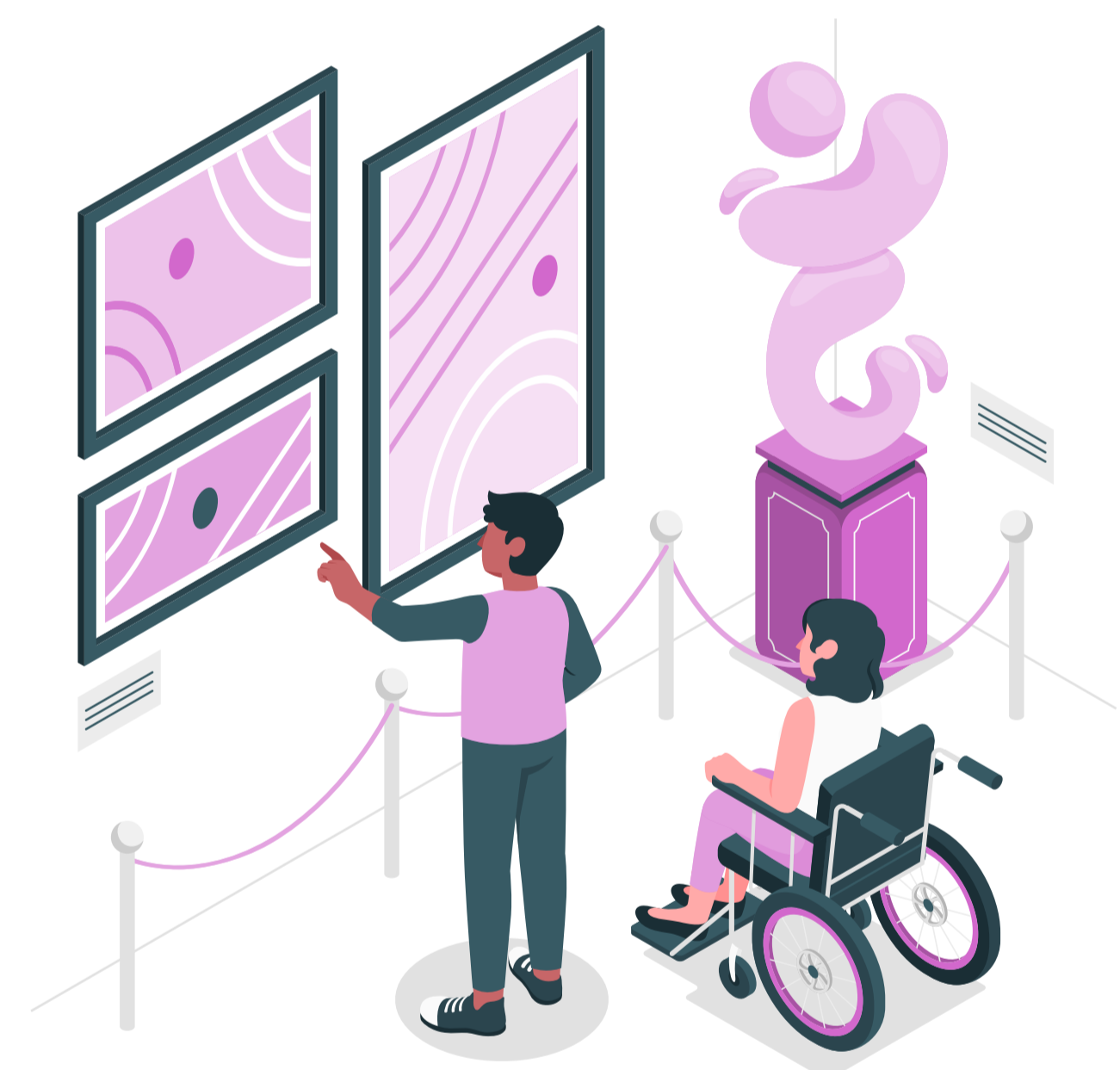
Marriage Rate Increases Over Time

As time passes after one's spinal cord injury, they're more likely to become married. In a study of individuals who were injured for 40 years or more, **45.5%** were married, **24.6%** were single, and **20.2%** were divorced.



Divorce Rate Increases After Injury

Couples who are married when a spinal cord injury occurs are **1.5-2.5x more likely to get divorced** than the than the general population for the first 3 years after SCI. **After the first 3 years, the divorce rate decreases to the national average (40%).**



Social Activities & Divorce Prevention

Studies show that **social engagement reduces the likelihood of divorce for individuals with SCI**. Social isolation can increase stress on a marriage. Maintaining social connections and receiving support from friends and family can help individuals with SCI and their partners cope with the challenges they face.

Pregnancy Rate Among SCI Women

In a study of self-reported pregnancy experiences in 472 women at least one year post-SCI, **nearly 14% became pregnant**. Though, they tended to have babies of lower birth weight and with more complications at time of delivery.



Sexual Activity Among SCI Men

In survey-based studies, it is estimated that **30%-70% of SCI men are sexually inactive** for a variety of reasons including erectile dysfunction, chronic pain, and incontinence.

Find More Resources at

SpinalCord.com

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References

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