

**ATTACHMENT STYLE AND PERCEIVED QUALITY OF ROMANTIC PARTNER'S
OPPOSITE-SEX BEST FRIENDSHIP: THE IMPACT ON ROMANTIC
RELATIONSHIP SATISFACTION**

By

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The purpose of this study was to assess whether romantic relationship satisfaction is influenced by not only a person's attachment style, but also by the quality of a person's romantic partner's best friendship with someone of the opposite sex. Three attachment styles are identified in this study: (a) secure, (b) avoidant, and (c) anxious-ambivalent. Prior research has suggested that securely attached individuals tended to experience higher levels of romantic relationship satisfaction than either avoidantly attached individuals or anxious-ambivalently attached individuals. The existing attachment literature has largely ignored the potential influence of friendship quality on the romantic relationship satisfaction a person experiences.

Data on participants' romantic relationship satisfaction were analyzed using analyses of variance. Romantic relationship satisfaction scores were hypothesized to be significantly higher for securely attached participants than for those with avoidant or

anxious-ambivalent attachment styles, regardless of the quality of the partner's friendship. Secondly, an interaction between attachment style and friendship quality was predicted, with avoidantly attached participants reporting higher satisfaction when the quality of their partners' friendships is high, and anxious-ambivalent participants reporting lower satisfaction when the quality of their partners' friendships is high. Satisfaction scores for securely attached participants were not expected to be affected by friendship quality. Analysis of the data supported Hypothesis 1 but did not support Hypothesis 2.

CHAPTER 1 INTRODUCTION

Romantic relationship satisfaction is a factor that can be found extensively throughout the attachment literature (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Hazan & Shaver, 1987; Simpson, 1990). However, the influence of attachment style and an individual's perception of the quality of his/her romantic partner's opposite-sex best friendship on romantic relationship satisfaction is an area that has yet to be explored. As such, the current study will focus on the factors of attachment style and perceived friendship quality to explore whether they affect romantic relationship satisfaction.

The current study will attempt to replicate the connections previously established in the literature between attachment style and romantic relationship satisfaction (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Hazan & Shaver, 1987; Simpson, 1990) and between attachment style and levels of jealousy (Guerrero, 1998; Radecki-Bush et al., 1993; Sharpsteen & Kirkpatrick, 1995). This study also will explore whether differing levels of jealousy account for differing levels of romantic relationship satisfaction among the various attachment styles. In short, the present study seeks to identify whether perceived friendship quality and attachment style of the perceiver affect romantic relationship satisfaction, and will therefore explore the role of jealousy, not only in an attempt to replicate findings from previous studies, but also to determine whether it is a confound in any relationship between variables that may be found.

Goals of the Present Study

A substantial research literature has addressed the relationship between the quality of early attachment to primary care givers and adult interpersonal relationships (Baranas, Pollina, & Cummings, 1990; Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Simpson, 1990). As noted above, the correlation between early attachment styles and adult romantic relationships has been a particularly prominent area of research (e.g., Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Mayseless, 1995; Simpson, 1990). In contrast to this long-standing line of research on attachment as it relates to romantic relationships, relatively little research attention has been dedicated to adult friendship and how the presence of such a relationship might affect the satisfaction one has with his or her romantic relationship.

Therefore, the current study seeks to extend the existing literature by introducing the element of friendship, in addition to the well-researched factor of attachment style, in an effort to evaluate their separate and combined influence on romantic relationship satisfaction. In other words, the goal of the current study is to examine whether the perception one has about the quality of his or her romantic partner's non-romantic friendship with a person of the opposite sex, crossed with the perceiver's attachment style, has an effect on romantic relationship satisfaction.

This proposed differential effect of perceived high or low quality friendship on romantic relationship satisfaction according to each of the three attachment styles has yet to be investigated. The present study explores this area of adult friendships and romantic relationship satisfaction by investigating how attachment styles and perceived friendship qualities affect and predict the level of romantic relationship satisfaction in adults.

The participants' self-identified attachment style, friendship quality, and romantic relationship satisfaction were the variables of interest in the present study. Participants were asked to evaluate not only their romantic relationship satisfaction, but also their perceptions of their current romantic partner's opposite-sex best friendship. Each participant identified his or her attachment style by selecting the most self-descriptive paragraph out of a choice of three using Hazan and Shaver's (1987) Adult Attachment Measure.

Specifically, each participant was asked to rate the friendship qualities outlined by Bukowski et al. (1994) with the participant's romantic partner's opposite-sex best friendship in mind. Higher levels of emotionally-charged qualities such as closeness and conflict, as measured by the Friendship Qualities Scale (FQS; Bukowski et al., 1994) would be expected to be differentially related to romantic relationship satisfaction among the three attachment styles.

For example, the level of romantic relationship satisfaction reported by secure participants is not predicted to vary according to the quality of a romantic partner's friendship. Not only do secure individuals tend to feel more satisfied in their romantic relationships, but they also experience less jealousy than the other two attachment styles.

Romantic relationship satisfaction as reported by avoidant participants is expected to be directly correlated with perceived friendship quality. In other words, an avoidant individual would be likely to experience higher romantic relationship satisfaction when he or she perceives his or her romantic partner's friendship quality as high. The presence of a high-quality friendship for the romantic partner could indicate that the partner's

emotional needs are being met in the friendship, thus easing the emotional demand on the avoidant person.

On the other hand, it is predicted that romantic relationship satisfaction for an anxious ambivalent participant would be inversely related to perceived friendship quality. As an anxious ambivalent person perceives higher friendship quality, it is expected that his or her romantic relationship satisfaction would be lower. The rationale for this prediction stems from research indicating that these individuals experience the greatest jealousy of all three attachment styles, tend to fear abandonment the most, and often doubt their partners' love for them (Feeney & Noller, 1990; Hazan & Shaver, 1987; and Maysless, 1995).

Hypotheses

The current study will be conducted to determine the ways in which attachment style and the perception of a romantic partner's opposite-sex best friendship are related to romantic relationship satisfaction. Therefore, two hypotheses are proposed. First, it is believed that securely attached participants will report higher levels of relationship satisfaction than will those who possess avoidant or anxious-ambivalent attachment styles, regardless of the quality of the partner's friendship.

Second, an interaction between attachment style and friendship quality is predicted. I will investigate whether the level of perceived friendship quality (high or low) between a romantic partner and the partner's best friend of the opposite sex has a differential effect on romantic relationship satisfaction for each of the three attachment styles (secure, avoidant, and anxious-ambivalent) endorsed by participants. In particular, I am predicting that the perceived friendship quality will be differentially related to

romantic relationship satisfaction for secure, avoidant, and anxious ambivalent attachment styles. Whereas secure individuals would not be expected to be affected by varying levels of perceived friendship quality, I am predicting that the perception of friendship quality would have significant and opposing effects for avoidant individuals as compared to those who are anxious ambivalent.

Specifically, I propose that, for a securely-attached participant, romantic relationship satisfaction will not be affected by the quality of the participant's partner's friendship. The literature suggests that securely-attached individuals experience closer, more intimate relationships and tend not to be worried about the dissolution of the relationship (Guerrero, 1998; Hazan & Shaver, 1987). Secure attachment also tended to be correlated with satisfying and lasting relationships (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Guerrero, 1998; Hazan & Shaver, 1987; Simpson, 1990). It is because of this sense of stability and comfort within the romantic relationship that this assertion is proposed. It is expected that neither a high quality friendship nor a low quality friendship between the participant's partner and the partner's opposite-sex friend will affect romantic relationship satisfaction.

Research has indicated that avoidant adults prefer to keep some emotional distance from significant others and may feel mistrustful of them (Hazan & Shaver, 1987). The literature has also suggested that those who are avoidantly attached may have very few encounters with feelings of love (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Hazan & Shaver, 1987; Simpson, 1990). If it is true that avoidantly-attached individuals prefer emotional distance between themselves and their partners,

then it stands to reason that these individuals may be more satisfied with a romantic relationship if the partner's needs for intimacy are met by a high quality close friendship.

Those who are anxious-ambivalent may experience feelings of insecurity regarding the stability and likelihood of longevity in their romantic relationships, leading them to expend a lot of energy toward obtaining reassurance from their partners (Guerrero, 1998; Hazan & Shaver, 1987). These individuals are also characterized by jealousy and dependency within their romantic relationships and have been shown to have the lowest relationship satisfaction (Feeney & Noller, 1990; Mayseless, 1995). When an anxiously attached person is faced with the potential threat of a partner's high quality opposite-sex friendship, it is expected that this individual will become jealous and exasperating to his/her partner. The individual may be apt to experience lower relationship satisfaction as a result.

In summary, I predict that securely attached participants' romantic relationship satisfaction will not be affected by the perceived quality of their partners' opposite-sex best friendships. However, an interaction of attachment style and friendship quality is expected. In short, I predict a difference in romantic relationship satisfaction between avoidant individuals and anxious ambivalent individuals depending on the high or low perceived quality of their partners' friendships. In other words, I predict that those who are avoidantly attached will report greater romantic relationship satisfaction when they perceive their romantic partners' friendships to be of high quality. In contrast, I expect that anxious ambivalent participants will endorse lower romantic relationship satisfaction when they perceive their romantic partners' friendships to be of high quality.

To offer some examples, all heterosexual scenarios for the purpose of the current study, consider a woman who identifies as securely attached. Her romantic relationship satisfaction, while more likely to be high than the other two attachment styles, is not affected by her perception of the quality of her boyfriend's friendship with his female friend. He may have a very close, high quality friendship with his friend, or he may have a strained, low quality friendship with her. Neither the former nor the latter characterization of the nature of the friendship would be expected to influence the securely attached woman's romantic relationship satisfaction.

The second example is that of an anxious ambivalent man. Due to his embodiment of anxious ambivalent characteristics, his level of romantic relationship satisfaction is low as his perception of the quality of his girlfriend's friendship with her male friend is high. By the very nature of his attachment style, the anxious ambivalent man is more likely to feel threatened by his girlfriend's male friend, jealousy, and doubt regarding his girlfriend's feelings for him than the other two attachment styles.

The final example depicts an avoidantly attached woman. She has a hard time getting close to her boyfriend and feels uncomfortable with intimacy. Therefore, she experiences increased romantic relationship satisfaction when her perception of the quality of her boyfriend's friendship with his female friend is high. A potential explanation for this might be that her boyfriend is able to get most of his emotional needs/need for intimacy met by his close female friend, which relieves the pressure for the avoidantly attached woman to fulfill her boyfriend's emotional desires.

CHAPTER 2 LITERATURE REVIEW

Attachment Theory and Research

Bowlby (1982), often thought of as the father of attachment theory, defines attachment behavior as any type of behavior that causes an individual to search out or keep in close physical contact with another significant individual who is considered more capable of dealing with events in the world. Bowlby (1969, 1973, 1980) established empirical research on attachment theory as it relates to infant behavior. He suggested that infants' emotional attachment to their caregivers causes them to suffer emotional distress upon separation. He considers the biological role of attachment to be that of protection, staying close in proximity to a caregiver because of feelings of familiarity and the expectation that he/she will be there to help in the case of an emergency.

Later research on infant attachment focused on the development of three prototypical attachment styles to primary caregivers: secure, avoidant, and anxious-ambivalent (Ainsworth, Blehar, Waters, & Wall, 1978). Ainsworth et al. described the secure style infant as more constructive and functional than the insecure styles. They also found that these infants do not struggle when in close physical contact with their primary caregivers, but rather are soothed by them. These infants use their primary caregivers as a safe foundation from which they can investigate the world and believe that their primary caregivers will be there if needed during this investigation. The secure infants further exhibit a clear sense of interdependence, trust, and feel worthy of love and caring.

There are two branches of the insecure style, avoidant and anxious-ambivalent. The avoidant style infant is found to detach from or avoid primary caregivers in times of need, opting for emotional detachment, and also doubting the intent of others. The anxious-ambivalent style describes infants who cling to their caregivers and thus more frequently seek them out in distressing situations. However, once in contact with their caregivers these infants show anger and bitterness towards them.

Expanding on these studies was the idea that throughout social growth people build affective/cognitive models of the self and of the interactional characteristics within interpersonal relationships (Ainsworth et al., 1978; Bowlby, 1973). These affective/cognitive models are thought to systematize the growth of personality and to direct later social behaviors and close relationships (Kerns, 1996; Simpson, 1990). Repeated findings on these mental models (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Hazan and Shaver, 1987; Simpson, 1990) reveal that securely attached people are relatively self-confident, trusting of others, and usually quite positive in their general relations with others.

Mikulincer (1995) studied the relationship between attachment style and several facets of the mental representation of the self in high school students. He found that secure and avoidant styles are more likely than anxious-ambivalent styles to have a more positive view of self. Securely attached participants were also more likely to have a more complex and coherent self-structure than the two insecure types. Shulman (1995) found securely attached individuals to have more flexibility as well. People with avoidant styles were more distrusting of others and more likely to dissociate from others (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Hazan & Shaver, 1987; Simpson, 1990).

Mikulincer (1995) found anxious-ambivalent styles to have a lower positivity score, a more negative self-schema, and more negative affective experiences than that of the other attachment styles.

Influence of Attachment on Romantic Relationship Satisfaction

The literature has shown that the effects of attachment style extend beyond interpersonal relationships in general to adult romantic relationships specifically. Hazan and Shaver (1987) have facilitated this work by developing a self-report instrument for assessing adult attachment styles that consists of three short paragraphs, based on the attachment typology of Ainsworth et al. (1978).

Hazan and Shaver's (1987) study investigated the idea that romantic love is an attachment process, similar to the process that occurs early in life between an infant and his/her primary caregiver. The study focused on the three attachment styles identified by Ainsworth et al. (1978) and the belief that these styles persist into adulthood due to affective/cognitive models of self and others that direct social behavior. Hazan and Shaver (1987) propose that these models of self and others, and consequently a person's attachment style, are partially determined by childhood relationships with parents. The findings of the study included the incidence of the three attachment styles is approximately the same in infancy as it is in adulthood, the different attachment styles differ accordingly in the ways they perceive romantic love, and attachment style is associated with mental models of self and relationships, as well as relationship with parents.

Feeney and Noller (1990) studied 374 undergraduates' attachment styles and beliefs about relationships. They found that secure participants reported positive

perceptions about family of origin relationships, while avoidant participants were more likely to report maternal separation during childhood and to convey a mistrusting attitude. Interestingly, participants identifying as anxious ambivalent were less likely to perceive their fathers as supportive than avoidant participants. The authors found that anxious ambivalent participants also lacked independence and yearned for a strong commitment in relationships.

Hazan and Shaver (1987) found that secure adults expressed greater comfort in relation to dependency and intimacy, and were not as concerned with the possibility of being deserted by a romantic partner. Additionally, secure adults' love relationships tended to be the most enduring and satisfying (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Hazan & Shaver, 1987; Simpson, 1990).

Avoidant adults, by contrast, are relatively uncomfortable getting too close emotionally to others and have trouble depending on and trusting others (Hazan & Shaver, 1987). Many other researchers (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Hazan & Shaver, 1987; Simpson, 1990) conclude that avoidant adults also are more apt never to have been in love and have the fewest love experiences.

Hazan and Shaver (1987) found anxious-ambivalent adults to become overly close to their romantic partners, frequently questioning their romantic partners' love for them, and having constant concerns that their partners are going to abandon them. Others (Feeney & Noller, 1990; Mayseless, 1995) found that anxious-ambivalent styles were the most jealous and dependent in their relationships, have the least amount of satisfaction in their romantic relationships, and have the shortest duration of these relationships.

Influence of Attachment on Friendships

Bartholomew and Horowitz (1991) asserted that the effect of attachment style on romantic relationships extends to other intimate relationships, such as friendships. Close friendships possess qualities that are quite unique. For example, friendships are the least institutionalized and most freely chosen of all interpersonal relationships (Blieszner & Adams, 1992).

Grabill and Kerns (2000) conducted a large study with over 800 college student participants in an effort to study attachment style and intimacy in adult friendship. The authors identified three intimacy characteristics: self-disclosure; responsiveness to a partner's disclosure; and feeling understood, validated, and cared for by a partner during conversations. They found that those with a secure attachment style were higher on all three intimacy characteristics and are therefore more likely than those who are insecurely attached to possess the qualities necessary for close relationship (e.g., friendship) formation. Gender differences in intimacy were also found. Women showed higher rates of disclosing, responding, and feeling responded to than did men (Grabill & Kerns, 2000).

There are many qualities that contribute to the composition of friendships. This study utilizes the friendship characteristics outlined by Bukowski, Hoza, and Boivan (1994). Bukowski et al. (1994) conceptualize close friendships as consisting of five defining qualities. These include companionship, conflict, help, security, and closeness. First, companionship refers to the quantity of time that two friends freely choose to spend together. Second, they assess conflict in friendships by the indication that a person gets into fights and disputes with his/her friend, that they can get on each other's nerves, and

that they do not always agree in their relationship. Third, help is evaluated by looking at reciprocated help and support in times of need and also by wanting to come to a friend's relief if another person were bothering him/her. Fourth, they measure security by faith that a friend can be depended on in times of need and also the notion that if a fight should occur between two friends, the friendship would endure this fight. Lastly, the fifth aspect of friendship in their measure is closeness. Bukowski et al. (1994) measure closeness as the feeling of affection in the friendship, and also by strength of the bond between two friends.

Jealousy

When an individual's romantic partner is engaged in a close friendship with someone of the opposite sex, the individual may have a positive or a negative reaction. This variability in reaction from person to person may be the result of a person's attachment style, or mental model for approaching relationships with others (Ainsworth et al., 1978; Bowlby, 1973). Based on earlier research on attachment (Bartholomew & Horowitz, 1991; Feeney & Noller, 1990; Hazan & Shaver, 1987; Simpson, 1990), it seems reasonable to expect that people with an avoidant attachment style would be likely to react positively to the presence of a high quality friendship between a romantic partner and the partner's opposite-sex friend. The avoidant attachment style individual has been shown repeatedly to dodge inner experiences or outward displays of emotion when possible, and might therefore feel a sense of relief from having someone else (the romantic partner's friend) to help fulfill the emotional needs of the romantic partner.

Conversely, one might surmise that someone with anxious ambivalent attachment would experience a negative reaction when the friendship appears to be of high quality,

presumably due to feeling as if the security of the romantic relationship were threatened or, put simply, jealousy. Although the presence of an opposite-sex friendship outside the romantic relationship could have a negative effect on romantic relationship satisfaction for any number of reasons (e.g., concern over how outsiders might interpret such an arrangement, decrease in the amount of time romantic partners have to spend with each other, feeling left out), it is suspected that jealousy, or the threat of losing a romantic partner to the partner's opposite-sex friend (i.e., rival), is the most salient (Guerrero, 1998).

Bowlby (1973) asserted that attachment systems are activated in response to the potential of abandonment or any threat to a significant relationship. Mathes and Severa (1981, p. 23) define jealousy as "the negative emotion resulting from actual or threatened loss of love due to a rival." According to Guerrero (1998), one cannot ignore the contribution of jealousy when examining romantic relationship satisfaction, and it has been found to be a contributing factor to romantic relationship satisfaction in many studies on the topic (Bingle, Evenbeck, & Schmedel, 1977; Mathes & Severa, 1981; Mathes, Roter, & Joerger, 1982; and Mathes, 1986). Previous studies on jealousy by Guerrero (1998) and others (Radecki-Bush et al., 1993; Sharpsteen & Kirkpatrick, 1995) suggest a connection between jealousy and attachment and have shown that securely attached individuals have lower amounts of jealousy in their romantic relationships than people who have an insecure attachment style. Bingle, Evenbeck, and Schmedel (1977) studied married couples and found a negative correlation between jealousy and romantic relationship satisfaction.

Guerrero (1998) studied 144 college students who were involved in enduring romantic relationships at the time of the study. All participants completed questionnaires assessing their jealousy experience, jealousy expression, and attachment styles. She found that those who possessed negative self-models (characterized by lack of confidence and need for ongoing external validation) reported experiencing more jealousy than those with positive self-models (characterized by self-sufficiency and confidence). The author also found that jealous participants with negative other-models (characterized by seeing relationships as relatively unrewarding or nonessential) felt fear to a lesser extent, used less relationship-maintaining behavior, and participated in more avoidance/denial than participants with positive other-models (characterized by a belief that relationships are rewarding and future or potential partners will be supportive, receptive, and accepting).

In contrast, studies by Mathes and Severa (1981) and Mathes (1986) reported a positive relationship between jealousy and romantic satisfaction. Mathes and Severa (1981) studied 79 dating or married couples, with at least one of the partners enrolled in a university introductory psychology class. The average length of relationship was 9.9 months. The authors found a positive correlation between jealousy and romantic love, suggesting that jealousy may be beneficial. Results showed that the more romantic a relationship was, the more likely it was to contain jealousy. Mathes (1986) conducted a longitudinal study whereby he compared the jealousy scores of 65 undergraduate couples to their relationship status seven years later. He found a positive long-range effect of jealousy on romantic relationships and concluded that jealousy led to lasting love and commitment.

Neither study accounted for level of commitment or seriousness of the relationship; therefore it is impossible to know how invested the participants were in their current romantic relationships. Given the young age of the participants, it is possible that at least some of the relationships were emotionally casual in nature. This could explain lower levels of jealousy, as well as a higher likelihood of eventual relationship dissolution. Participants who were more jealous may have been so because they were more committed to their romantic relationship and, therefore, more invested in seeing it remain intact. This higher level of commitment could explain why these couples were more likely to have remained together seven years later. Commitment may be a major confounding variable in these studies. Rather than jealousy contributing to commitment, perhaps commitment contributes to jealousy for some individuals.

It is possible that, for some people, jealousy may arise in reaction to a romantic partner's high quality friendship with someone of the opposite sex. According to the studies detailed above, jealousy appears to have an effect on romantic relationship satisfaction. Therefore, when attempting to study the potential influence of attachment style and various friendship qualities on romantic relationship satisfaction, it appears necessary to assess and control for the potential contributing effect of jealousy on any findings that emerge.

CHAPTER 3 METHODOLOGY

Participants

The participants for this study were 221 undergraduate psychology students. All participants were enrolled in introductory psychology courses and were recruited from the general psychology research pool and from foundation-level psychology courses at the University of Florida. Only the data gathered from participants who reported being in a committed, heterosexual romantic relationship at the time of the study were used.

Instruments

The first two items of the questionnaire addressed sex of the participant and ethnicity of the participant (see Appendix A).

The Friendship Qualities Scale (FQS). The FQS (Bukowski, Boivin, & Hoza, 1994) is a 23-item, self-administered, paper-and-pencil measure showing high reliability and validity (Bukowski et al., 1994) designed to assess the quality of nonromantic friendships (see Appendix B). For the purpose of the current study, the language of this measure was modified so that the questions inquired about the quality of the participant's partner's opposite-sex best friendship. This scale will be used to assess the friendship quality of the best opposite-sex friendship of the participant's partner, as perceived by the participant.

The assessment consists of five conceptually meaningful aspects of the friendship. These dimensions are companionship (e.g., "My partner's friend and he/she spend all

their free time together”), conflict (e.g., “My partner can get into fights with his/her friend”), help/aid (e.g., “My partner’s friend would help him/her if he/she needed it”), security (e.g., “If my partner has a problem at school or at home, he/she can talk to his/her friend about it”), and closeness (e.g., “If my partner’s friend had to move away, he/she would miss him/her”). Each participant was asked to identify a specific person whom he/she deemed to be the partner’s best friend of the opposite sex and think only of this friend while completing the measure. They were required to rate the friendship on a standard five-point Likert scale (ranging from 1 (never or almost never true) to 5 (always or almost always true) to respond to the questions, with higher scores reflecting higher friendship quality. This scale has been shown to have high internal consistency with alpha levels ranging from .69 to .83 (Bukowski et al., 1994). In the current study, the reliability of the instrument was found to be adequate with an alpha level of .89.

Relationship Assessment Scale (RAS). This self-administered, paper-and-pencil, seven-item scale was designed by Hendrick (1988) to be a generic measure of romantic relationship satisfaction (see Appendix C). Respondents are asked to answer questions, such as “How well does your partner meet your needs?” using a five-point Likert scale, ranging from 1 (very poorly) to 5 (very well), with higher scores reflecting higher relationship satisfaction. Hendrick, Dicke, and Hendrick (1998) deemed this to be a practical and effective measure for assessing love relationship satisfaction. Hendrick (1988) reported the scale’s mean inter-item correlation to be .49 with an alpha level of .86. Reliability of the RAS in the current study was found to be .83.

Dyadic Adjustment Scale (DAS). The DAS was developed by Spanier (1976) and is a self-administered, 32-item paper-and-pencil test that delves into relationship

topics which could potentially create agreement or conflict (see Appendix D). The DAS taps such areas as “Handling family finances” and “Matters of recreation”. Participants respond to a six-point Likert scale ranging from 1 (always disagree) to 6 (always agree), with higher scores reflecting higher relationship satisfaction. Data from the current study show good overall internal consistency reliability ($\alpha = .81$). The validity for the DAS previously has been checked with logical content validity procedures. Additionally, each item of the DAS has been found to differentiate between married and divorced couples, demonstrating concurrent criterion-related validity.

Interpersonal Jealousy Scale (IJS). The IJS (Mathes & Severa, 1981) is a 28-item paper-and-pencil measure of relationship-specific romantic jealousy (see Appendix E). The IJS has high reliability ($\alpha = .89$) and validity as reported by Mathes, Roter, and Joerger (1982) and Mathes and Severa (1981), with the same value found when analyzed in the current study. Items are responded to using a nine-point Likert-type scale ranging from 1 (absolutely false, disagree completely) to 9 (absolutely true, agree completely). Sample items are “If (participant’s partner) went out with same sex friends, I would feel compelled to know what he/she did” and “If (participant’s partner) admired someone of the opposite sex I would feel irritated” (Mathes & Severa, 1981).

Adult Attachment Measure. The Hazan and Shaver (1987) measure (see Appendix F) is a self-report measure consisting of three short paragraphs designed to categorize persons into attachment styles: secure, insecure avoidant, or insecure anxious-ambivalent. Respondents choose the one paragraph that best describes their feelings.

Though reliability data were not reported for Hazan and Shaver’s instrument, Pistole (1989b) discovered that a test-retest analysis after a one-week interval produced a

contingency coefficient of .60. An analysis that measures the strength of association between categorical variables (Kerlinger, 1986) indicated acceptable consistency of the categorical data. In a study of construct validity, a factor analysis of the 13 individual statements comprising the three-paragraph measure yielded three factors: Comfort With Closeness, Concern About Insufficient Closeness, and Discomfort With Closeness factors (Hazan & Shaver, 1987). These factors were used in an analysis of variance that differentiated among styles of attachment in the predicted way. Additionally, discriminant functions analysis (Hazan & Shaver, 1987) revealed that combinations of responses to the individual statements successfully predicted categorical responses to the original measure. Additional questions of interest were included at the end of the questionnaire (see Appendix G).

Procedure

The researcher or the researcher's assistant met with participants in small groups and explained that the study was about interpersonal relationships. Prior to receiving the packet of materials, participants' anonymity and right to terminate participation at any time without penalty was reviewed, as well as the availability of the results from this study. All participants were given an informed consent sheet and asked to read it carefully before signing. Copies of the informed consent were made available to interested participants.

Brief instructions were given, including the definition of "romantic partner's best friend of the opposite sex" as being someone who was the opposite sex of the *partner* (not the participant), not related to the partner, and not the participant her/himself. Each participant used a pencil and bubble sheet to respond to the questionnaire. It took

approximately 30-45 minutes to complete the questionnaire. All participants were compensated for taking part in the study by receiving credit in their introductory psychology courses.

Analyses

The data from the current study will be analyzed using a 3 x 2 x 2 Multivariate Analysis of Variance (MANOVA), with independent variables of attachment style with three levels (secure, avoidant, anxious-ambivalent) and two levels of friendship quality (high, low) and dependent variables of romantic relationship satisfaction as measured by the DAS and RAS.

Secondary analyses. If the primary data analysis supports the second hypothesis by showing that an interaction exists between attachment style and friendship quality in the predicted direction, then secondary analyses will be performed using data from the IJS and the subscales of the FQS. If a correlation is found between FQS scores and romantic relationship satisfaction scores, further investigation will be done to determine the effect of jealousy as a contributing factor. It is presumed that anxious-ambivalent individuals will have lower romantic relationship satisfaction scores when their partners have high quality friendships because of a feeling of jealousy or perceived threat to the stability of the relationship. If this is found to be true, then it would be expected that scores on the IJS would differ between attachment styles.

If both secure and avoidant participants' satisfaction scores are associated with higher FQS scores, it is presumed that different mechanisms contribute to that correlation for each of these two attachment styles. It is proposed that emotionally-charged items on the FQS will be responded to differently by secure participants as compared to avoidant

participants. Research has shown that avoidant individuals separate themselves, or dissociate from strong affect (Hazan & Shaver, 1987). This characteristic would be expected to be reflected in an avoidant individual's responses to items on the FQS that assess qualities such as closeness and conflict.

CHAPTER 4 RESULTS

Of the 220 participants identifying as being in a heterosexual committed romantic relationship who took part in this study, 21.82% ($N = 48$) were male and 78.18% ($N = 172$) were female. Additionally, 66.1% ($N = 145$ total; $N = 30$ males, $N = 115$ females) identified themselves as securely attached, 19.9% ($N = 44$ total; $N = 9$ males, $N = 35$ females) as avoidant, and 14.0% ($N = 31$ total; $N = 9$ males, $N = 22$ females) as anxious-ambivalent, using the Adult Attachment Measure (Hazan & Shaver, 1987). This distribution across attachment styles is consistent with that which has been reported previously (Hazan & Shaver, 1987).

Preliminary Analyses

Prior to conducting the main analysis of the data, a series of preliminary analyses were designed to determine the successfulness of the designations of the attachment style assignments. A series of one-way analyses were conducted on the ratings of the three attachment descriptions. Results of the ANOVAs demonstrated that those participants identifying themselves as securely attached rated the secure attachment profile as being significantly more self-descriptive ($M = 3.45$, $SD = 0.70$) than the avoidant ($M = 1.18$, $SD = 0.95$) or anxious-ambivalent ($M = 1.84$, $SD = 0.97$) profiles, $F(2, 146) = 160.54$, $p \leq .0001$. Similarly, the participants identifying as avoidantly attached rated the avoidant depiction as being significantly more self-descriptive ($M = 3.00$, $SD = 0.91$) than the secure ($M = 0.82$, $SD = 0.96$) or anxious-ambivalent ($M = 1.35$, $SD = 1.11$) profiles, $F(2,$

44) = 84.97, $p \leq .0001$. Participants who chose the anxious-ambivalent attachment style also rated that version as significantly more self-descriptive ($M = 3.13$, $SD = 0.81$) than the secure ($M = 1.00$, $SD = 1.04$) or avoidant ($M = 1.43$, $SD = 1.11$) profiles, $F(2, 31) = 55.40$, $p \leq .0001$. These findings provide confidence in the accuracy of assigning participants to the various attachment groups, as well as characterizing the robustness of that assignment.

As a second preliminary analysis, a high friendship quality group and a low friendship quality group were formed by using overall scores from the FQS in a median split. An ANOVA was conducted to determine the robustness of the assignment of people to each of the two groups. This assignment was shown to be robust, $F(1, 215) = 104.74$, $p \leq .0001$, suggesting that, when examining friendship ratings across attachment styles, there was a significant difference between perceived friendship in the high friendship quality group ($N = 105$; $M = 86.52$, $SD = 8.90$) and the low friendship quality group ($N = 117$; $M = 67.90$, $SD = 11.81$) as measured by overall FQS scores.

Additionally, the distribution of gender across attachment groups was analyzed. In particular, a 3 (secure, avoidant, and anxious ambivalent) x 2 (female, male) Chi-Square was conducted and found to be insignificant, Chi Square = (2, 220), $p \leq .576$, insignificant. This is consistent with previous literature (Hazan & Shaver, 1987), suggesting that gender does not covary with attachment style.

In addition to examining the distribution of gender across attachment groups, the duration of the romantic relationship was also assessed. Overall, relationships tended to be relatively enduring, with 59.4% ($N = 130$) lasting more than one year, 7.8% ($N = 17$) lasting 10 to 12 months, 13.2% ($N = 29$) lasting 7 to 9 months, 8.2% ($N = 18$) lasting 4 to

6 months, and 11.4% ($N = 25$) lasting 3 months or less. To ensure that relationship duration was not confounded with attachment style, an attachment style by relationship duration Chi-Square ($2, 218$) = 2.413, $p \leq .076$ was conducted. Results were not significant, indicating that relationship length did not differ according to attachment style.

Primary Analyses

A multivariate analysis of variance (MANOVA) was conducted using attachment style and friendship quality as the independent variables, with the DAS (Spanier, 1976) and RAS (Hendrick, 1988) serving as dependent variables reflecting romantic relationship satisfaction. This 3 (secure, avoidant, or anxious-ambivalent attachment style) X 2 (high or low friendship quality) factorial analysis was conducted along the romantic relationship satisfaction scores of the DAS and RAS. The two between subjects factors include the three attachment styles (secure, avoidant, or anxious-ambivalent) and friendship quality (high or low) as measured by the overall scores on the FQS (Bukowski et al., 1994). The high and low designations for friendship quality were achieved using a median split, resulting in a high friendship quality group ($M = 86.52, SD = 8.91$) and a low friendship quality group ($M = 67.90, SD = 11.81$).

This MANOVA revealed a significant main effect for attachment style, $F(2, 193) = 8.32, p \leq .0001$. No significant main effect was found for either friendship quality $F(2, 193) = 2.41, p \leq .092$ or an interaction of attachment style and friendship quality $F(2, 193) = .16, p \leq .853$.

Follow-up Analyses

The MANOVA was followed up by univariate ANOVAs to examine the effects on the DAS and RAS separately. The follow-up univariate ANOVAs indicated an

insignificant effect for attachment on the DAS $F(2, 193) = 2.82, p \leq .062, (M = 126.45, SD = 11.73)$, however there was a significant effect for attachment on the RAS $F(2, 193) = 8.31, p \leq .0001, (M = 28.33, SD = 4.46)$. The direction of the differences showed that the secure attachment style ($M = 29.18, SD = 4.15$) differed significantly from the avoidant attachment style ($M = 26.21, SD = 4.71$), *Tukey's*, $p \leq .001$, as well as the anxious ambivalent attachment style ($M = 26.96, SD = 4.49$), *Tukey's*, $p \leq .035$. The avoidant attachment style and the anxious ambivalent attachment style did not differ significantly from each other, *Tukey's*, $p \leq .766$.

The current study sought to investigate whether romantic relationship satisfaction was influenced by attachment style and friendship quality. The relationship found in the current study between attachment style and romantic relationship satisfaction is consistent with related research in the area (Collins & Read, 1990; Feeney & Noller, 1990; Simpson, 1990). Similar research has also noted differences in levels of jealousy according to attachment style (Guerrero, 1998; Hazan & Shaver, 1987; Radecki-Bush et al., 1993). Due to the findings of previous research that jealousy is correlated with both attachment style and romantic relationship satisfaction (Guerrero, 1998; Radecki-Bush et al., 1993), the relationship-specific jealousy of participants' in the current study was measured and analyzed in an effort to determine whether jealousy was influencing the findings of the current study.

Thus, the current study attempted to replicate the finding in the attachment literature that there are, in fact, differences in levels of jealousy according to attachment style by conducting a one-way ANOVA using the IJS as a measure of relationship jealousy. This analysis yielded a significant main effect for attachment style $F(2, 202) =$

6.58, $p \leq .002$. The direction of the differences revealed that the secure attachment style ($M = 134.97$, $SD = 27.52$) significantly differed from the anxious-ambivalent attachment style ($M = 154.70$, $SD = 29.83$), *Tukey's*, $p \leq .002$. However the avoidant attachment style ($M = 145.44$, $SD = 28.77$) did not significantly differ from either the secure ($p \leq .113$) or the anxious-ambivalent ($p \leq .397$) styles.

In an effort to determine whether these differences in jealousy accounted for the differences in relationship satisfaction associated with different attachment styles, an ANCOVA was conducted, using the IJS scores as a covariate in a two way ANOVA, with the factors being attachment style and friendship quality. Results indicated that the effect for attachment style on relationship satisfaction (using the RAS) was again significant, $F(2, 177) = 7.44$, $p \leq .001$, ($M = 28.53$, $SD = 4.29$), indicating that differential levels of jealousy did not account for the differences among attachment styles in relation to their levels of relationship satisfaction.

CHAPTER 5 DISCUSSION

Findings of the Present Study

The current study sought to investigate whether attachment style and perceived quality of a romantic partner's opposite-sex best friendship have an effect on romantic relationship satisfaction. Two hypotheses were proposed. The first hypothesis predicted that those individuals identifying as securely attached would report higher levels of romantic relationship satisfaction than those endorsing either the avoidant or anxious-ambivalent attachment styles, regardless of friendship quality. The second hypothesis suggested that an interaction would occur between attachment style and friendship quality. This hypothesis proposed that avoidantly attached participants would report higher romantic relationship satisfaction when the quality of the friendship between their partners and their partners' best friends of the opposite sex was high. The second hypothesis also proposed that participants who identified as anxious-ambivalent would possess lower romantic relationship satisfaction when their partners' friendship quality was high. Romantic relationship satisfaction for securely attached individuals was not expected to be affected by friendship quality.

The results of the current study support the first hypothesis. A main effect for attachment style was found, showing that, when measured with the RAS, securely attached participants were more satisfied with their romantic relationships than either the avoidant or anxious-ambivalent participants. This outcome supports previous literature

that demonstrated a relationship between attachment style and romantic relationship satisfaction (Collins & Read, 1990; Feeney & Noller, 1990; Simpson, 1990).

Many studies have shown a connection between attachment style and jealousy (Bartholomew & Horowitz, 1991; Collins & Read, 1990; Guerrero, 1996a, 1996b, 1998; Hazan & Shaver, 1987; Radecki-Bush et al., 1993; Sharpsteen & Kirkpatrick, 1995; White & Mullen, 1989). Therefore, jealousy was assessed and analyzed to determine its effect on the results of the current study. Consistent with the literature (Hazan & Shaver, 1987; Radecki et al., 1993; Sharpsteen & Kirkpatrick, 1995), jealousy varied according to attachment style. Securely attached participants endorsed lower levels of jealousy than did anxious-ambivalent participants. Avoidantly attached participants' level of jealousy did not differ significantly from either secure or anxious-ambivalent attachment styles, a conclusion that supports Sharpsteen and Kirkpatrick's (1995) finding that avoidantly attached individuals were less likely to have lingering feelings of jealousy because they tended to feel anger toward the rival instead.

After differing levels of jealousy were taken into account, support for the first hypothesis remained. Therefore, it can be concluded that varying levels of romantic relationship satisfaction across attachment styles were not due to jealousy alone. Further research will need to ascertain what does, in fact, account for those with a secure attachment style having higher romantic relationship satisfaction than those with insecure attachment.

The second hypothesis of the current study proposed that the variance in romantic relationship satisfaction would be due to differing levels of partners' friendship quality. This hypothesis was not supported, leaving the question unanswered for now. There are

several potential reasons why the second hypothesis was not supported. The questionnaire required judgements about the quality of a friendship as perceived by the participant, who was not a part of the friendship. This may have led to guesses rather than accurate assessments of the nature and characteristics of the friendship. Secondly, due to the college student population used, it is likely that many of the participants' partners' opposite-sex friends lived somewhere other than the location in which the participants and their partners lived. This could have caused the participant to know even less about the friendship, and to perceive it as less of a threat. In this situation, it is possible that many of the participants may not have ever met their partners' friends, let alone seen their partners interact in the friendship. Thirdly, attachment style may be such a strong predictor of romantic relationship satisfaction that other factors, such as outside friendships, are not salient enough to affect satisfaction in either direction.

Future research in this area could address some of these limitations by sampling either a younger (e.g., high school students) or older population where the friend is likely to live in the same location as the romantic couple. Researchers may also want to include the participant's romantic partner in the study for purposes of accurately assessing the quality of the partner's friendship.

Contribution to the Existing Literature

This study has contributed to the area of attachment research by producing results that replicate the findings of earlier studies by Hazan and Shaver (1987) and others that demonstrated differing levels of romantic relationship satisfaction across attachment styles (e.g. securely attached participants reported higher romantic relationship satisfaction than those who identified as insecurely attached).

Based on the results of the current study, it appears that securely attached people are more satisfied with the nature of their romantic relationships than those who are insecurely attached. This finding is in agreement with the existing literature (Hazan & Shaver, 1987; Feeney & Noller, 1990; Simpson, 1990; and Bartholomew & Horowitz, 1991) which found securely attached adults to have the most enduring and satisfying love relationships.

Results did not produce evidence that the two insecure types, avoidant and anxious-ambivalent, differed from each other in romantic relationship satisfaction. Previous studies (Feeney & Noller, 1990; Mayseless, 1995) found anxious-ambivalent individuals to have the least satisfaction in romantic relationships of the three attachment styles. Other research (Hazan & Shaver, 1987; Simpson, 1990; Bartholomew & Horowitz, 1991) has concluded that avoidantly attached adults are more likely to have never been in love than the other two styles and have the fewest love experiences. It would appear that the two insecure types are both less likely to have fulfilling romantic relationships than securely attached individuals. Though the two insecure styles may have different processes to account for less romantic satisfaction, they both had significantly lower levels of romantic satisfaction than the secure style as measured in the current study.

The present study did not find support for the idea that the interaction of perceived friendship quality and attachment style affects romantic relationship satisfaction. No significant difference was found in friendship quality as a function of attachment style and no relationship was found between friendship quality and romantic relationship satisfaction. Although the effect of attachment style on romantic

relationships has been found to extend to other relationships like friendship (Bartholomew & Horowitz, 1991), the current study did not find evidence of differences in romantic relationship satisfaction based on perceived friendship quality across attachment styles. This may be due to the indirect method used to explore friendship quality. Participants were asked to evaluate the friendship quality of their romantic partners' friendship with the partners' best friend of the opposite sex.

Thus, the friendship quality scores that were obtained reflected an outside observer's (the participant) opinion of the quality of a friendship in which s/he is not a participator. The friendship quality scores are therefore a perception of a biased individual and may have been affected by interfering factors (lack of knowledge, lack of direct observation). For the purposes of the current study, the perception of friendship quality by the study participant was the desired information, and whether this perception was in agreement with the perceptions of the actual members of the friendship was of no interest. Future research could explore how attachment style affects the degree of agreement between an individual's perception of a romantic partner's friendship quality when compared to the romantic partner's perception.

Similar to previous studies on jealousy (Radecki-Bush et al., 1993; Sharpsteen & Kirkpatrick, 1995; Guerrero, 1998), the current study found a significant relationship between jealousy and attachment style. Jealousy was explored to assess its contribution to the current study's findings. Anxious-ambivalent participants had significantly higher levels of jealousy than securely attached participants. This was expected based on previous research (Feeney & Noller, 1990; Mayseless, 1995) that showed that the anxious-ambivalent style was the most jealous of the three attachment styles.

The avoidant attachment style did not differ significantly from the other two styles on the jealousy measure in the current study. Again, this finding is consistent with previous research (Hazan & Shaver, 1987) that has shown avoidant individuals to be the most uncomfortable with emotional intimacy and the most likely to avoid inner experiences of emotion of the three attachment styles.

Guerrero (1998) asserted that jealousy must be taken into account when studying romantic relationship satisfaction. Jealousy was found to be a contributor to romantic relationship satisfaction in several studies on the topic (Bingle, Evenbeck, & Schmedel, 1977; Mathes & Severa, 1981; Mathes, Roter, & Joerger, 1982; Mathes, 1986). However, results from the current study show that differential levels of jealousy alone did not account for the differences across attachment style in relation to romantic relationship satisfaction. In other words, differing levels of romantic relationship satisfaction among the three attachment styles remained, even after controlling for differing levels of jealousy. Therefore, it appears that one or more factors are contributing to differences in romantic relationship satisfaction other than jealousy. In sum, the current study found differences in romantic relationship satisfaction based on attachment style and differences in jealousy based on attachment style, but differences in jealousy did not account for differences in romantic relationship satisfaction.

Implications for Future Research

The existing attachment literature has focused on dyadic relationships. The current study attempted to expand the focus from just the dyad to a larger, systemic perspective by exploring how external factors like an extra-dyadic friendship might affect processes within the dyad, such as romantic relationship satisfaction. Future research in

this area could build upon this idea by assessing friendship quality first-hand through the romantic partner and the partner's friend. A comparison or contrast could be made of the original participant's perception of the quality of the friendship with both the romantic partner's perception and the friend's perception. Differences in agreement according to the original participant's attachment style could then be investigated.

The area of attachment and friendship has produced little research to date. The current study attempted to form a link between the well-researched area of romantic satisfaction and attachment with the relatively new area of friendship and attachment. Although attachment has been described as a dyadic process and therefore studied in that manner, it could be argued from a systemic perspective that any dyadic relationship is influenced by the broader social context and various external relationships that extend from the dyad. This concept produces fertile ground for attachment researchers.

Limitations of the Present Study

Several limitations to the current study can be identified. The study is correlational, thus preventing the ability to determine cause and effect. Attachment style may affect romantic relationship satisfaction, romantic relationship satisfaction may affect attachment style, or a third variable could be responsible for the relationship. The college student population, where individuals are often living away from home and close friends, may have limited the ability for participants to observe directly their romantic partners' friendships, and some participants may have never even met their partners' friends. These factors could seriously hinder a participant's ability to assess friendship quality. The methodology involved using self-report paper-and-pencil assessments rather than direct interviewing or direct observation of attachment style, romantic relationship

satisfaction, jealousy, and friendship quality. The order of instruments within the questionnaire was the same for all participants, which meant that the attachment measure always came after measures of friendship quality, romantic relationship satisfaction, and jealousy. It is possible that responding to the earlier measures activated certain feelings or beliefs that affected participants' selection of an attachment style. Future research should vary the order of the measures in an effort to control for contamination. Additionally, no assessment was made to determine whether the best friend of the participant's romantic partner was a best friend of the participant as well.

Future research could explore the option of turning this study, which is correlational in nature, into one that can be experimentally controlled. This might involve provoking jealousy in the participant by creating a scenario (real or imagined) where the romantic partner spends time with his/her friend rather than the participant, then assessing factors like romantic relationship satisfaction, friendship quality, and attachment style immediately following the event.

Within the context of these considerations and limitations, the findings of the current study nonetheless provide qualified support for the association between attachment style and romantic relationship satisfaction. Despite interpersonal jealousy and romantic relationship satisfaction relating in theoretically predictable ways to attachment style, jealousy alone failed to account for differences in romantic relationship satisfaction. Future work that more effectively measures or manipulates levels of jealousy in the context of specific relationships may be able to more effectively test an "interpersonal threat" hypothesis, or otherwise clarify the role of attachment in the development and maintenance of satisfying personal relationships.

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**APPENDIX A
DEMOGRAPHIC INFORMATION**

Directions: Please bubble in the answers on the bubble sheet in the order in which they are numbered.

1. Sex: M (bubble 1) F (bubble 2)

2. Ethnicity:

African American (bubble 1)	Asian (bubble 2)	Caucasian (bubble 3)	Hispanic (bubble 4)	Other (bubble 5)
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APPENDIX B
FRIENDSHIP QUALITIES SCALE (MODIFIED)

Directions: Choose the person whom you regard as your romantic **partner's opposite sex** best friend and write their name at the top of the page. Answer the following questions in the scale in reference to your romantic **partner's** relationship with this person. Rate each item on the following scale:

- 1 - the item is **Almost Never or Never** true about their relationship
- 2 - the item is **Seldom** true about their relationship
- 3 - the item is **Sometimes** true about their relationship
- 4 - the item is **Often** true about their relationship
- 5 - the item is **Almost Always or Always** true about their relationship

Think about each item carefully and be sure to rate their friendship according to its current state ('the way it is now') and not according to how you want it to be.

3. My partner and my partner's friend spend all their free time together.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

4. My partner's friend thinks of fun things for them to do together.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

5. My partner and my partner's friend go to each other's houses after school and on weekends.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

6. Sometimes my partner and my partner's friend just sit around and talk about things like school, sports, and things they like.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

7. My partner can get into fights with her/his friend.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

8. My partner's friend can bug or annoy my partner even though my partner asks her/him not to.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

9. My partner and my partner's friend can argue a lot.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

10. My partner and my partner's friend disagree about many things.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

11. If my partner forgot her/his lunch or needed a little money, my partner's friend would loan it to her/him.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

12. My partner's friend helps my partner when s/he is having trouble with something.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

13. My partner's friend would help my partner if s/he needed it.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

14. If other kids were bothering my partner, my partner's friend would help her/him.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

15. My partner's friend would stick up for my partner if another kid was causing her/him trouble.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

16. If my partner has a problem at school or at home, my partner can talk to her/his friend about it.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

17. If there is something bothering my partner, s/he can tell her/his friend about it even if it is something s/he cannot tell to other people.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

18. If my partner said s/he was sorry after s/he had a fight with her/his friend, the friend would still stay mad at my partner.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

19. If my partner or my partner's friend does something that bothers the other one of them, they can make up easily.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

20. If my partner and my partner's friend have a fight or argument, they can say 'I'm sorry' and everything will be all right.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

21. If my partner's friend had to move away, my partner would miss her/him.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

22. My partner feels happy when s/he is with her/his friend.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

23. My partner thinks about her/his friend even when the friend is not around.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

24. When my partner does a good job at something, the friend is happy for her/him.

1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

25. Sometimes my partner's friend does things for her/him, or makes her/him feel special.
1 (Almost Never or Never) 2 (Seldom) 3 (Sometimes) 4 (Often) 5 (Almost Always or Always)

APPENDIX C
RELATIONSHIP ASSESSMENT SCALE

Please answer the following questions about your relationship with your romantic partner.

26. How well does your partner meet your needs?

1 (Very Poorly) 2 (Poorly) 3 (Neither Poorly nor Well) 4 (Well) 5 (Very Well)

27. In general, how satisfied are you with your relationship?

1 (Very Dissatisfied) 2 (Dissatisfied) 3 (Neither Dissatisfied nor Satisfied) 4 (Satisfied) 5 (Very Satisfied)

28. How good is your relationship compared to most?

1 (Much Worse) 2 (Worse) 3 (About the Same) 4 (Better) 5 (Much Better)

29. How often do you wish you hadn't gotten into this relationship?

1 (Never) 2 (Rarely) 3 (Neutral) 4 (Sometimes) 5 (Frequently)

30. To what extent has your relationship met your original expectations?

1 (Did Not Meet Any of My Expectations) 2 (Met Very Few of My Expectations) 3 (Neutral)
4 (Met Most of My Expectations) 5 (Definitely Met My Expectations)

31. How much do you love your partner?

1 (Not At All) 2 (Not Very Much) 3 (Neutral) 4 (Very Much) 5 (Completely)

32. How many problems are there in your relationship?

1 (None) 2 (Hardly Any) 3 (A Few) 4 (A Lot) 5 (Too Many to Count)

**APPENDIX D
DYADIC ADJUSTMENT SCALE**

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

- 1 = Always disagree
- 2 = Almost always disagree
- 3 = Frequently disagree
- 4 = Occasionally disagree
- 5 = Almost always agree
- 6 = Always agree

- 33. Handling family finances
- 34. Matters of recreation
- 35. Religious matters
- 36. Demonstrations of affection
- 37. Friends
- 38. Sex relations
- 39. Conventionality (correct or proper behavior)
- 40. Philosophy of life
- 41. Ways of dealing with parents or in-laws
- 42. Aims, goal, and things believed important
- 43. Amount of time spent together
- 44. Making major decisions
- 45. Household tasks
- 46. Leisure time interest and activities
- 47. Career decisions

- 1=Never
- 2=Rarely
- 3=Occasionally
- 4=More often than not
- 5=Most of the time
- 6=All the time

- 48. How often do you discuss or have you considered divorce, separation, or terminating your relationship?
- 49. How often do you or your mate leave the house after a fight?

50. In general, how often do you think that things between you and your partner are going well?

51. Do you confide in your mate?

52. Do you ever regret that you married? (or lived together)

53. How often do you and your partner quarrel?

54. How often do you and your mate "get on each other's nerves?"

55. Do you kiss your mate?

1=Never 2=Rarely 3=Occasionally 4=Almost Every Day 5=Every Day

56. Do you and your mate engage in outside interests together?

1=None of them 2=Very few of them 3=Some of them 4=Most of them 5=All of them

How often would you say the following events occur between you and your mate?

1=Never 2=Less than once a month 3=Once or twice a month 4=Once a day 5=More often

57. Have a stimulating exchange of ideas

58. Laugh together

59. Calmly discuss something

60. Work together on a project

These are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or problems in your relationship during the past few weeks.

61. Being too tired for sex

1 = No 2 = Yes

62. Not showing love

1 = No 2 = Yes

63. The numbers on the following line represent different degrees of happiness in your relationship. The middle point, "happy," represents the degree of happiness of most relationships. Please bubble in the number that best describes the degree of happiness, all things considered, of your relationship.

1	2	3	4	5	6
Extremely Unhappy	Fairly Unhappy	A little Unhappy	Very Happy	Extremely Happy	Perfectly Happy

64. Please bubble in the number of the following statements that best describes how you feel about the future of your relationship.

5 I want desperately for my relationship to succeed, and *would go to almost any length* to see that it does.

4 I want very much for my relationship to succeed, and *will do all I can* to see that it does.

3 I want very much for my relationship to succeed, and *will do my fair share* to see that it does.

2 It would be nice if my relationship succeeded, but *I refuse to do any more than I am doing now* to keep the relationship going.

1 My relationship can never succeed, and *there is no more that I can do* to keep the relationship going.

APPENDIX E
THE INTERPERSONAL JEALOUSY SCALE

In responding to each item place the name of your romantic partner in the blank of each item. Then use the scale below to express your feelings concerning the truth of the item. For example, if you feel that the item is "absolutely true" of you, bubble in a 9 on your bubble sheet for that item. If it is only "definitely true" bubble in an 8 on your bubble sheet, etc.

- 9 = absolutely true; agree completely
- 8 = definitely true
- 7 = true
- 6 = slightly true
- 5 = neither true nor false
- 4 = slightly false
- 3 = false
- 2 = definitely false
- 1 = absolutely false; disagree completely

120. If _____ were to see an old friend of the opposite sex and respond with a great deal of happiness, I would be annoyed.
121. If _____ went out with same sex friends, I would feel compelled to know what he/she did.
122. If _____ admired someone of the opposite sex I would feel irritated.
123. If _____ were to help someone of the opposite sex with their homework, I would feel suspicious.
124. When _____ likes one of my friends I am pleased.
125. If _____ were to go away for the weekend without me, my only concern would be with whether he/she had a good time.
126. If _____ were helpful to someone of the opposite sex, I would feel jealous.
127. When _____ talks of happy experiences of his/her past, I feel sad that I wasn't part of it.

128. If _____ were to become displeased about the time I spend with others, I would be flattered.
129. If _____ and I went to a party and I lost sight of him/her, I would become uncomfortable.
130. I want _____ to remain good friends with the people he/she used to date.
131. If _____ were to date others I would feel unhappy.
132. When I notice that _____ and a person of the opposite sex have something in common, I am envious.
133. If _____ were to become very close to someone of the opposite sex, I would feel very unhappy and/or angry.
134. I would like _____ to be faithful to me.
135. I don't think it would bother me if _____ flirted with someone of the opposite sex.
136. If someone of the opposite sex were to compliment _____, I would feel that the person was trying to take _____ away from me.
137. I feel good when _____ makes a new friend.
138. If _____ were to spend the night comforting a friend of the opposite sex who had just had a tragic experience, _____'s compassion would please me.
139. If someone of the opposite sex were to pay attention to _____, I would become possessive of him/her.
140. If _____ were to become exuberant and hug someone of the opposite sex, it would make me feel good that he/she was expressing his/her feelings openly.
141. The thought of _____ kissing someone else drives me up the wall.
142. If someone of the opposite sex lit up at the sight of _____, I would become uneasy.
143. I like to find fault with _____'s old dates.
144. I feel possessive toward _____.
145. If _____ had previously been married, I would feel resentment towards the ex-wife/husband.

146. If I saw a picture of _____ and an old date I would feel unhappy.

147. If _____ were to accidentally call me by the wrong name, I would become furious.

APPENDIX F
ADULT ATTACHMENT MEASURE

148. Which of the following best describes you? **Please choose only one.**

0. I am somewhat uncomfortable being close to others; I find it difficult to trust them completely, difficult to allow myself to depend on them. I am nervous when anyone gets too close, and often love partners want me to be more intimate than I feel comfortable being (**mark 0 on your bubble sheet if you choose this one**).
1. I find that others are reluctant to get as close as I would like. I often worry that my partner doesn't really love me or won't want to stay with me. I want to get very close to my partner, and this desire sometimes scares people away (**mark 1 on your bubble sheet if you choose this one**).
2. I find it relatively easy to get close to others and am comfortable depending on them. I don't often worry about being abandoned or about someone getting too close to me (**mark 2 on your bubble sheet if you choose this one**).

Please rate each of the following descriptions using the following scale:

Very much **unlike** me- 0 1 2 3 4 -Very much **like** me

149. I am somewhat uncomfortable being close to others; I find it difficult to trust them completely, difficult to allow myself to depend on them. I am nervous when anyone gets too close, and often love partners want me to be more intimate than I feel comfortable being.
150. I find that others are reluctant to get as close as I would like. I often worry that my partner doesn't really love me or won't want to stay with me. I want to get very close to my partner, and this desire sometimes scares people away.
151. I find it relatively easy to get close to others and am comfortable depending on them. I don't often worry about being abandoned or about someone getting too close to me.

APPENDIX G
ADDITIONAL QUESTIONNAIRE ITEMS

152. Are you in a committed romantic relationship at this time?

0-No

1-Yes

153. How long have you been with your partner?

0 – 0 to 3 months

1 – 4 to 6 months

2 – 7 to 9 months

3 – 10 to 12 months

4 – more than a year

5 – Not currently in a committed romantic relationship

154. How would you characterize your romantic relationship with your current partner?

0. Opposite-sex romantic relationship

1. Same-sex romantic relationship

155. You and your romantic partner live:

0. in the same city most of the time

1. not in the same city, but in the same county most of the time

2. not in the same county, but in the same state most of the time

3. not in the same state, but within 500 miles of each other

4. more than 500 miles apart

156. Your romantic partner and your romantic partner's best friend of the opposite sex live:

0. in the same city most of the time

1. not in the same city, but in the same county most of the time

2. not in the same county, but in the same state most of the time

3. not in the same state, but within 500 miles of each other

4. more than 500 miles apart

157. When answering questions about the friendship between your romantic partner and your romantic partner's best friend of the opposite sex, how confident do you feel that your answers are accurate?

0. Not at all confident

1. Somewhat confident

2. Very confident

3. Extremely confident

158. Has your romantic partner ever engaged in sexual activity with his or her opposite sex best friend?

0. No
1. I'm not sure
2. Yes, while we were together
3. Yes, while we were not together

(Note: Items 65. – 119. were used for a separate study.)

Table 1: Means, Standard Deviations, and Cell Sizes for each Attachment Style and Friendship Quality Group along Two Measures of Romantic Relationship Satisfaction

Attach	Friendship Quality	Mean	Standard Deviation	N
Avoidant	Low	27.12	4.94	17
	High	25.29	4.43	17
	Total	26.21	4.71	34
Anxious Ambivalent	Low	27.75	3.73	16
	High	25.92	5.33	12
	Total	26.96	4.49	28
Secure	Low	29.75	3.44	68
	High	28.56	4.74	63
	Total	29.18	4.15	131
Total	Low	28.99	3.89	101
	High	27.61	4.92	92
	Total	28.33	4.46	193
Avoidant	Low	123.00	14.75	17
	High	122.18	15.12	17
	Total	122.56	14.71	34
Anxious Ambivalent	Low	126.38	13.19	16
	High	123.83	8.83	12
	Total	125.29	11.40	28
Secure	Low	127.69	10.67	68
	High	127.73	10.92	63
	Total	127.71	10.75	131
Total	Low	126.69	11.84	101
	High	126.18	11.67	92
	Total	126.45	11.73	193

Table 2: Correlations between Dependent and Independent Variables

	Length	FQS	IJS	RAS	DAS	Avoidant	Anxious	Secure
Length	1.000	-.028	.052	.100	.023	-.126	-.058	.052
FQS	-.028	1.000	-.207**	.006	.021	-.122	.022	.106
IJS	.052	-.207**	1.000	-.079	-.101	.248**	.355**	-.224**
RAS	.100	.006	-.079	1.000	.546**	-.237**	-.151*	.238**
DAS	.023	.021	-.101	.546**	1.000	-.213**	-.082	.176*
Avoidant	-.126	-.122	.248**	-.237**	-.213**	1.000	.209**	-.552**
Anxious	-.058	.022	.355**	-.151*	-.082	.209**	1.000	-.403**
Secure	.052	.106	-.224**	.238**	.176*	-.552**	-.403**	1.000

** Correlation is significant at the 0.01 level (2-tailed).

* Correlation is significant at the 0.05 level (2-tailed).

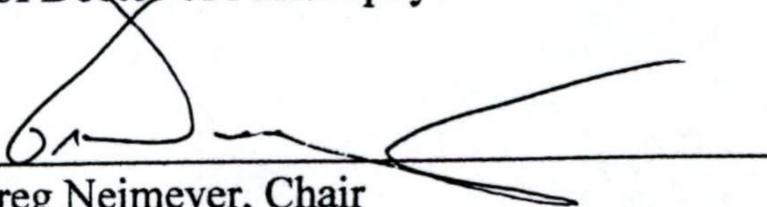
Table 3: Descriptive Data

Sex of Participant	Male = 48	Female = 173			
Ethnicity	African American = 18	Asian = 15	Caucasian = 149	Latino/a = 29	Other = 8
Currently in a committed romantic relationship	No = 1	Yes = 221			
Length of relationship	0 to 3 months = 25	4 to 6 months = 18	7 to 9 months = 29	10 to 12 months = 17	More than a year = 130
Sexual orientation of relationship	Opposite sex (heterosexual) = 221	Same sex (gay/lesbian) = 1			
Location of participant and romantic partner	Same city = 148	Same county = 9	Same state = 41	Within 500 miles = 10	More than 500 miles = 14
Location of romantic partner and romantic partner's friend	Same city = 115	Same county = 23	Same state = 41	Within 500 miles = 12	More than 500 miles = 30
Participant's perceived accuracy when rating friendship	Not at all confident = 9	Somewhat confident = 64	Very confident = 98	Extremely confident = 51	
Sexual contact between romantic partner and friend	No = 176	Not sure = 17	Yes, while we were together = 3	Yes, while we were not together = 24	

BIOGRAPHICAL SKETCH

The author obtained her undergraduate education in the major of psychology at the University of Florida. She graduated with honors and received a Bachelor of Science degree in May 1998. In August 1998, she began her graduate training in the counseling psychology doctoral program at the University of Florida. The author received the degree Master of Science in December 2001 and will graduate with a Doctor of Philosophy degree in counseling psychology in August 2004.

I certify that I have read this study and that in my opinion it conforms to acceptable standards of scholarly presentation and is fully adequate, in scope and quality, as a dissertation for the degree of Doctor of Philosophy.



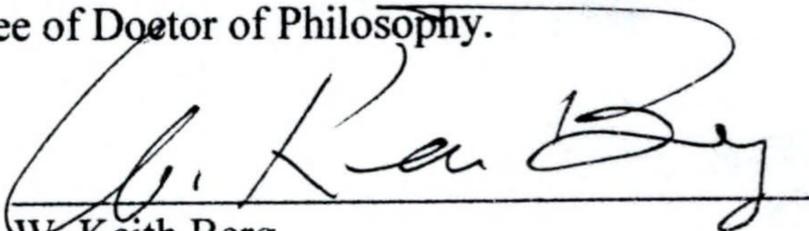
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Professor of Psychology

I certify that I have read this study and that in my opinion it conforms to acceptable standards of scholarly presentation and is fully adequate, in scope and quality, as a dissertation for the degree of Doctor of Philosophy.



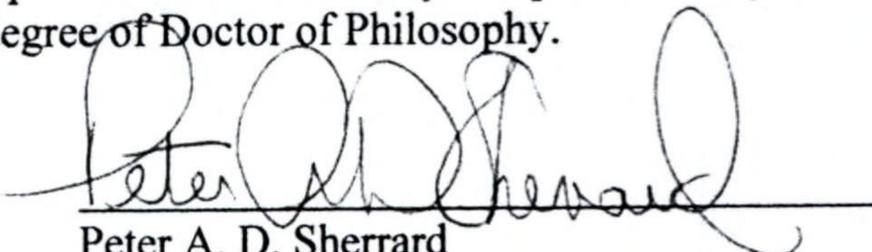
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I certify that I have read this study and that in my opinion it conforms to acceptable standards of scholarly presentation and is fully adequate, in scope and quality, as a dissertation for the degree of Doctor of Philosophy.



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I certify that I have read this study and that in my opinion it conforms to acceptable standards of scholarly presentation and is fully adequate, in scope and quality, as a dissertation for the degree of Doctor of Philosophy.



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This dissertation was submitted to the Graduate Faculty of the Department of Psychology in the College of Liberal Arts and Sciences and to the Graduate School and was accepted as partial fulfillment of the requirements for the degree of Doctor of Philosophy.

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