

VITA

Joan I. Malcolm

Personal Data:

Date of Birth: June 2, 1963
Place of Birth: Corona, California

Education

Psy. D. Indiana State University
Clinical Psychology 1992

B.A. California State University, Fullerton
Major: Psychology 1987

Clinical Experience

September 1991 - August 1992, Psychology Intern,
Pacific Clinics Community Mental Health Center,
Duarte, California

January 1991 - July 1991, Group Facilitator,
Putnamville State Farm,
Greencastle, Indiana

July 1990 - July 1991, Graduate Clinician,
Charter Counseling Center,
Terre Haute, Indiana

August 1989 - June 1990, Group Facilitator,
Terre Haute North High School,
Terre Haute, Indiana

August 1987 - July 1990, Graduate Clinician
Indiana State University Psychology Clinic,
Terre Haute, Indiana

RELATIONSHIP SATISFACTION AS A FUNCTION OF THE DISCREPANCY
BETWEEN EXPERIENCED AND DESIRED LEVELS OF INTIMACY

A Doctoral Research Project
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APPROVAL SHEET

The doctoral research project of Joan I. Malcolm, Contribution to the School of Graduate Studies, Indiana State University, Series IV, Number 38, under the title Relationship Satisfaction as a Function of the Discrepancy Between Experienced and Desired Levels of Intimacy is approved as partial fulfillment of the requirements for the Doctor of Psychology Degree.

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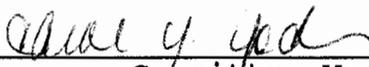
Date



Committee Chairperson



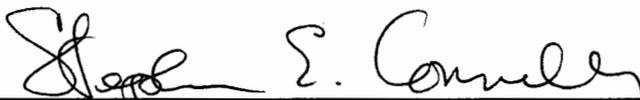
Committee Member



Committee Member

8/4/92

Date



For the School of Graduate Studies

ABSTRACT

The present study investigated the effect of discrepancies between experienced versus desired levels of intimacy on relationship satisfaction using data from 135 undergraduate students. Subjects completed the Personal Assessment of Intimacy in Relationships (PAIR), the Dyadic Relationship Questionnaire (DRQ), the Dyadic Adjustment Scale (DAS), and a Background Questionnaire (BQ). Correlation and multiple regression analyses indicated that discrepancies between Desired and Experienced Intimacy, as measured by the PAIR and DRQ, was highly predictive of relationship satisfaction, as measured by the DAS. However, Experienced Intimacy was a better predictor of relationship satisfaction. Both males and females ranked Emotional Intimacy as most important to relationship satisfaction and it was also the strongest predictor of relationship satisfaction. The DRQ was found to be an efficacious pictorial assessment of intimacy.

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Chapter 1

INTRODUCTION

Relationship satisfaction and psychological adjustment have been of interest to researchers and mental health professionals for many years. In particular, researchers have been concerned with identifying factors which contribute to relationship satisfaction. This interest has accelerated in the last few decades due to the marital and family enrichment movement and the escalating divorce rate (Worthington, Burton, & Hammond, 1989). Most of the research which examines relationship satisfaction or intimacy has focused on married or divorced couples. The rationale for the selection of these two groups has been that marriage supposedly epitomizes the most intimate relationship and that divorce represents a breaking of this intimate bond and a dissatisfaction with the relationship. Due to this selection practice, however, little is known about the development of intimacy and satisfaction in non-marital or pre-marital relationships.

By understanding intimacy and relationship satisfaction in non-married couples we may be better equipped to counsel and help resolve differences between partners prior to

marriage. If therapists had a framework for understanding the nature of intimacy, gender differences in intimacy, and how intimacy impacts relationship satisfaction, then perhaps they would be better equipped to identify and remediate problems at an earlier stage in the relationship. With the high rate of divorce, this would seem to be a worthwhile goal.

Intimacy is highly valued in our culture and people seek to fulfill their needs for intimacy through friendships and marriage (Schaefer & Olson, 1981). Furthermore, the role of intimacy in relationship satisfaction has received considerable attention. There is empirical evidence, for example, that the development of intimate bonds is important for personal and interpersonal well-being and adjustment. Research indicates that human and non-human animals alike require at least a basal level of intimate contact to develop normally and adaptively (Harlow, 1971; Bowlby, 1973). Furthermore, some theorists postulate that developing intimate relationships is a necessary developmental task and that these intimate relationships provide significant personal satisfaction and support (Erickson, 1963; Maslow, 1954). Some researchers also believe that high levels of intimacy in relationships result in high levels of relationship satisfaction (Waring, 1984).

In the clinical domain, increasing interpersonal intimacy has long been a primary therapeutic goal for many marital therapists. There are several problems, however,

with this approach to dyadic counseling. First, there is little agreement in the literature as to how to define intimacy. Although the term intimacy is used frequently, few theorists have attempted succinctly to conceptualize and operationalize it (Schaefer & Olson, 1981). Given the semantic ambiguity surrounding the term intimacy, the prevailing belief that it is an important factor in interpersonal relationships appears to be based more on assumptions rather than on demonstrated facts. Some researchers have defined intimacy as the ability to self-disclose (Frey, Holley, & L'Abate, 1979; Gilbert, 1976). However, disclosure does not necessarily produce intimacy, and in some cases, disclosure can be used to hurt others rather than to produce closeness. Nevertheless, few would disagree that disclosure is a vital and possibly a necessary component of intimate relationships, but it may not be a sufficient element in itself.

Other writers have defined intimacy as a multifaceted phenomenon with such components as conflict resolution, affection, cohesion, autonomy, and expressiveness (Waring, 1980). Most attempts to define intimacy have conceptualized it as mutual need satisfaction and closeness to another person in several interpersonal areas, such as sexual, intellectual, and emotional (Schaefer & Olson, 1981). Schaefer and Olson (1981) differentiated between an intimate experience and an intimate relationship. An intimate relationship involves the expectation that the sharing in

various areas will continue into the future, whereas an intimate experience may involve sharing during a moment in time.

Other researchers regard intimacy as a dynamic process rather than a static state. Mace (1982) suggested that couples establish the level of intimacy they are able to tolerate and then work to maintain homeostasis at that level. This homeostatic process is described as a pattern of drawing close, at which point differences are accentuated, which then leads to disagreement and, ultimately, to distancing. In a similar vein, Feldman (1979) postulated that in some relationships intimacy may lead to anxiety. When partners feel too close or too intimate, they experience anxiety, they then initiate conflict (perhaps unconsciously) as a means of distancing from the relationship in order to reduce their anxiety. When anxiety levels are reduced, partners are free to move back toward greater intimacy. These dynamic patterns are quite similar to the approach-avoidance conflict described by Dollard and Miller (1950), in which there is desire to both approach and avoid the same goal. In the case of intimacy, there would be a strong desire to increase contact and closeness through sharing and disclosure, combined with a desire to maintain autonomy and independence (which increasing intimacy may threaten). However defined, past research suggests that intimacy, in and of itself, plays a

significant role in the overall satisfaction within a relationship (Tolstedt & Stokes, 1983).

Second, some couples may desire less intimacy than they are currently experiencing in their relationship to feel more satisfied (Harper & Elliott, 1988). There appears to be, for some people, a delicate balance between interpersonal cohesion and a feeling of being overly enmeshed. In fact, the relationship between intimacy and relationship satisfaction may be curvilinear rather than linear. Increasing intimacy may have the effect of increasing relationship satisfaction to a point. After a subjectively determined point of optimal intimacy has been achieved, increasing intimacy beyond this point may have diminishing returns and may, in fact, be perceived as negative.

Furthermore, the optimal level of intimacy in a relationship may be significantly different for the individual members of a dyad. One member may desire a high level of intimacy to feel satisfied with the relationship, while the other may experience this high level of intimacy as enmeshment and thus desire more autonomy. Conflict, and ultimately relationship dissatisfaction, may result when partners differ significantly in their need and desire for intimacy. Thus, utilizing a blanket approach of increasing intimacy in dyadic counseling may be inappropriate and actually be a disservice to the couple. In extreme cases,

the therapist may unwittingly impose his or her own values concerning intimacy on the couples being counseled.

The focus of the present study was on intimacy and satisfaction in non-marital relationships. Intimacy was defined as feelings of closeness and sharing in five domains thought to be important to relationship satisfaction: Emotional, Social, Sexual, Intellectual, and Recreational (Schaefer & Olson, 1981; Harper & Elliott, 1988). Of particular interest were the effects of discrepancies between Experienced versus Desired levels of intimacy on relationship satisfaction.

The literature discusses the importance of intimacy in relationship satisfaction (Waring, 1981), as well as the role of discrepancies between desired and experienced intimacy and relationship satisfaction (Harper & Elliott, 1988). Little mention is made, however, of the relative importance of different aspects of intimacy on relationship satisfaction. Tolstedt and Stokes (1983) looked at verbal, affective, and physical intimacy and found that all three were related to marital satisfaction. Of the three types of intimacy, verbal and affective intimacy were more strongly related to relationship satisfaction than was physical intimacy.

Schaefer and Olson (1981) developed the PAIR to assess five types of intimacy: Emotional, Social, Sexual, Intellectual, and Recreational. Each of the five areas, however, was considered to be equally important to

relationship satisfaction. It would seem reasonable, however, that some areas of intimacy would be more important for some individuals than other areas. As a consequence of this differential weighting, intimacy areas ranked high in importance would be likely to account for more of the variance related to relationship satisfaction than areas ranked lower in importance. Perhaps the most efficacious predictors of relationship satisfaction would be the discrepancy scores of the highest ranked intimacy areas.

A discrepancy in an area ranked low in importance, for example, might have little or no effect on relationship satisfaction while a similar discrepancy in an area ranked high in importance might have a greater impact. If an individual ranks sexual intimacy as relatively unimportant, for example, it would stand to reason that a large discrepancy between his or her Experienced and Desired level of sexual intimacy would be likely to have little discernable effect on relationship satisfaction. On the other hand, a large or even moderate discrepancy in an area that is given high priority (e.g. emotional intimacy) would be likely to have a negative impact on relationship satisfaction.

In addition, it is possible that males and females differ in the way they perceive the importance of the different areas of intimacy. What are the most important aspects of intimate relationships for women? What are they

for men? Do they differ? These are but a few questions that need to be addressed.

Previous research has suggested, for example, that women are more adversely affected by large discrepancies between Experienced and Desired Intimacy in interpersonal relationships than are men (Harper & Elliott, 1988). This may partly explain the higher incidence of depression in married women as compared to married men and non-married women (Russo, 1990). Women may have higher expectations for their intimate relationships or a greater desire to have most of their intimacy needs met in this one relationship than do men. When these expectations are frustrated or go unmet, some women may become discouraged and experience feelings of hopelessness. These feelings of discouragement and hopelessness may ultimately lead to depression. Waring and Patton (1984) found, for example, that the relationship between intimacy and depression was much stronger in women than in men. In addition, Aneshensel (1986) found that women who worked outside of the home had lower rates of depression than women who did not work outside of the home. Furthermore, rates of depression were lower in women who had high marital and high work strain than for non-employed women with high marital strain. Thus, diversity of supports and activities may mitigate psychological distress.

In addition to more restricted societal roles, women have traditionally placed more of an emphasis on interpersonal relationships than have men. Kohlberg (1981)

suggested that women have a strong interpersonal bias and that they work toward an interdependence of love and care, whereas men work toward a more autonomous life. Therefore, if the above description of gender roles is accurate, it would be expected that women because they tend to place greater emphasis on interpersonal relationships, and are less likely to meet their intimacy needs outside of their romantic relationships, would be more adversely affected by large discrepancies between Desired and Experienced Intimacy than would men.

Summary

A review of the literature suggests that intimacy is an important and perhaps highly desired element of interpersonal relationships. Further, intimacy seems to be related to relationship satisfaction and psychological adjustment. Just how intimacy is related to relationship satisfaction is unclear because some theorists have suggested that the relationship is linear while others have argued that it is curvilinear. Most empirical studies investigating intimacy and relationship satisfaction have used married couples and instruments designed to assess marital intimacy and satisfaction. The present study investigated intimacy in non-marital relationships.

Chapter 2

HYPOTHESES

In this study, six hypotheses were tested.

Hypothesis 1: It was hypothesized that relationship satisfaction, as measured by the Dyadic Adjustment Scale (DAS), would have a weak but positive relationship with Desired Intimacy, as measured by the Personal Assessment of Intimacy in Relationships (PAIR) and the Dyadic Relationship Questionnaire (DRQ). Desired Intimacy is a subjective measure of how much intimacy individuals would like to have in their romantic relationships. Subjects were instructed to respond to the PAIR and DRQ items in two ways. First they were asked to respond in a manner that reflected their expectations and desires for their current intimate relationship. Second, subjects were asked to respond to the same items in a manner that reflected their actual experience of their current intimate relationship. While the desire for a certain level of intimacy is likely to influence the amount of intimacy achieved in a relationship, the actual behavior of the partner is likely to have a much stronger effect on Experienced Intimacy. Therefore, Desired

Intimacy is expected to be only weakly associated with relationship satisfaction.

Hypothesis 2: It was hypothesized that relationship satisfaction, as measured by the DAS, would have a moderate positive relationship with Experienced Intimacy, as measured by the PAIR and DRQ. Experienced Intimacy is a subjective measure of how much intimacy individuals are currently experiencing in their romantic relationships. Research has demonstrated that problems with intimacy and low levels of intimacy in relationships are associated with intra- and interpersonal problems (Waring, 1984). In particular, high levels of intimacy have been associated with marital adjustment, whereas low levels have been associated with non-psychotic emotional illness and the seeking of psychological assistance (Waring, McElrath, Mitchell, & Derry, 1981). Therefore, Experienced Intimacy would be expected to be moderately correlated with relationship satisfaction.

Hypothesis 3: It was hypothesized that relationship satisfaction, as measured by the DAS, would be inversely related to the discrepancy between Desired and Experienced Intimacy, as measured by the PAIR and DRQ. The discrepancy between Desired and Experienced Intimacy is a subjective measure of the degree to which an individual's intimacy needs are being met. Waring (1981) noted the important influence of intimacy on relationship satisfaction; however, a study by Harper and Elliott (1988) suggested that even low

levels of intimacy can lead to relationship satisfaction. Individuals who do not desire high levels of intimacy may experience relationship satisfaction with relatively low levels of intimacy. Furthermore, for individuals with low intimacy needs, high levels of intimacy may be experienced as aversive and lead to relationship dissatisfaction. Thus, what may be important is not the absolute level of Experienced Intimacy but, rather, whether or not the individual's subjective need for intimacy is being met. Therefore, it was expected that discrepancies between Desired and Experienced Intimacy, regardless of their direction, would be inversely related to relationship satisfaction.

Hypothesis 4: It was hypothesized that the discrepancy between Desired and Experienced Intimacy, as measured by both the PAIR and DRQ, would be a stronger predictor of relationship satisfaction, as measured by the DAS, than Experienced Intimacy. As discussed above, Experienced Intimacy has been found to be associated with relationship satisfaction (Waring, McElrath, Mitchell, & Derry, 1981). What may be more important than Experienced Intimacy, however, is the degree to which an individual's intimacy needs, whether high or low, are being met in the relationship. Therefore, the discrepancy between Desired and Experienced Intimacy would be expected to be a stronger predictor of relationship satisfaction than Experienced Intimacy.

Hypothesis 5: It was hypothesized that the magnitude of the individual discrepancy scores between Desired and Experienced Intimacy, as measured by the PAIR and DRQ, for intimacy areas ranked high in importance, would be stronger predictors of relationship satisfaction, as measured by the DAS, than discrepancy scores for intimacy areas ranked low in importance.

Hypothesis 6: It was hypothesized that the inverse relationship between relationship satisfaction as measured by the DAS, and the discrepancy between Desired and Experienced Intimacy, would be greater for females than for males. Harper and Elliott (1988) found that marital adjustment for wives was more affected by discrepancies between Desired and Experienced Intimacy than was marital adjustment for husbands. Not only does relationship satisfaction and adjustment seem to be affected by the level of intimacy, low levels of interpersonal intimacy have also been implicated in the development of depressive states in females.

Chapter 3

METHOD

Subjects

One hundred and fifty undergraduates who had been in an intimate relationship for at least three months prior to this study served as subjects. Subjects were recruited from the Department of Psychology subject pool and were given extra course credit for their participation.

Procedure

The investigator obtained informed consent prior to initiating the study (see Appendix A). A group format was used to administer four self-report inventories in a single testing session. First, the Personal Assessment of Intimacy in Relationships (PAIR) (Schaefer & Olson, 1981) was used to measure Desired and Experienced Intimacy. Second, a new instrument, the Dyadic Relationship Questionnaire (DRQ) (Krugman, 1991), was used to measure Desired and Experienced Intimacy. Third, the Dyadic Adjustment Scale (DAS) (Spanier, 1976) was used to measure relationship satisfaction. Lastly, a Background Questionnaire (BQ) was administered to obtain demographic and descriptive information. At the conclusion of the study, subjects were

provided with the telephone number to contact the researcher if they had any further questions.

Instruments

Personal Assessment of Intimacy in Relationships (PAIR)

The PAIR was developed by Schaefer and Olson (1981) to assess intimacy in relationships (see Appendix B). This instrument provides measures of Experienced and Desired Intimacy in five domains: Emotional, Social, Sexual, Intellectual, and Recreational. The PAIR was developed using both item and factor analysis (Schaefer & Olson, 1981). Reliability testing using a split-half method of analysis resulted in Cronbach's Alpha Reliability Coefficients of .70 and greater. The PAIR has adequate concurrent validity with both the Waring Intimacy Questionnaire (WIQ) (Waring, 1984) and with the Family Environment Scales (FES) (Moos & Moos, 1974) yielding significantly positive correlation coefficients (Schaefer, & Olson, 1981).

Each subject received two scores ranging from 0-96, one for the amount of intimacy they currently experience in their relationship and one for the amount of intimacy they desire. By subtracting the Desired Intimacy score from the Experienced Intimacy score, a discrepancy measure was obtained which reflected whether the individual would like more or less intimacy in his or her relationship. Thus, the discrepancy score estimated the psychological distance between the subject's experienced versus desired level of

intimacy in the relationship. In addition, discrepancy scores were obtained for the individual intimacy areas assessed; Emotional, Social, Sexual, Intellectual, and Recreational, by using the same procedure. Thus, Desired Emotional, Social, Sexual, Intellectual, and Recreational scores were subtracted from the corresponding Experienced Intimacy scores to obtain the discrepancy scores.

Dyadic Relationship Questionnaire (DRQ)

Subjects were administered a newly developed pictorial measure of how individuals perceive their intimate relationships referred to as the Dyadic Relationship Questionnaire (DRQ) (See Appendix C). The DRQ was developed as a modification of Krugman's (1991) Relationship Questionnaire (RQ). The RQ is based on a linear series of seven boxes, each containing two circles that vary in their degree of conjunction or non-conjunction. Krugman (1991) hypothesized that a high degree of conjunction would represent "close" personal relationships, while a high degree of non-conjunction would represent "distant" personal relationships. This new scale for assessing intimacy in interpersonal relationships will be validated against the PAIR which has well-established validity.

Dyadic Adjustment Scale (DAS)

Relationship satisfaction was measured by the Dyadic Adjustment Scale (DAS) (Spanier, 1976) (see Appendix D). Spanier (1976) defines dyadic adjustment as a "process of

movement along a continuum which can be evaluated in terms of proximity to good or poor adjustment" (Spanier, 1976, p. 17). The scale was developed to measure relationship quality of married and non-married couples. A score ranging from 0-151 can be obtained on the DAS.

In a review of various instruments measuring relationship adjustment and satisfaction, Burnett (1987) reported that the Marital Adjustment Test (MAT) (Locke & Wallace, 1959) was used to assess the DAS's construct validity. Correlations of .86 for married and .88 for divorced persons were found between the two scales. Reliability was determined for the subscales and the overall scale using Cronbach's Coefficient Alpha measure of internal consistency. The dyadic consensus subscale has an alpha reliability coefficient of .90, the dyadic satisfaction subscale, .94, the dyadic cohesion subscale, .86, and the affectional expression subscale, .73. The total scale alpha reliability is .96 (Bagarozzi, 1985).

Burnett (1987) criticized The DAS on several accounts. It was criticized for simply being an elaboration of the MAT; however, the MAT was designed to measure marital satisfaction, whereas the DAS was designed to measure satisfaction within non-marital relationships. The second and most serious criticism, however, concerned the weighting of the items. The items from a 5-point scale are added to raw scores obtained from a 2-point scale to form a total score. Spanier (1976) reported that he decided not to use

weighted scores because weighting did not appear to enhance the scales ability to assess adjustment. The DAS has been found to reliably distinguish individuals on the high and the low end of dyadic adjustment (Sharpley, & Cross, 1982).

Background Questionnaire (BQ)

Subjects also completed a Background Questionnaire (See Appendix E) to obtain background information such as age and sex. In addition, the background questionnaire required subjects to rank in order of importance the five areas of intimacy being assessed by the PAIR. This ranking was used to determine the degree to which order of importance interacted with overall relationship satisfaction, and to determine if there were gender differences in order of importance.

Chapter 4

RESULTS

Data were collected from 150 subjects; however, 15 cases were dropped because of incomplete data or because the subject had failed to meet the current relationship duration requirement of three months. The final sample consisted of 70 males and 65 females. The mean ages were 20.6 for males and 21.2 for females. The mean relationship duration for males was 1.5 years, and 2.3 years for the females. Tables 1 and 2 show the Means and Standard Deviations for the Personal Assessment of Intimacy in Relationships (PAIR) variables, and the Dyadic Relationship Questionnaire (DRQ) variables for the overall sample, males, and females. T-tests revealed that males and females did not differ significantly on these variables. In Table 3, the Means and Standard Deviations are given for the Dyadic Adjustment Scale (DAS) for the overall sample, males, and females. T-tests revealed no significant gender differences on this variable.

To determine the relationship between intimacy and relationship satisfaction, Pearson product-moment correlations were obtained between the Dyadic Adjustment

Table 1

Mean And Standard Deviation Values For Personal Assessment Of Intimacy In Relationships (PAIR) Variables For Overall Sample, Males, And Females

Variable	Overall (N=135)	Males (N=70)	Females (N=65)
PAIR Desired Emotional	90.67 9.39	90.23 10.63	91.14 7.89
PAIR Desired Social	74.90 13.02	71.83 13.54	78.22 11.64
PAIR Desired Sexual	85.42 10.71	84.46 11.18	86.46 10.17
PAIR Desired Intellectual	84.77 12.03	82.69 13.43	87.02 9.95
PAIR Desired Recreational	83.17 12.40	82.63 13.03	83.75 11.77
PAIR Exp. Emotional	66.04 20.14	69.49 20.40	62.34 19.34
PAIR Exp. Social	55.14 17.56	53.66 16.90	56.74 18.25
PAIR Exp. Sexual	72.16 17.24	70.86 18.55	73.57 15.73
PAIR Exp. Intellectual	66.49 20.02	68.11 18.56	64.74 21.48
PAIR Exp. Recreational	71.14 17.19	73.31 15.45	68.80 18.72
PAIR Desired Total	418.93 38.72	411.83 42.24	426.58 33.18
PAIR Exp. Total	330.98 69.36	335.43 67.88	326.18 71.13
PAIR Abs. Discrepancy	87.96 68.71	76.40 69.69	100.77 65.35

Table 2

Means And Standard Deviations For Dyadic Relationship Questionnaire (DRQ) Variables For The Overall Sample, Males, And Females

Variables	Overall (N=135)	Males (N=70)	Females (N=65)
DRQ Desired Emotional	5.98 1.32	5.94 1.44	6.02 1.19
DRQ Desired Social	5.38 1.31	5.57 1.31	5.17 1.28
DRQ Desired Sexual	6.20 1.29	6.23 1.18	6.17 1.41
DRQ Desired Intellectual	5.62 1.35	5.67 1.46	5.57 1.22
DRQ Desired Recreational	5.57 1.28	5.63 1.28	5.51 1.30
DRQ Experienced Emotional	4.87 1.45	5.07 1.44	4.66 1.44
DRQ Experienced Social	4.12 1.47	4.23 1.53	4.00 1.39
DRQ Experienced Sexual	5.20 1.68	5.11 1.77	5.29 1.59
DRQ Experienced Intellectual	4.50 1.62	4.67 1.51	4.31 1.72
DRQ Experienced Recreational	4.76 1.47	4.79 1.38	4.72 1.58
DRQ Desired Total	34.96 5.60	35.23 5.62	34.66 5.61
DRQ Experienced Total	28.44 6.85	29.16 6.82	27.66 6.84
DRQ Absolute Discrepancy	7.10 5.39	6.44 5.47	7.80 5.26

Table 3

Mean And Standard Deviation For The Dyadic Adjustment Scale Total Score For The Overall Sample, Males, And Females

	Overall (N=135)	Males (N=70)	Females (N=65)
Dyadic Adjustment Scale Total	107.04 18.94	109.27 18.74	104.63 19.01

Scale (DAS), the Personal Assessment of Intimacy in Relationships (PAIR), Desired and Experienced, and the Dyadic Relationship Questionnaire (DRQ) Desired and Experienced. In addition, the DAS was correlated with the PAIR and DRQ Absolute Discrepancy scores. Discrepancy scores were obtained by subtracting the Desired Intimacy scores from the Experienced Intimacy scores. Thus, discrepancy scores were obtained for the Total Intimacy score as well as the individual intimacy areas assessed; Emotional, Social, Sexual, Intellectual, and Recreational. Therefore, six discrepancy scores were obtained from the PAIR and six were obtained from the DRQ.

Hypotheses 1 and 2: It was hypothesized that relationship satisfaction, as measured by the Dyadic Adjustment Scale (DAS), would have a weak positive relationship with Desired Intimacy and a moderate positive relationship with Experienced Intimacy, as measured by the Personal Assessment of Intimacy in Relationships (PAIR) and the Dyadic Relationship Questionnaire (DRQ). Table 4 presents the correlation coefficients for the DAS, the PAIR,

and the DRQ obtained for the entire sample, as well as for males and females separately. As shown in Table 4, there is a weak positive relationship between the DAS and the PAIR Desired ($r=.29$, $p=.001$) and between the DAS and the DRQ Desired ($r=.39$, $p=.001$), respectively accounting for approximately 8% and 15% of the observed variability. A strong positive relationship was also found between the DAS and the PAIR Experienced ($r=.80$, $p=.001$) and the DAS and the DRQ Experienced ($r=.72$, $p=.001$), accounting for 64% and 52% of the observed variability.

To determine if any particular component of Experienced Intimacy was responsible for the strong relationship between Experienced Intimacy and DAS scores, a stepwise multiple regression was performed. Tables 5, 6 and 7 present the results of the stepwise regression for the overall sample, males, and females, respectively. As can be seen in Table 5, PAIR Experienced Emotional, Recreational, and Intellectual Intimacy, and DRQ Experienced Intellectual and Sexual Intimacy predicted relationship satisfaction. Using the adjusted multiple regression squared ($AdjRsq$), it can be seen that Experienced Emotional Intimacy accounts for approximately 55% of the variability. When the other factors are added, approximately 71% of the variability is accounted for. Tables 6 and 7 list the results of the stepwise regression for males and females. As can be seen, males and females differ concerning which variables account for the variability observed and the percentage accounted

for by the selected variables. For both males and females, PAIR Experienced Emotional Intimacy accounted for the greatest amount of variability (52% for males and 56% for females). For males, approximately 65% of the variability is accounted for by PAIR Experienced Emotional, Recreational, and Intellectual Intimacy, and DRQ Experienced Intellectual Intimacy; however, for females 75% of the variability is accounted for by PAIR Experienced Emotional and Sexual Intimacy, and by DRQ Experienced Recreational and Emotional Intimacy.

Hypothesis 3: To test the hypothesis that relationship satisfaction was inversely related to the discrepancy between Desired and Experienced Intimacy, these data were subjected to correlational analyses. As shown in Table 4, strong inverse relationships were found between the DAS and the Absolute Discrepancy scores for the PAIR ($r=-.65$, $p=.001$) and for the DRQ ($r=-.61$, $p=.001$), accounting for approximately 42% and 37% of the observed variability. Thus, high levels of relationship satisfaction were correlated with smaller discrepancies between Desired and Experienced Intimacy.

Hypothesis 4: To test the hypothesis that the discrepancy scores between Desired and Experienced Intimacy would be stronger predictors of relationship satisfaction than Experienced Intimacy, these data were subjected to correlational analyses. As shown in Table 4, Hypothesis 4 was not supported by the results. Experienced

Table 4

Correlations Of Dyadic Adjustment Scale (DAS), Personal Assessment Of Intimacy In Relationships (PAIR), And Dyadic Relationship Questionnaire (DRQ) For Overall Sample, Males And Females

	DAS Score Overall (N=135)	DAS Score Males (N=70)	DAS Score Females (N=65)
PAIR Desired	.29 p=.001	.31 p=.010	.34 p=.006
DRQ Desired	.39 p=.000	.39 p=.001	.40 p=.001
PAIR Experienced	.80 p=.000	.78 p=.000	.83 p=.000
DRQ Experienced	.72 p=.000	.70 p=.000	.73 p=.000
PAIR Absolute Discrepancy	-.65 p=.000	-.58 p=.000	-.73 p=.000
DRQ Absolute Discrepancy	-.61 p=.000	-.48 p=.000	-.75 p=.000

Table 5

Multiple Regression For Experienced Intimacy On Dyadic Adjustment Scores On Overall Sample (N=135)

Step	VAR.	MultR	Rsq	Adj Rsq	F (Egn)	SigF	RsqCh
1	PAIR EMO.	.74	.55	.55	165.5	.00	.55
2	PAIR REC.	.80	.64	.63	116.2	.00	.08
3	DRQ INT.	.82	.68	.67	93.0	.00	.04
4	PAIR INT.	.84	.71	.70	78.5	.00	.03
5	DRQ SEX.	.85	.72	.71	66.0	.00	.01

Table 6

Multiple Regression For Experienced Intimacy On Dyadic Adjustment Scores On Sample Of Males (N=70)

Step	VAR.	MultR	Rsq	Adj Rsq	F (Egn)	SigF	RsqCh
1	PAIR EMO.	.73	.53	.52	75.89	.00	.53
2	PAIR REC.	.78	.61	.60	51.93	.00	.08
3	PAIR INT.	.80	.64	.63	39.49	.00	.03
4	DRQ INT.	.82	.67	.65	33.00	.00	.03

Table 7

Multiple Regression For Experienced Intimacy On Dyadic Adjustment Scores On Sample Of Females (N=65)

Step	VAR.	MultR	Rsq	Adj Rsq	F (Egn)	SigF	RsqCh
1	PAIR EMO.	.76	.57	.57	84.30	.00	.57
2	DRQ REC.	.85	.72	.71	78.23	.00	.14
3	PAIR SEX.	.86	.75	.73	59.51	.00	.03
4	DRQ EMO.	.88	.77	.75	49.31	.00	.02

Intimacy emerged as being more strongly related to relationship satisfaction than the Absolute Discrepancy between Desired and Experienced Intimacy. The correlations of the PAIR and DRQ Experienced Intimacy with the DAS for

the overall sample were ($r=.80$, $p=.001$ and $r=.72$, $p=.001$), for males ($r=.78$, $p=.001$ and $r=.70$, $p=.001$), and for females ($r=.83$, $p=.001$ and $r=.73$, $p=.001$). The correlations of the PAIR and DRQ Absolute Discrepancy scores with the DAS for the overall sample were ($r=-.65$, $p=.001$ and $r=-.61$, $p=.001$), for males ($r=-.58$, $p=.001$ and $r=-.48$, $p=.001$), and for females ($r=-.73$, $p=.001$ and $r=-.75$, $p=.001$).

Hypothesis 5: To test the hypothesis that the discrepancy scores between Desired and Experienced Intimacy, for intimacy areas ranked high in importance, would be more strongly related to relationship satisfaction than discrepancy scores for intimacy areas ranked low in importance, these data were subjected to stepwise regression analyses. The five component areas of intimacy that were ranked were Emotional, Social, Sexual, Intellectual, and Recreational. The mean rankings for the total sample, for males, and for females are presented in Table 8. Both males and females ranked the five components in the same order with Emotional Intimacy ranked the highest.

Tables 9, 10, and 11 present the results of the multiple regressions for discrepancy scores on DAS score for the overall sample, males, and females, respectively. Table 9 reveals that for the sample as a whole, PAIR Emotional and Intellectual Discrepancies, accounted for approximately 46% of the variability. As hypothesized, discrepancies in areas ranked high in importance are more highly related to

relationship satisfaction than areas ranked low in importance.

Table 8

Mean Rank Ordering Of Five Areas Of Intimacy For Overall Sample, Males, And Females.

Intimacy Area	Overall Sample (n=135)	Males (n=70)	Female (n=65)
Emotional Intimacy	1.59	1.71	1.46
Intellectual Intimacy	2.76	2.89	2.62
Sexual Intimacy	3.09	2.99	3.20
Recreational Intimacy	3.65	3.56	3.75
Social Intimacy	3.92	3.91	3.92

As shown in Table 10 and 11, there was a sex difference in which component of intimacy accounted for the greatest amount of variability. For males, PAIR Emotional and DRQ Sexual Discrepancies accounted for approximately 38% of the observed variability. In contrast, for females PAIR Emotional, Intellectual, and DRQ Recreational Discrepancies combined accounted for 61% of the observed variability. Again, a greater percentage of the observed variability was accounted for by the selected variables for females than for males.

Hypothesis 6: To test the hypothesis that the inverse relationship between relationship satisfaction and the discrepancy between Desired and Experienced Intimacy would be greater for females than for males, these data were subjected to correlational analyses. As hypothesized, an

Table 9

Multiple Regression For Discrepancy Scores On Dyadic Adjustment Scores On Overall Sample (N=135)

Step	VAR.	MultR	Rsqr	Adj Rsqr	F (Egn)	SigF	RsqrCh
1	PAIR EMO.	.66	.43	.43	101.8	.00	.43
2	PAIR INT.	.69	.47	.46	59.0	.00	.04

Table 10

Multiple Regression For Discrepancy Scores On Dyadic Adjustment Scores On Sample Of Males (N=70)

Step	VAR.	MultR	Rsqr	Adj Rsqr	F (Egn)	SigF	RsqrCh
1	PAIR EMO.	.58	.34	.33	35.33	.00	.34
2	DRQ SEX.	.64	.40	.39	22.66	.00	.06

inverse relationship between PAIR and DRQ Absolute Discrepancy scores and DAS score was found to be weaker for males ($r=-.58$, $p=.001$ and $r=-.48$, $p=.001$), accounting for 34% and 23% of the observed variability, than for females

($r=-.72$, $p=.001$ and $r=-.75$, $p=.001$), accounting for 52% and 56% of the observed variability (see Table 4).

Table 11

Multiple Regression For Discrepancy Scores On Dyadic Adjustment Scores On Sample Of Females (N=65)

Step	Var.	MultR	Rsq	Adj. Rsq	F (Egn)	SigF	RsqCh
1	PAIR EMO.	.72	.52	.51	68.69	.00	.52
2	DRQ REC.	.78	.60	.59	47.16	.00	.08
3	PAIR INT.	.79	.63	.61	34.72	.00	.03

Chapter 5

DISCUSSION

The results of this study support several of the hypotheses and provide insight into the role of intimacy in relationship satisfaction. As hypothesized, it was found that Desired Intimacy was only moderately associated with relationship satisfaction while Experienced Intimacy was more strongly associated. It was further found that there was indeed an inverse relationship between the discrepancy of Experienced and Desired Intimacy and relationship satisfaction, and that this relationship was stronger for females than for males. The finding that relationship satisfaction for females was more adversely affected by large discrepancies between Experienced and Desired Intimacy is consistent with the findings of Harper and Elliott (1988). The results also supported the hypothesis that discrepancies in the highest ranked area of intimacy would be a better predictor of relationship satisfaction than discrepancies in intimacy areas ranked low in importance.

Contrary to prediction, Experienced Intimacy was a better predictor of relationship satisfaction than were discrepancy scores. This finding appears to indicate that

what individuals are actually experiencing in their intimate relationships is more important for relationship satisfaction than are discrepancies between what they think they would like and what they are actually experiencing. The discrepancy between Desired and Experienced Intimacy is a strong predictor of relationship satisfaction, and therefore, may have some utility in conducting therapy with couples and in conceptualizing relationship satisfaction and discord. In terms of parsimony, however, Experienced Intimacy appears to be the most efficacious indicator of relationship satisfaction.

Also of interest was the presence of gender differences associated with intimacy and relationship satisfaction. T-tests revealed no significant differences between which aspects of intimacy males and females reported being most important. This was surprising based on common lore and past research which suggest that men and women desire different things from their intimate relationships (Cochran & Peplau, 1985). Both males and females ranked Emotional Intimacy as most important, Intellectual Intimacy as second in importance, Sexual Intimacy as third, Recreational Intimacy as next to last in importance, and Social Intimacy as least important. Although males and females ranked these five areas of intimacy in the same order, males and females differed in which areas of intimacy actually contributed to relationship satisfaction. For both males and females, PAIR Experienced Emotional Intimacy and PAIR Emotional

Discrepancy Score were the best predictor of relationship satisfaction. This is consistent with what men and women in this study were saying was most important to them in intimate relationships. Based on the results of multiple regressions, however, the second most important predictive variable differed by sex and by whether one was looking at Experienced Intimacy or the discrepancy scores, and was not consistent with the previous ranking. Multiple regressions indicated that for males PAIR Experienced Recreational Intimacy and DRQ Discrepancy in Sexual Intimacy accounted for the second largest amounts of variability. For females, DRQ Experienced Recreational Intimacy and DRQ Discrepancy for Recreational Intimacy were second to Emotional Intimacy in accounting for the observed variability. Based on the ranking, it would have been predicted that Intellectual Intimacy would have accounted for the second largest amount of variability behind Emotional Intimacy. This last finding suggests that what men and women think is important to relationship satisfaction is different than what is experientially important. It also suggests that males and females may not differ in what they say is important in regard to intimacy, but what actually influences relationship satisfaction differs by sex.

Finally, the results of the present study indicate that overall the PAIR is a somewhat better predictor of relationship satisfaction than is the DRQ. However, as discussed above, the DRQ proved to uniquely identify

important components of relationship satisfaction and these components differed between males and females. Further research is needed to differentiate what elements the DRQ is identifying that the PAIR was not. Of particular interest will be the DRQ Recreational and Sexual areas which were endorsed differentially by males and females.

In conclusion, the results of this study offer several implications. Emotional Intimacy seems to be the most important factor in relationship satisfaction for both males and females. Emotional Intimacy is also an important factor in relationship satisfaction based on self-report of what is important. However, beyond Emotional Intimacy, what people say is important and what is measured via assessment and analysis do not always agree. Further, males and females appear to differ significantly in what they experience to be important in regard to intimacy and relationship satisfaction. Lastly, the amount of intimacy experienced is a better predictor of relationship satisfaction than is the discrepancy between Experienced and Desired Intimacy. This last finding is contrary to that found by Harper and Elliott (1988), who suggested that the relationship between intimacy and relationship satisfaction is curvilinear; therefore, the discrepancy score should be a better predictor than either the Desired or Experienced score.

Further research is needed to clarify the nature of the relationship between intimacy and relationship satisfaction. It will be of particular importance for future research to

address the issue of linearity between intimacy and relationship satisfaction. In addition, the intimacy areas explored in the current study did not account for all of the variability associated with relationship satisfaction. This suggests that other factors, unidentified by this study, are largely contributing to relationship satisfaction and thus warrant further investigation.

The results of the present study have several implications for therapy. First of all, given the heavy weighting Emotional Intimacy received from both males and females, therapists can, upon initial contact, focus on the couple's experience, or lack thereof, of Emotional Intimacy in the relationship. This may allow the therapist to focus the early sessions and make some sense out of the chaos, confusion, and anger often present in couples therapy. Second, it would be important for therapists to keep in mind that clients may state that an aspect of their relationship is important but yet not experience it as important. This finding should alert therapists to not only listen to the self reports of clients, but to explore behavioral examples as well, to obtain a better understanding of the experiential role of intimacy for each partner. Lastly, based on the present study, experienced intimacy is the best predictor of relationship satisfaction; therefore, therapists would do well to obtain a thorough history of the couple's interactions in all component areas of intimacy. It appears that the more couples interact and share with one

another, in all areas, the more likely they are to be satisfied with their relationship.

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Appendix A

Informed Consent Form

I understand that I am being invited to voluntarily participate in a study of interpersonal relationships being conducted by Joan Malcolm, of the Department of Psychology, at Indiana State University.

I understand that this research will simply require that I complete several anonymous, confidential questionnaires. I further understand that the data collected will be coded so that my answers will be confidential and will in no way identify me. I understand there is minimal risk in my participation in this study and that I also will not directly benefit from my participation.

I understand that some of the questions are highly personal in nature and that I am free to not answer any question that I find too personal. In addition, I understand that I may withdraw from the study at any time, and that there will be no penalty of any kind. If I choose to withdraw from this study, I will return the blank questionnaires to the investigator. Furthermore, I understand that I may contact the principal investigator, Joan Malcolm, if I have any questions or concerns about any of the questionnaires or their contents.

The research procedures, consisting of completing several anonymous, confidential questionnaires, have been explained to me to my satisfaction. I understand I may ask additional questions in the future and may request a summary of the results by contacting the principal investigator, Joan Malcolm, at the Department of Psychology at 237-2445.

I have read the above statement and any questions that I asked have been answered to my satisfaction.

Participant's Printed Name

Date

Participant's Signature

Witness

Investigator

Appendix B

PAIR

INSTRUCTIONS: This Inventory is used to measure different kinds of "intimacy" in your relationships. You are to indicate your response to each statement by using the following five point scale.

0	1	2	3	4
Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree

There are two steps to the Inventory. In Part I you are to respond in the way you feel about the item at present. Use Step One of the ANSWER SHEET for this step. It is labeled "How it is Now."

In the second step you are to respond according to the way you would like it to be, that is, if you could have your relationship be any way that you may want it to be. Use Step Two for this step. It is labeled "How I would like it to be." There are no right or wrong answers.

Respond to all the items in Step One before proceeding to Step Two.

0	1	2	3	4
Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree

1. My partner listens to me when I need someone to talk to.
2. We enjoy spending time with other couples.
3. I am satisfied with our sex life.
4. My partner helps me clarify my thoughts.
5. We enjoy the same recreational activities.
6. My partner has all of the qualities I've always wanted in a mate.
7. I can state my feelings without him/her getting defensive.

8. We usually "keep to ourselves."
9. I feel our sexual activity is just routine.
10. When it comes to having a serious discussion, it seems we have little in common.
11. I share in few of my partner's interests.
12. There are times when I do not feel a great deal of love and affection for my partner.
13. I often feel distant from my partner.
14. We have few friends in common.
15. I am able to tell my partner when I want sexual intercourse.
16. I feel "put-down" in a serious conversation with my partner.
17. We like playing together.
18. Every new thing I have learned about my partner has pleased me.
19. My partner can really understand my hurts and joys.
20. Having time together with friends is an important part of our shared activities.

0	1	2	3	4
Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree

21. I "hold back" my sexual interest because my partner makes me feel uncomfortable.
22. I feel it is useless to discuss some things with my partner.
23. We enjoy the out-of-doors together.
24. My partner and I understand each other completely.
25. I feel neglected at times by my partner.
26. Many of my partner's closest friends are also my closest friends.
27. Sexual expression is an essential part of our relationship.
28. My partner frequently tries to change my ideas.
29. We seldom find time to do fun things together.
30. I don't think anyone could possibly be happier than my partner and I when we are with one another.
31. I sometimes feel lonely when we're together.
32. My partner disapproves of some of my friends.
33. My partner seems disinterested in sex.

34. We have an endless number of things to talk about.
35. I feel we share some of the same interests.
36. I have some needs that are not being met by my relationship.

Appendix C

Dyadic Relationship Questionnaire



WHICH FIGURE BEST REPRESENTS:

1. The current emotional aspect of your relationship?

1 2 3 4 5 6 7

2. The current social aspect of your relationship?

1 2 3 4 5 6 7

3. The current sexual aspect of your relationship?

1 2 3 4 5 6 7

4. The current intellectual aspect of your relationship?

1 2 3 4 5 6 7

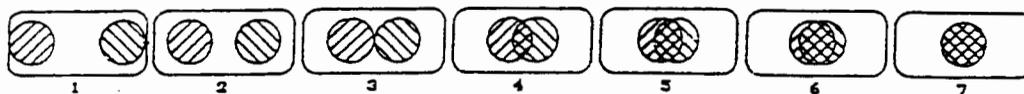
5. The current recreational aspect of your relationship?

1 2 3 4 5 6 7

6. Your current relationship overall?

1 2 3 4 5 6 7

Dyadic Relationship Questionnaire



WHICH FIGURE REPRESENTS HOW YOU WOULD LIKE:

7. The emotional aspect of your relationship to be?

1 2 3 4 5 6 7

8. The social aspect of your relationship to be?

1 2 3 4 5 6 7

9. The sexual aspect of your relationship to be?

1 2 3 4 5 6 7

10. The intellectual aspect of your relationship to be?

1 2 3 4 5 6 7

11. The recreational aspect of your relationship to be?

1 2 3 4 5 6 7

12. Your relationship overall to be?

1 2 3 4 5 6 7

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.

Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree			
5	4	3	2	1	0			
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0
			5	4	3	2	1	0

All the time	Most of time	More often than not	Occa- sionally	Rarely	Never			
0	1	2	3	4	5			
			0	1	2	3	4	5
			0	1	2	3	4	5

All the time	Most of time	More often than not	Occasionally	Rarely	Never			
5	4	3	2	1	0			
18.	In general, how often do you think that things between you and your partner are going well						5	4
19.	Do you confide in your partner						5	4

All the time	Most of time	More often than not	Occasionally	Rarely	Never			
0	1	2	3	4	5			
20.	Do you ever regret that you got involved with your partner						0	1
21.	How often do you and your partner quarrel						0	1
22.	How often do you and your partner "get on each other's nerves"						0	1

Everyday	Almost everyday	occasionally	rarely	never
4	3	2	1	0

23.	Do you kiss your partner				4	3	2	1	0
-----	--------------------------	--	--	--	---	---	---	---	---

All of them	Most of them	Some of them	Very few	None
4	3	2	1	0

24.	Do you and your partner engage in outside interests together				4	3	2	1	0
-----	--	--	--	--	---	---	---	---	---

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

Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
0	1	2	3	4	5

25.	Have a stimulating exchange of ideas				0	1	2	3	4	5
26.	Laugh together				0	1	2	3	4	5
27.	Calmly discuss something				0	1	2	3	4	5
28.	Work together on a project				0	1	2	3	4	5

These are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)

- | | | | |
|-----|-----|----|--------------------------|
| | YES | NO | |
| 29. | | | Being too tired for sex. |
| 30. | | | Not showing love. |
31. 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 circle the number which best describes the degree of happiness, all things considered, of your relationship.
- | | | | | | | |
|----------------------|-------------------|---------------------|-------|---------------|--------------------|---------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Extremely
Unhappy | Fairly
Unhappy | A little
Unhappy | Happy | Very
Happy | Extremely
Happy | Perfect |
32. Which of the following statements 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 can't do much more than I am doing now to help it succeed.
- 1 It would be nice if it succeeded, but I refuse to do any more than I am doing now to keep the relationship going.
- 0 My relationship can never succeed, and there is no more that I can do to keep the relationship going.

Appendix E

Background Questionnaire

- 1) AGE: ;
- 2) SEX: Male Female;
- 3) MARITAL STATUS:
 - 1) SINGLE 2) MARRIED 3) SEPARATED 4) DIVORCED
 - 5) WIDOWED
- 4) HOW LONG HAVE YOU BEEN IN YOUR CURRENT RELATIONSHIP?
YEARS AND MONTHS
- 5) PARENT'S MARITAL STATUS:
 - 1) SINGLE 2) MARRIED 3) SEPARATED 4) DIVORCED
 - 5) WIDOWED
- 6) EDUCATIONAL BACKGROUND
 - 1) FRESHMAN 2) SOPHOMORE 3) JUNIOR 4) SENIOR
 - 5) GRADUATE
- 7) RELIGIOUS AFFILIATION:
 - 1) PROTESTANT 2) CATHOLIC 3) JEWISH 4) ISLAMIC
 - 5) BUDDHIST 6) NO PREFERENCE 7) OTHER

- 8) HOW WOULD YOU DESCRIBE YOUR RACIAL BACKGROUND?
- 1) EUROPEAN AMERICAN 2) AFRICAN AMERICAN
 3) HISPANIC 4) ASIAN 5) AMERICAN INDIAN
 6) OTHER
- 9) WHICH CATEGORY BEST DESCRIBES YOUR FAMILY'S ANNUAL INCOME AS YOU WERE GROWING UP?
- 1) \$0-\$20,000 2) \$21,000-\$40,000 3) \$41,000-\$60,000
 4) \$61,000-\$80,000 5) \$81,000-\$100,000
- 10) PLEASE LIST ALL YOUR BROTHERS AND SISTERS IN CHRONOLOGICAL ORDER BEGINNING WITH THE FIRST BORN (DO NOT INCLUDE YOURSELF). PUT AN "H" NEXT TO THOSE BROTHERS AND SISTERS WHICH ARE HALF BROTHERS AND SISTERS AND AN "S" NEXT TO THOSE THAT ARE STEP BROTHERS AND SISTERS.
- | AGE | SEX | AGE | SEX |
|-----|-----|-----|-----|
| 1. | | 6. | |
| 2. | | 7. | |
| 3. | | 8. | |
| 4. | | 9. | |
| 5. | | 10. | |
- 11) OF THE CHILDREN IN YOUR FAMILY, WHERE YOU THE ?
- 1) YOUNGEST CHILD 2) MIDDLE CHILD 3) OLDEST CHILD
 4) ONLY CHILD

PLEASE TURN TO THE NEXT PAGE

People think about relationships in different ways. Please rank order, from the most important (#1) to the least important (#5), the following five components of romantic relationships in the order that best describes the way you think of relationships. The five areas are not describing different types of relationships but just different aspects of a single romantic relationship. The way you rank these different areas should give us an idea of what you think is the most important quality in a romantic relationship as well as what you think is the least important quality. Next to the component that you think is most important place the #1, place a #2 beside the next most important component, a #3 beside the next one, a #4 beside the next most important component, and finally place a #5 next to the least important component. Be sure to rank each component by placing a number from one (1) to five (5) beside each area.

EMOTIONAL INTIMACY: The experiencing of closeness of feeling; the ability and freedom to share openly, in a non-defensive atmosphere when there is supportiveness and genuine understanding.

SOCIAL INTIMACY: The experience of having common friends and a similar social network.

SEXUAL INTIMACY: The experience of showing general affection, touching, physical closeness, and/or sexual activity.

INTELLECTUAL INTIMACY: The experience of sharing ideas, talking about events in one's life, or discussing job related issues, current affairs, etc.

RECREATIONAL INTIMACY: Shared experiences of interests in pastimes or hobbies; mutual participation in sporting events, mutual involvement in any general recreational or leisure activity.

PLEASE MAKE SURE THAT YOU HAVE ASSIGNED A RANKING TO EACH OF THE FIVE (5) COMPONENTS.