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**THE CAPACITY FOR INTIMACY IN  
LATE ADOLESCENT CHILDREN OF ALCOHOLICS**

**By**

**Michele Ollie Poorman**

**A THESIS**

**Submitted to  
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## ABSTRACT

### THE CAPACITY FOR INTIMACY IN LATE ADOLESCENT CHILDREN OF ALCOHOLICS

By

Michele Ollie Poorman

Both the clinical and research literature have demonstrated an association between parent alcoholism and adolescents' capacity for intimacy. The present study hypothesized that parent alcoholism would alter the degree of intrapsychic conflict in adolescent/parent relationships and that deidealization of parents would moderate the relationship between intrapsychic conflict and late adolescents' difficulties with intimacy (especially among adolescent children of alcoholic). Contrary to the literature, the results did not show a direct relationship between paternal alcoholism and adolescents' problems with intimacy. However, the results indicated that deidealization plays an important role in moderating the effects of intrapsychic conflict, especially in the adolescent/father relationships, on adolescents' problems with intimacy, both in alcoholic and non-alcoholic families. It was concluded that enhancing the parent/adolescent relationship either by reducing the level of intrapsychic conflict or by facilitating deidealization of the alcoholic parent is an important therapeutic goal when working with alcoholic families.

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## INTRODUCTION

Both the clinical and research literature have demonstrated an association between parent alcoholism and adolescents' capacity for intimacy. However, in order to further understand this relationship it is important to look deeper into the alcoholic environment so as to discover the mechanisms by which problems associated with parent alcoholism develop. To this end, the proposed study will test the interrelationships among parent alcoholism, perceptions of parent marital conflict, separation-individuation processes (as measured by intrapsychic conflict in the parent/adolescent relationship and deidealization), and intimacy (as measured by adult attachment styles).<sup>\*</sup> In particular, it will assess a) ways in which parent alcoholism and perceived parent conflict affect the degree of intrapsychic conflict in adolescent/parent relationships and b) ways in which deidealization of the parents moderates the relationship between intrapsychic conflict and late adolescents' difficulties with intimacy (especially among late adolescent children of alcoholic fathers). In order to understand the intricacies of this model, it is necessary to review the literature on late adolescent children of alcoholics' capacity for intimacy, the separation-individuation process in alcoholic families, and the relationship between separation-individuation and late adolescents capacity for intimacy in both alcoholic and non-alcoholic families.

### Intimacy and Alcoholic Families

"The extensive research on the effects of being raised in an alcoholic environment reflects an awareness of the potential negative consequences experienced by all family members, not just the alcoholic." The effects of alcoholism on the family vary with the status of the disease and the family's coping resources, support systems, and socioeconomic circumstances\* (Ziter, 1988; Seilhamer & Jacob, 1990). † However, the alcoholic family is, by degree, an abusive and neglectful environment that can be expected to interfere with normal development. ‡ Researchers have consistently found internalizing problems in children of alcoholics, including: low self-esteem (El-Guebaly & Offord, 1977; Woititz, 1977; Werner, 1986), impaired emotional functioning (Anderson & Quast, 1983; Fine, Yudin, Holmes, & Heinemann, 1976; Moos & Billings, 1982; Prewett, Spence, & Chakens, 1981), somatic problems (Biek, 1981; Roberts & Brent, 1982; Steinhausen, Nestler, & Huth, 1982), and social inadequacy (Arentzen, 1978; Black, 1979; Morehouse and Richards, 1982; Seixas, 1982). Additional effects range from increased risk of substance abuse (Lund & Landesman-Dwyer, 1979; Rydelius, 1983; Herjanic, Herjanic, Penick, Tomelleri, & Armbruster, 1977), truancy (Fine et al., 1976; Hughes, 1977; Offord, Allen, & Abrams 1978; Robins, West, Ratcliff, & Herjanic, 1978), hyperactivity (Cantwell, 1975; Fine et al., 1976; Lund & Landesman-Dwyer, 1979; Tarter, Hegedus, Goldstein, Shelly, & Alterman, 1984), to conduct disorder (Stewart, deBlois, & Singer, 1979; Steinhausen, Gobel, & Nestler, 1984; Fine et al., 1976). In addition, professionals working with alcoholic families have reported that the † children experience intense feelings of rejection, anger, denial, and guilt (Throwe, 1986; Gilligan, Reich, & Cloninger, 1988; Assur, Jackson, & Muncy, 1987; Arentzen, 1978; Nace, Dephoure, Goldberg, & Cammarota,

1982: Potter-Efron & Potter-Efron. 1989: Seixas & Levitan. 1984: Murphy. 1984).

In addition to behavioral and psychological problems, it is important to consider the effects of being raised in an alcoholic family on the adolescent children's developmental process. As one pertinent example, when dealing with late adolescents or young adults, there is good reason to be concerned about the effects of parental alcoholism on the adolescents' capacity for intimacy.

### Problems with Intimacy

According to Erikson (1968) a primary challenge of the late adolescent and young adult period of development is the achievement of intimacy instead of isolation.<sup>u</sup> Erikson (1963) defined intimacy as "the capacity to commit...to concrete affiliations and partnerships and to develop the ethical strength to abide by such commitments".<sup>\*</sup> According to this definition, intimacy is not necessarily physical or sexual but exists in relationships involving emotional commitment between family members, friends, or lovers.<sup>v</sup> (For a review of the literature on the intimacy see Clark & Reis, 1988).<sup>\*</sup> The clinical and research literature indicate that children of alcoholics have a fear of intimacy and difficulty developing secure relationships<sup>\*</sup> (Black, Bucky, & Wilder-Padilla, 1986; Berlin, Davis & Orenstein, 1988; Crespi, 1990; Heryla & Haberman, 1991; Woititz, 1977).<sup>\*</sup> Based on their work at a mental health center, Berlin et al. (1988) reported that adolescents from alcoholic families were unable to establish emotionally close adult relationships, in part, because they distance themselves from the negative feelings of growing up in alcoholic families by avoiding all relationships.<sup>†</sup> Boye-Beaman, Leonard, & Senchak (1991) investigated the

impact of parent alcoholism on young adults' capacity for intimacy by evaluating the marital relationships of offspring from alcoholic families.

“Their results suggested that young adult children of alcoholics are more cautious about entering intimate relationships.” In addition, Black et al. (1986) and Benson and Heller (1987) described a group of adult children of alcoholics whose approaches to intimate relationships were characterized by even more severe limitations. For example, in a study of the interpersonal difficulties of adult children of alcoholics, Black et al. (1986) concluded that “children of alcoholics, when compared to children of non-alcoholics, had significantly greater difficulty with trust, dependency, and intimacy.\*

Similarly, Benson and Heller (1987) compared daughters of alcoholic fathers, psychiatrically disturbed fathers, and normal fathers and found that daughters of alcoholic fathers were more distressed and symptomatic than daughters of normal fathers and less symptomatic than daughters of emotionally disturbed fathers. The daughters of alcoholic fathers could be divided into two groups. The first group consisted of well-functioning individuals where as the second group responded more negatively to the alcoholic family environment. The latter group (but not the former) described themselves as having low self-esteem, a limited sense of trust in others, and intense fears of dependency and intimacy.

### Adult Attachment Styles

A framework for understanding children of alcoholics' intimacy problems and difficulties establishing secure relationships can be found in the attachment literature. John Bowlby developed the theoretical framework for attachment theory and defined attachment as "any form of behavior that results in a person attaining or retaining proximity to some other

differentiated and preferred individual, who is usually conceived as stronger and/or wiser" (Bowlby, 1983). Ainsworth, Blehar, Waters, and Wall (1978) investigated qualitative differences in attachment styles using a method they developed called the Strange Situation Task. This laboratory procedure involves observing a child's behaviors in the presence of the caregiver, in the presence of a stranger, by him/herself, and at the caregiver/child reunion. The child's responses can be classified into three general attachment patterns: secure (i.e., the child uses the caregiver as a 'secure base'), insecure/avoidant (i.e., the child ignores the caregiver), or insecure/ambivalent (i.e., the child is difficult to calm and responds to the caregiver with ambivalence). (For a more thorough description of attachment theory see Bowlby, 1982 or Hazan & Shaver, 1987.)

In addition to Ainsworth's three attachment styles, Crittenden (1988) conceptualized an avoidant/ambivalent insecure attachment pattern (A/C) as a combination of Ainsworth's et al. (1978) insecure/avoidant and insecure/ambivalent attachment styles (i.e., anxiety about and avoidance of close relationships).<sup>4</sup> She suggested that this pattern arises in infancy when the primary attachment figure is depressed, alcoholic, disturbed, or abusive in some way. Crittenden and Ainsworth (1989) argued that this pattern remains in older children who have had to cope with major inconsistencies and have integrated that information into their expectations of relationships.<sup>5</sup>

Latty-Mann and Davis (1988; as cited in Brennan, Shaver & Tobey, 1990) tested the hypothesis that adult children of alcoholics would be characterized by insecure attachment styles. In particular, they proposed that children from alcoholic families would belong disproportionately to the A/C category of attachment presented by Crittenden (1988). In order to determine if children of alcoholics would conform to the A/C pattern of

attachment styles. Latty-Mann and Davis studied adults attending an Adult Children of Alcoholics conference. They found adult children of alcoholics were four times as likely to meet criteria for the A/C status than adults not raised in alcoholic families. The results indicated that the attachment styles of children of alcoholics could be characterized by a combination of mistrust and insecurity. However, the generalizability of the findings is limited because the sample was comprised of individuals who publicly identified themselves as in need of help by attending a self-help conference and who may be generally more disturbed than individuals who do not attend Adult Children of Alcoholic conferences and yet have an alcoholic parent (Heller, Sher, & Benson, 1982).

Brennan et al. (1990) recognized both the theoretical value and methodological limitation of Latty-Mann and Davis's work. They designed a study to empirically validate the relationship between parental problem drinking and adult attachment styles among 863 undergraduates. In order to test this relationship they used two measures of adult attachment styles: Hazan and Shaver's (1987) three category measure and Bartholomew's (1990) four category measure. Hazan and Shaver's three category attachment measure translates Ainsworth's descriptions of the three infant attachment styles (insecure/ambivalent, secure, and insecure/avoidant) into terms appropriate for adult romantic relationships. Bartholomew (1990) suggested that this measure was too limited to adequately explain the full range of adult intimate relationships because it only focused on romantic relationships. Consequently, Bartholomew proposed an adult attachment scale which asks respondents to report on their experiences in close relationships in general. In addition, Bartholomew's four category measure distinguishes between two types of insecure avoidant attachment styles,

fearful and dismissing. The fearful avoidant style is characterized by fear of intimacy and mistrust of others and the dismissing style is characterized by a denial of the need for social relationships. While adults with either the dismissing or fearful avoidant styles have a negative view of others, these individuals can be distinguished by their evaluations of themselves. The dismissing avoidant individuals have a positive view of themselves, whereas the fearful avoidant individuals view themselves as undeserving of intimacy. In contrast, adults with secure or preoccupied (insecure/ambivalent) attachment styles have a positive view of others. However, securely attached individuals also have a positive view of themselves, whereas preoccupied individuals have a negative view of themselves and find themselves unworthy of intimate relationships (Bartholomew, 1990).

Using Hazan and Shaver's three category measure, Brennan et al. hypothesized that children of alcoholics would be over represented in the A/C attachment category. In addition, Brennan et al. proposed there would be an association between Bartholomew's fearful avoidant attachment style and parental problem drinking. The results of Brennan et al.'s study supported their hypotheses for both the A/C attachment style based on Hazan and Shaver's three category measure and the fearful avoidant attachment style based on Bartholomew's four category measure.<sup>4</sup> From their results, it can be at least tentatively concluded that growing up with a problem drinking parent is related to young adult development of an insecure attachment style and, in particular, fear and avoidance of intimacy in close relationships.<sup>\*</sup> However, this study does not indicate what characteristics of the alcoholic environment lead to late adolescents' difficulties forming close, trusting relationships.



### The Separation-Individuation Process

Before considering the role of the separation-individuation process as a potential mediator between parental alcoholism and adolescents' problems with intimacy, it is important to look more closely at the separation-individuation process of adolescence. The concept of separation-individuation is often associated with Mahler's (1963) description of a process that occurs as young children move away from their primary relationship with their mothers. According to Josselson (1980), however, the separation-individuation process runs the course of the life cycle, taking on different phase-specific characteristics. Blos (1967) proposed that a second phase of the separation-individuation process occurs during adolescence when work on individuation is renewed and dominant. This process is seen as a gradual one that begins during adolescence but continues into adulthood (Smollar & Youniss, 1989). Factors such as financial independence, separate residence, graduation, marriage, and starting a family present new contextual frameworks for the changes associated with the separation-individuation process (Moore, 1987).

Strictly defined, separation-individuation refers to the two interrelated processes of moving away from parental influence while simultaneously moving towards the development of a distinct autonomous self. The separation component involves the differentiation of adolescents from their parents. It includes emotional distancing and disengagement from the adolescents' parents or families. Individuation refers to the evolution of emotional autonomy and the assumption of the adolescents' own individual characteristics (Christenson & Wilson, 1985).

Different theorists, however, have provided a more complex conceptualization of the separation-individuation process. Hoffman (1984)

extrapolated from the description of the separation-individuation process of infancy in order to define four separate aspects of the process of psychological separation during adolescence. The first is functional independence. Late adolescents develop the ability to manage and direct many practical and personal areas of their lives without the help of their parents. The second, attitudinal independence, is defined as having the image of oneself as being unique from one's parents and having one's own beliefs, values and attitudes. The third aspect is emotional independence. The adolescents experience freedom from an excessive need for approval, closeness, and emotional support from their parents. Finally, conflictual independence develops when adolescents are liberated from excessive guilt, anxiety, responsibility, resentment and anger in relation to their parents.

#### The Aspects of the Separation-Individuation Process Evaluated in this Study

Another way to define the separation-individuation process of adolescence is to distinguish the cognitive from the emotional aspects of the process. Hoffman's (1984) conflictual independence scale is an example of the more emotional aspect of the separation-individuation process in which adolescents seek intrapsychic freedom from excessive feelings of anger, guilt, and responsibility in relation to their parents. In the present study this aspect of the separation-individuation process will be referred to in terms of its opposite, namely intrapsychic conflict in the adolescent/parent relationship.

Other theorists have concentrated on more cognitive aspects of the separation-individuation process embodied in deidealization of parental representations. They have described adolescence as a time to begin to undo the identification with one's parents and to see one's parents as real people

with strengths and weaknesses. In removing parents from their pedestals and recognizing parents' fallibility, adolescents are given the opportunity to develop greater separateness (Hill & Holmbeck, 1986). Through this process of deidealizing parents, adolescents cognitively begin to challenge the asymmetry of their relationship with their parents and become their own self evaluator.

### The Separation-Individuation Process in Alcoholic Families

Presumably, both the emotional and cognitive aspects of separation-individuation processes in alcoholic families have a unique quality. The literature investigating these processes among children of alcoholics can be divided into two separate domains: clinical and research.

#### Clinical Literature

Many clinicians (Crespi, 1990; Ziter, 1988) describe the alcoholic family as characterized by high levels of intrapsychic conflict in the adolescent/parent relationship. In particular, Crespi (1990) observed that adolescents raised in these families experienced feelings of guilt about their desires to separate from their families and excessive feelings of responsibility for their parents well-being. Similarly, Bogdaniak and Piercy (1987) evaluated therapeutic issues of adolescent children of alcoholics and found that when these adolescents began struggling with the process of separating from their families, they were held back by the need to take care of the rest of their family's needs.

Berlin, Davis, and Orenstein (1988) observed similar dynamics in alcoholic families in their work with adolescents at a mental health center. They found that the first signs of separation by adolescent children of

alcoholics were seen by their families as a potential loss or rejection. In order to maintain equilibrium, the families opposed the adolescents' efforts to gain a separate existence. The parents' effort to inhibit the adolescents' separation from their alcoholic families was manifested by the adolescents' fear and guilt over separation (i.e., intrapsychic conflict).

Wood (1987) observed that adolescent children of alcoholics commonly evidence emotional enmeshment with their parents and outlined a psychoanalytic/object relations understanding of the relationship between growing up in alcoholic families and adolescents' difficulty psychologically separating. For all adolescents, the separation process is difficult because of children's need and love for their parents. However, according to Wood, alcoholic parents often exploit the love of their children by attempting to prevent normal adolescent separation. Children can not tolerate the existence of a "bad" (i.e. alcoholic) parent because parents are necessary for their survival. Consequently, children deny the destructive and disappointing qualities of their parents by internalizing representations of the "bad" parent as part of themselves. The parents reinforce the children's "bad" self image by projecting their feelings of inferiority onto their children. The children accommodate by feeling weak and "bad" in order to stabilize their parents. By the time these children are adolescents, they have become crucial elements in their parents' psychological stability. Therefore, the parents will exert enormous pressure on the adolescents to prevent them from emotionally separating from the family and will try to paralyze the adolescents with shame and guilt in order to keep them tied to the family. Again the problems in the separation-individuation process are evidenced through intrapsychic conflict in the adolescent/parent relationship.

In sum, the clinical literature clearly suggests that being raised in an alcoholic environment has deleterious effects on the separation-individuation process of adolescence. In particular, adolescents appear to be unable to detach from feelings of guilt, responsibility, and anxiety in relation to their parent.<sup>6</sup> This intrapsychic conflict in the adolescent/parent relationship is one mechanism by which problems in the separation-individuation process are played out in alcoholic families and as such demonstrate how the challenges associated with separation-individuation for normal adolescents are intensified for adolescents raised in alcoholic families.

### Research Literature

Although the findings in the clinical literature are both compelling and consistent in their demonstration of adolescents' difficulty separating from the alcoholic family, several problems exist in evaluating solely clinical samples. At a minimum, it is important to consider that the clinical observations presented in the above section have not been validated by scientific research. The findings are not a result of systematic evaluation of data but are the impressions and hypothesis clinicians have developed through observation. In addition, it is important to evaluate the sample from which the observations were taken. Drawing conclusions solely from clinical findings may be hazardous because most alcoholics, problem drinkers and/or their children are not in treatment. Finally, the offspring of clinical samples of alcoholics may differ from children of untreated alcoholics. The treated group may have parents with greater symptomatology, longer drinking periods, and/or may have entered treatment through legal necessity. These circumstances limit the generalizability of the results and call for broader based research evaluating

the extent of intrapsychic conflict in the parent/adolescent relationship in alcoholic families.

Whereas the clinical literature points to intrapsychic conflict in the adolescent/parent relationship as an example of separation-individuation problems in alcoholic families, the research literature has focused on other aspects of the separation-individuation process. Several empirical studies have evaluated the association between parental alcoholism and adolescents' ability to separate from their families. Davis, Stern, and VanDeusen (1978) proposed that the effects of chronic drinking behavior can be determined by focusing on the role alcoholism plays in the family system. In their work, dysfunctional families were conceptualized as falling at either extreme of the enmeshment-disengagement continuum. The enmeshed families are highly fused systems that discourage autonomy in individual family members. Conversely, disengaged family systems are characterized by excessive differentiation and restricted communication among members. The family ties in disengaged families are weak, with little or no sense of relatedness between family members.

The purpose of the study by Davis et al. was to examine the applicability of the enmeshment-disengagement construct to alcoholic families. In order to avoid the potential biases associated with clinical samples, none of the alcoholic families in the study were in treatment at the time of the study. Davis et al. hypothesized that the alcoholic families would manifest higher degrees of either enmeshment or disengagement. The results showed that while the alcoholic appeared disengaged, the rest of the family was enmeshed. Consequently, the alcoholic family, as a unit, could not be placed at one end or the other of the disengagement-enmeshment continuum. These results suggest that the families' enmeshment, with the

exception of the alcoholic, would affect adolescents' ability to psychologically separate from their families (Davis et al., 1978).

Although the study by Davis et al. was consistent with clinical accounts suggesting developmental delays in the separation-individuation processes among late adolescent children of alcoholics, other researchers have found that parental alcoholism may actually accelerate aspects of the separation-individuation process. Wright, Frank, and Pirsch (1991) suggested that adolescent children of alcoholics are "pseudoautonomous" because they display high levels of self-governance at the cost of emotional connection to their parents. In order to empirically validate their hypothesis, Wright et al. (1991) studied a college sample of late adolescents to determine the implications of paternal alcoholism on the late adolescents' ability to psychologically separate from their families. They hypothesized that in comparison to adolescents from families with no history of alcohol problems, adolescent children of alcoholics would report greater autonomy, but also less relatedness in relation to parents. The results showed that sons, whose fathers continued to drink heavily, were more likely than sons with non-alcoholic fathers to rely on their own resources rather than seek assistance from their fathers and more likely to describe less closeness in their relationships with their fathers. In contrast, they found no significant differences in the mother/son, mother/daughter, or father/daughter dyads when comparing adolescents with actively drinking alcoholic fathers and non-alcoholic fathers. They concluded that sons of fathers who continued to drink heavily were more "pseudoautonomous" in their relationships with their fathers and that the separation-individuation process for these sons was actually accelerated rather than delayed.

Wright et al. and Davis et al. reach opposite conclusions about the effects of parent alcoholism on the separation-individuation process, in that Wright et al. argues for an acceleration of the process while Davis et al.'s findings supports delays in development. However, when the results are evaluated more closely some of the discrepancies are dissipated. While Davis et al. argue that adolescents have difficulty separating from the alcoholic family, they acknowledge that adolescents may actually be disengaged from their alcoholic fathers. This re-evaluation is more consistent with the Wright et al.'s findings for sons' more autonomous relationships with their alcoholic fathers. One major difference between these studies still remains. While Davis et al. found that adolescents were enmeshed with the non-alcoholic part of the family and had difficulty separating from them, Wright et al. did not find any deviations from normal development in sons' relationships with their mothers or daughters relationships with either parent. In conclusion, it should be noted that not only are these findings less consistent than the clinical literature, Wright et al. and Davis et al. focused more specifically on the functional and emotional components of adolescent separation-individuation as opposed to evaluating the effects of intrapsychic conflict in the parent/adolescent relationship.

\* In sum, the aforementioned research and clinical literature demonstrate that parental alcoholism affects some adolescents' ability to psychologically separate from one or both of their parents. In turn, their ability to separate from their families may affect the relationship between parental alcoholism and adolescents' adjustment (i.e., capacity for intimacy).



### Separation-Individuation and Intimacy in Alcoholic Families

Research with late adolescents in general links the quality of the parent/adolescent relationship to the ability to form positive and intimate relationships with peers (Armsden & Greenberg, 1987; Kobak & Sceery, 1988; Christenson and Wilson, 1985). For example, there is some data to support Christenson and Wilson's (1985) hypothesis that disturbances in the separation-individuation process may lead to difficulties in differentiating self from others, splitting, and problems in close relationships. In particular, Frank and Burke (1992) studied parent/adolescent relationships and their impact on adolescents' capacity for intimacy. They found that greater insecurity around issues of separation in relation to both parents (as well as less relatedness and greater functional autonomy in relation to fathers) was a predictor of insecure adult attachment styles. Similarly, Hoffman (1984) investigated the association between intrapsychic conflicts in the parent/adolescent relationship and adolescents' problems in close relationships. Hoffman found that ongoing intrapsychic conflict between late adolescents and their parents lead to feelings of mistrust and insecurity in intimate relationships and consequently interfered with adolescents' ability to participate in love relationships. Both of these studies support a link between characteristics of the parent/adolescent relationship and adolescents' capacity for intimacy.

The clinical literature has pointed to a similar relationship between aspects of the separation-individuation process and adolescents' capacity for intimacy in **alcoholic** families. In fact, clinicians point to a set of "causal" relationships linking parental alcoholism to separation-individuation difficulties (especially intrapsychic conflicts over separation) and, in turn, intrapsychic conflicts to problems with intimacy. For example, Wood

(1987) described the social and romantic commitments of adult children of alcoholics as erratic and extreme. She concluded that adult children of alcoholics long for love and intimacy but are terrified of the rejection and pain they might be exposed to should they connect to others. As a result, they are frequently unable to make steadfast commitments to relationships. She hypothesized that the source of the problem is a disturbance of the parent/adolescent relationships in alcoholic families. More specifically, adult children of alcoholics are often still tied emotionally to their families and are unable to negotiate the developmental task of separation. Cermak and Brown (1982) conducted groups with adult children of alcoholics and found that the group members often joined the group to break the strong emotional ties to their families in which they continue to feel responsible for the welfare of their parents. As a result of the intrapsychic conflict in their relationships with their parents, group members were unable to form attachments and reported problems with intimacy in their close relationships. In these cases the separation process felt like abandoning the family (Brown, 1986). Similarly, Heryla and Haberman (1991) reported that late adolescent children of alcoholics have an even greater challenge than other adolescents in developing independence, achieving autonomy, and developing intimate relationships. They found that when these adolescents attempted to move towards separation they felt guilty over abandoning their family. Finally, Copans (1989) described the separation process of adolescent children of alcoholics as painful and often associated with unresolved guilt or hatred directed toward either parent. Due to this intrapsychic conflict in the adolescent/parent relationships, these adolescents had difficulty establishing romantic relationships.

In addition to the aforementioned clinical observations, researchers have investigated the effects of aspects of the separation-individuation process on the relationship between parental alcoholism and adolescents' capacity for intimacy. Wright, Frank, and Pirsch (1990) assessed whether perceived parent marital conflict and/or disruption in the adolescent/parent relationship around issues of separation would mediate the association between having an alcoholic parent and "fear of intimacy". Fear of intimacy was defined as a lack of psychological differentiation, defensive splitting, and problems in close relationships. Wright et al. hypothesized that parental alcoholism would influence the quality of adolescent/parent relationships directly, as well as through the mediating effects of increased parent marital conflict. In addition, their model predicted that disruptions in the adolescent/parent relationship would predict fear of intimacy.

The results showed that parental alcoholism was associated with more parent conflict. Additionally, greater parent conflict mediated the effects of parental alcoholism on the adolescent/parent relationship, and the parent/adolescent relationship was in turn significantly related to fears of intimacy. Wright et al. concluded that parent alcoholism is a relatively distal predictor of problems in close relationships that operates through other variables, such as parent marital conflict and the quality of the adolescent/parent relationship.

### Parent Marital Conflict and Separation-Individuation

Although West and Prinz (1987) proposed parent marital conflict as a mediating factor between parental alcoholism and problems in child adjustment, the research by Wright et al. indicated that parent marital conflict in turn influences adolescents' capacity for intimacy through its

effects on the separation-individuation process. Similarly, Moore (1982) proposed that the adjustment of children raised in alcoholic families is dependent on the quality and style of the parent/child relationship. According to his conceptual framework secondary factors such as parent marital conflict mediate the relationship between parental alcoholism and child adjustment by disrupting the parent/child relationship.

Lopez, Campbell, & Watkins (1989) empirically investigated this relationship between parent marital conflict and the parent/adolescent relationship. They studied the effects of parent marital conflict on the psychological separation and adjustment of college students. They proposed that college students' involvement in their parents disputes negatively affects their progress on developmental tasks. In particular, over-involvement in the parents' marriage is incompatible with effective separation. The results indicated that high levels of parent marital conflict were associated with high levels of intrapsychic conflict between adolescents and their mothers and fathers. They concluded that parent marital conflict significantly affects college students' psychological separation. Similarly, Frank and Burke (1992) found a relationship between parent marital conflict and parent/child relationship variables. In particular, increased parent marital conflict was associated with greater deidealization, functional autonomy (i.e., not depending on parents for assistance or advice), and insecurity and with less relatedness in relation to either mothers or fathers. In both studies, the researchers demonstrated a relationship between parent marital conflict and the adolescents' ability to psychologically separate from their parents.

This relationship between parent marital conflict and separation/individuation is particularly important to the present study in light of the research demonstrating high levels of parent marital conflict in

alcoholic families. Research consistently reports higher parent marital conflict in alcoholic couples when compared to couples without a drinking problem (Berlin, Davis & Orenstein, 1988; Black et al., 1986; Chafetz, Blane, & Hill, 1971; Filstead, McElfresh, & Anderson, 1981; Moos & Moos, 1984; O'Farrell & Birchler, 1987; Wright et al., 1990; Wright, Frank, & Pirsch, 1991). Benson & Heller (1987) reported that daughters of alcoholics, in contrast to daughters of normal fathers, recalled significantly greater conflict between their parents during the last five years they lived at home. In particular, they found that distressed daughters were more likely to have come from families with higher levels of parent conflict. Similarly, Wright et al. (1991) found that late adolescent children of alcoholics reported that their parents were less able to resolve their differences and more likely to involve the adolescent in their disputes than adolescents from non-alcoholic families.

In sum, the aforementioned literature demonstrates a relationship between difficulties in the separation-individuation process and some late adolescent children of alcoholics problems forming intimate relationships. However, the studies linking difficulties in the separation-individuation process to parent marital conflict, accompanied by the high levels of parent marital conflict in alcoholic families, highlight the importance of controlling for parent marital conflict when studying the effects of being raised in an alcoholic environment on late adolescent adjustment.

### **A Moderator in the Relationship between Separation-Individuation and Intimacy in Alcoholic Families**

Notably, the research to date indicates that only a portion of adolescents raised in alcoholic environments have problems with

development (e.g., Benson & Heller, 1987). According to Cavall, Jones, Runyan, Constantin-Page, and Velasquez (1993) the challenge facing researchers is to identify with greater precision the characteristics by which parental alcoholism leads to negative effects in some individuals and to negligible effects in others. Several other researchers have investigated the factors that account for this vulnerability or resilience among adolescent children of alcoholics. Beardslee and Podorefsky (1987) found that an important aspect of resilience was adolescents' ability to separate from their alcoholic families. They studied resilient adolescents whose parents had affective disorders and other psychiatric disorders (one of which was alcoholism). The adolescents in a nonclinical sample (e.g., selected from neighborhoods, health plans, etc.) who were considered resilient were recontacted several years after the initial interviews to assess the stability of their adaptive functioning. Of the 18 adolescents re-interviewed, 10 were adolescents from alcoholic families. The results showed that only three of the adolescents were not functioning well at the follow-up interview. These adolescents were unable to understand what was happening in their parents' lives and blamed themselves for their parents' behavior. They felt left out and angry and had not been able to separate from their parents. These results suggest that the disturbed adolescents were plagued by intrapsychic conflict in parent/adolescent relationship. In addition, by blaming themselves for their parents' shortcomings, they were preventing themselves from recognizing their parents' fallibility and successfully deidealizing their parents. In contrast, the remainder of the sample was able to clearly distinguish between themselves and their parents' illness and reported very little intrapsychic conflict in the parent/adolescent relationship. These individuals described themselves as separate from their parents' illness and

not responsible for it. They were also able to think and act separately from their parents. These adolescents' lack of intrapsychic conflict in relation to their parents and their ability to recognize their parents fallibility and not blame themselves for the parents' problems may be critical factors in their continued adaptive functioning. Consequently, Beardslee and Podorefsky concluded that one preventive strategy for at risk adolescents would be to develop interventions aimed at enhancing their ability to psychologically separate from their parents' illness. According to this hypothesis, if adolescents were better able to deidealize their parents and reduce the intrapsychic conflict in the parent/adolescent relationship, the adjustment problems associated with adolescents raised in alcoholic environments would be reduced.

In this study, I propose that it is a combination of the late adolescents' inability to deidealize their parents and their intrapsychic conflict in the parent/adolescent relationship that leads to the intimacy problems observed in alcoholic families. Moreover, I suggest that deidealization will moderate the relationship between the intrapsychic conflict found in alcoholic families and adjustment problems (i.e., the negative implications of conflicts surrounding separation-individuation would be magnified by adolescents' failure to recognize their parents' fallibility). For example, in the context of high intrapsychic conflict, adolescents who are unable to successfully deidealize their parents are more likely to take on the "bad" characteristics of their parents, blame themselves for their parents' problems (e.g., alcoholism), and see themselves as responsible for the tension (e.g., intrapsychic conflict) in their relationship with their parents. These adolescents are, in turn, more likely to avoid or see themselves as unworthy of intimate relationships.

### Summary

The literature suggests that adolescents from alcoholic families represent a population at risk. Parental alcoholism has been associated with a number of problematic outcomes including internalizing and externalizing problems and family dysfunction. In addition, both the research and clinical literature indicate a relationship between parental alcoholism and adolescents' problems with intimate relationships. The present study proposes a model that suggests several variables that mediate this latter relationship.

‘One consistent finding in the literature is that adolescents raised in alcoholic families have difficulty separating due to intense feelings of conflict, guilt, and responsibility in relation to their parents.’ Given the proposed high levels of intrapsychic conflict in alcoholic families and the importance of the parent/adolescent relationship in an adolescent's capacity for intimacy, it is hypothesized that intrapsychic conflict in the adolescent/parent relationship mediates the relationship between parental alcoholism and adolescents' capacity for intimacy even after controlling for the effects of parent marital conflict.

Although the clinical literature supports a simple mediational model between parental alcoholism and adolescents' capacity for intimacy, the research literature points out that adjustment problems among late adolescent children of alcoholics are not endemic. Therefore, the present study argues for a more complex relationship between these variables. It is hypothesized that adolescents' experiences of deidealization in relation to their mothers and fathers will moderate the relationship between intrapsychic conflict in the parent/adolescent relationship and adolescents' problems with intimacy.



In particular, deidealization of parental representations will either buffer or exacerbate the negative effects of intrapsychic conflict in the adolescent/parent relationship on the adolescents' capacity for intimacy. Presumably the level of deidealization achieved by the adolescents impacts their capacity for intimacy when caught up in intrapsychic conflicts with their mothers and fathers, so that when adolescents are unable to deidealize their parents, it is expected that there will be a positive relationship between intrapsychic conflict in the adolescent/parent relationship and feelings of insecurity in adult relationships. Stated more simply, this implies that adolescents who experience a great deal of intrapsychic conflict in their relationships with their parents and are still resistant to deidealization are more likely to have insecure attachments outside of the family. In contrast, adolescents who experience a great deal of intrapsychic conflict in their relationships with their parents but are able to deidealize their parents are less likely to have insecure attachments outside of the family.<sup>4</sup> Likewise, offspring from nonalcoholic families who experience similar disruptions in the adolescent/parent relationship would also be at risk for problems with intimacy.\*

## **HYPOTHESES**

**It is hypothesized that parental alcoholism will influence adolescents' attachment styles through the mediating effects of intrapsychic conflict and the moderating effects of deidealization. More specifically:**

**1. It is hypothesized that adolescent children of alcoholics, when compared to children of non-alcoholics, will have greater levels of intrapsychic conflict in the parent/adolescent relationship, even after controlling for perceived parent conflict.**

**2. It is hypothesized that adolescent children of alcoholics will have more problems with intimacy than adolescents not raised by an alcoholic parent.**

**3. It is hypothesized that adolescents' experiences of deidealization in relations to their mothers and fathers will moderate the relationship between intrapsychic conflict in the parent/adolescent relationship and adolescents' problems with intimacy, in both alcoholic and non-alcoholic families. In particular, there is expected to be a stronger positive relationship between intrapsychic conflict in the parent/adolescent relationship and feelings of insecurity in adult attachments in the context of low deidealization than in the context of high deidealization. In addition, it is hypothesized that parent alcoholism will further affect the nature of this relationship.**

## METHOD

### Participants

Participants were 165 undergraduates (114 females and 51 males) between 17 and 22 years of age selected from a larger group of 920 students participating in a longitudinal study of "changing perceptions of parents and self in the college years". The experimental group was selected from among 724 students who had completed all the relevant questionnaires for this study. Using criteria detailed below, 17 male and 38 female adolescent children of alcoholic fathers were identified ( 7.6% of the total sample). Since only nine adolescents reported that they had an alcoholic mother, these adolescent children of alcoholic mothers were excluded from both the experimental and control groups. A comparison group was randomly selected from participants who were matched for sex and parent marital status and were from families with no history of parent drinking problems. The comparison group was twice the size of the experimental group in order to increase the power of the study (See Table 1).

Fifty-three percent of the participants (n=87; 33 males and 54 females) retained from the larger sample came from "intact" families, in that, a) they came from "never-divorced" families or b) they had been living with a biological parent and stepparent since age 11 or younger and indicated on a demographic background questionnaire that they regarded the stepparent (rather than the biological counterpart) as the functional parent. The great majority (93%) of these 87 participants were from never-divorced families.

The remaining 42% (n=78; 18 males and 60 females) of the sample were from divorced or never-married families (See Table 1).

Table 1

Breakdown of Participants by Sex, Paternal Alcoholism, and Parent Marital Status

	<u>Intact</u>		<u>Divorced</u>		<u>Total</u>
	<u>Males</u>	<u>Females</u>	<u>Males</u>	<u>Females</u>	
<u>Alcoholic Father</u>	11	18	6	20	55
<u>Non-Alcoholic Father</u>	22	36	12	40	110
<u>Total</u>	33	54	18	60	165

Of the students selected for this study, 89.1% were White, 8.5% were African-American, .6% were Hispanic-American, and 1.8% were Asian-American. In addition, 45.5% were Freshmen, 31.5% were Sophomores, 15.2% were Juniors, 7.9% were Seniors.

Measures

Four constructs germane to this study were measured: parental alcoholism, perceptions of parent conflict, separation-individuation, and late adolescent attachment styles.

Parental Alcoholism

The Parent Alcohol Consumption Questionnaire (Appendix A) was used to identify participants with an alcoholic parent using criteria validated

by O'Malley, Carey, and Maisto (1986). These investigators validated Schuckit's (1980) assumption that children's reports of their parent's major alcohol-related problems (e.g., marital separation or divorce, loss of employment, two or more arrests from drunk driving, etc.) can be used to identify a family history of alcoholism. In particular, O'Malley et al. found that a child's report of at least one of the major alcohol-related consequences of parental drinking identified true alcoholics better than reports of frequency and quantity of parental alcohol consumption. Furthermore, O'Malley et al. found that they could reduce false negative reporting if they excluded parents who, according to the child, had experienced even minor alcohol-related problems (e.g., economic distress, family shame, accidents, etc.). Again, this approach was more reliable than children's reports of the quantity and frequency of their parents' drinking. Accordingly, adolescents who reported that their parents have experienced at least one major alcohol related problem were included in the experimental group. In contrast, the control group consisted of adolescents that reported that neither parent had experienced either major or minor problems due to alcohol consumption.

There were two exceptions to this inclusion criterion. First, O'Malley et al. considered "harm to health" a major drinking consequence, and therefore, adolescents who endorsed this item alone would be placed in the experimental group. Some participants in previous samples (Wright, Frank, and Pirsch, 1990), however, did not indicate levels of quantity and frequency of alcohol consumption that reflect excessive drinking, although they endorsed "harm to health" as a consequence of alcohol consumption. This endorsement may be due to a pre-existing health problem that necessitates restriction of alcohol because even non-excessive amounts of alcohol consumption might create a health risk. Additionally, some participants

might have believed that any amount of alcohol consumption could be harmful to health. Identifying these parents as alcoholics would result in a number of false positives. Therefore, participants who indicated that harm to health was the only major consequence of parental drinking were only included in the children of alcoholics group if the reported average frequency and quantity of drinking met established standards for problem drinking (see Cahalan and Cisin, 1968). Problem drinking in these cases was defined as the consumption of three or more drinks nearly everyday or five or more drinks on each of one or more occasions per week. This quantity and frequency requirement was not applied if additional consequences were endorsed other than "harm to health".

The second exception applies to parents' period of active drinking. In order for participants to be considered children of alcoholics, they must have reported that the alcoholic parent did not stop drinking before the subject was thirteen years of age. Participants whose parents have not been actively drinking since the subject was thirteen years old were excluded from both the experimental and control groups. This inclusion criterion necessitates that problem drinking was present during the participants adolescence.

### Parent Conflict

A 13-item Perceptions of Parent Conflict Scale (PPCS) (Frank & Burke, 1992; Appendix B) was used to measure late adolescents' perceptions of their parents' ability to resolve marital conflicts ("My parents are able to resolve disagreements fairly quickly"-negatively scored) and their parents' efforts to involve them in their disputes ("My father tries to get me to side with him when he fights with my mother"). Respondents rated each item on a 4-point scale, indicating whether they strongly disagree, disagree, agree or

strongly agree. Internal reliability for this measure is .87 as measured by Cronbach's coefficient alpha. A validity study compared 40 undergraduates' perceptions of their parents' marital conflict (PPCS) with their parents' reports of their marital functioning (Dyadic Adjustment Scale; Spanier & Cole, 1974) and their ability to work together as parents (General Parenting Alliance Scale; Frank, Jacobson, & Hole, 1988). The correlations between late adolescents' perceptions and their parents' reports were -.80 and -.72, respectively.

### Separation-Individuation

Deidealization. The 5-item Deidealization scale from the Emotional Autonomy Scale (Steinberg & Silverberg, 1986; Appendix C) was used to measure late adolescents' perceptions of their parents' omnipotence. Scale items were rated on a 4-point scale ( 1 = strongly disagree to 4 = strongly agree) and assessed the degree to which respondents had relinquished childish perceptions of parental infallibility ("My mother/father hardly ever makes mistakes"-negatively scored ; "Even when my mother/father and I disagree, my mother/father is always right"-negatively scored). Internal reliability for the this scale utilizing Cronbach's coefficient alpha was .69 and .75 for the mother and father scales respectively.

Intrapsychic Conflict. The 25-item Conflictual Independence scale from the Hoffman's (1984) Psychological Separation Inventory (Appendix D) was used to measure the late adolescents' conflict in parent/child relationship during the separation-individuation process. Respondents rated each item on a 5-point scale from "not at all true for me" to "very true for me". Scale items assessed the late adolescents' freedom for excessive guilt, anxiety, responsibility, mistrust, inhibition, resentment, and anger in relation

to their mother and father separately (e.g., "I feel I have obligations to my mother/father that I wish I did not have"; "I feel like I am constantly at war with my mother/father"). Internal consistency for this scale utilizing Cronbach's coefficient alpha was .92 and .93 for the mother and father scales respectively. (See Hoffman (1984) for information on reliability and construct validity.)

### Adult Attachment

Both the Hazan and Shaver's (1987) and Bartholomew's (1989) dimensionalized Adult Attachment Questionnaire (Appendix E; Hazan & Shaver) were used to evaluate late adolescents' attachment style. Hazan and Shaver (1987) translated Ainsworth's descriptions of the three infant attachment styles (anxious/ambivalent, secure, and avoidant) into terms appropriate for adult romantic relationships and found roughly the same proportions of the three attachment types as Ainsworth et al. (1978). Participants used a 7-point Likert scale to rate the extent to which they characterized their feelings in romantic love relationships as secure ("I find it relatively easy to get close to others and am comfortable depending on them"), anxious/ambivalent ("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."), or avoidant ("I find it somewhat uncomfortable being close to others; I find it difficult to trust them completely, difficult to allow myself to depend on them."). (See Hazan and Shaver (1987) for the items' construct validity.)

In addition to Hazan and Shaver's attachment scale, Bartholomew's (1990) version of the Adult Attachment Questionnaire (Appendix F) was used to measure late adolescents' attachment in close relationships (as



opposed the romantic relationships; Hazan and Shaver, 1987).

Bartholomew's self-report measure proposes four attachment styles.

Participants were asked to rate four descriptions according to the extent to which each description corresponds to their feelings in close relationships.

While two of the styles (secure and preoccupied (anxious/ambivalent)) are highly correlated with Hazan and Shaver's measure (see Brennan, Shaver, and Tobey, 1990), the remaining two styles distinguish between dismissing avoidant ("I am comfortable without close emotional relationships. It is very important to me to feel independent and self sufficient.) and fearful avoidant ("I am somewhat uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them.") styles in close relationships. (See Bartholomew (1989) for reliability and validity.)

### Procedure

All participants were recruited from Introductory Psychology courses at Michigan State University. Students received course research credit for attending one 2-hour group testing session during which time they completed an extensive battery of questionnaires assessing personal background information, parenting styles, parental conflict, parental drinking and their current relationship with their parents. In addition, participants were asked to report on their ego identity functioning, attachment styles, self-esteem and drug and alcohol consumption. The sessions were conducted by undergraduate psychology research assistants and supervised by a graduate student. The number of participants present at each testing session varied between 15 and 75.

## RESULTS

### Descriptive Statistics

Intercorrelations. Intercorrelations between all predictors in the proposed model are shown in Table 2. Deidealization and intrapsychic conflict were moderately correlated for relationships with both mothers and fathers. These correlations indicates, as psychoanalytic theorists have argued, that separation is accompanied by emotional conflict for late adolescents (Frank, Pirsch, & Wright, 1990; Blos, 1967; Hill & Holmbeck, 1986). Paternal alcoholism was modestly correlated with deidealization of fathers and perceived parent conflict. However, no evidence was found for a significant relationship between paternal alcoholism and intrapsychic conflict. In contrast, perceived parent conflict was moderately correlated with deidealization of fathers and intrapsychic conflict in relation to both fathers and mothers. In general, adolescents who perceived a great deal of conflict in their parents' relationship were more likely to experience intrapsychic conflict in their relationships with both mothers and fathers."

The intercorrelations among the adult attachment styles are shown in Table 3. Both measures of secure attachment styles showed significant negative correlations with all of the remaining attachment styles. Each of the insecure attachment styles from one system were highly correlated with the corresponding attachment style in the other attachment system. Given the numerous significant correlations among these variables, I factor analyzed these attachment styles in an attempt to reduce the potential

Table 2

Intercorrelations Among Perceived Parent Conflict, Paternal Alcoholism, Intrapyschic Conflict in the Parent/Adolescent Relationship, and Deidealization of Fathers and Mothers.

<u>Relationship with Fathers:</u>	<u>2.</u>	<u>3.</u>	<u>4.</u>
1. Perceived Parent Conflict	.21 <sup>b</sup>	.52 <sup>c</sup>	.47 <sup>c</sup>
2. Paternal Alcoholism		.13	.21 <sup>b</sup>
3. Intrapyschic Conflict			.42 <sup>c</sup>
4. Deidealization			
 <u>Relationship with Mothers:</u>	 <u>2.</u>	 <u>3.</u>	 <u>4.</u>
1. Perceived Parent Conflict	.21 <sup>b</sup>	.50 <sup>c</sup>	.14
2. Paternal Alcoholism		.05	-.07
3. Intrapyschic Conflict			.37 <sup>c</sup>
4. Deidealization			

Note. a= $p < .05$ ; b= $p < .01$ ; c= $p < .001$ ; two-tailed.

Table 3

Intercorrelations Among the Adult Attachment Styles

	<u>2.</u>	<u>3.</u>	<u>4.</u>	<u>5.</u>	<u>6.</u>	<u>7.</u>
1. Secure <sub>3</sub>	-.30 <sup>c</sup>	-.60 <sup>c</sup>	.69 <sup>c</sup>	-.20 <sup>b</sup>	-.41 <sup>c</sup>	-.17 <sup>a</sup>
2. Anxious <sub>3</sub>		.03	-.29 <sup>c</sup>	.69 <sup>c</sup>	.19 <sup>a</sup>	-.09
3. Avoid <sub>3</sub>			-.42 <sup>c</sup>	.04	.54 <sup>c</sup>	.32 <sup>c</sup>
4. Secure <sub>4</sub>				-.31 <sup>c</sup>	-.49 <sup>c</sup>	-.30 <sup>c</sup>
5. Anxious <sub>4</sub>					.14	-.04
6. Fearful <sub>4</sub>						.08
7. Dismissing <sub>4</sub>						

Note. Attachment styles followed by a 3 are based on Hazan and Shaver's (1987) three category measure of adult attachments in romantic relationships. Attachment styles followed by a 4 are based on Bartholomew's (1990) four category measure of adult attachments in close relationships.

a= $p < .05$ ; b= $p < .01$ ; c= $p < .001$ ; two-tailed.

redundancy caused by using two similar measures. The factor analysis showed different factors for alcoholic and non-alcoholic families (See Tables 4 and 5). Given these differences, I decided, in the end, to use individual scales when investigating the relationship between paternal alcoholism and adolescent attachment styles.

Analysis of Variance. A 2 (Sex) x 2 (Paternal Alcoholism) x 2 (Parent Marital Status) ANOVA was run with perceived parent conflict as the dependent variable. The results showed a significant main effect for paternal alcoholism ( $F(1,157)=8.46, p<.01$ ) and parent marital status ( $F(1,157)=19.45, p<.001$ ). Neither the main effect for sex nor any of the interaction effects were significant. A comparison of group means indicated that adolescents with alcoholic fathers reported significantly higher levels of parent conflict (mean=2.33) than adolescents with non-alcoholic fathers (mean=2.03). Similarly, adolescents with divorced parents reported significantly higher levels of parent conflict (mean=2.35) than adolescents with married parents (mean=1.93). Given these significant group differences, the significant correlations between perceived parent conflict and most of the predictor variables in the model, and the considerable literature indicating the wide range effects for parent conflict (e.g., West and Prinz, 1987; Wright et al., 1990; Frank and Burke, 1992), the remainder of the analysis controlled for perceived parent conflict.

### Hypothesis 1

The first hypothesis stated that adolescent children of alcoholics, when compared to children of non-alcoholics, would have higher levels of intrapsychic conflict in relation to both parents, even after controlling for

Table 4

Factor Analysis of Adult Attachment Styles for Adolescents with Alcoholic Fathers

<u>Variable</u>	<u>Factor I</u>	<u>Factor II</u>	<u>Factor III</u>
Secure3	<b>-.86</b>	-.17	.16
Anxious3	.18	<b>.93</b>	.11
Avoid3	<b>.82</b>	-.04	-.05
Secure4	<b>-.78</b>	-.31	.23
Anxious4	.07	<b>.94</b>	.03
Fearful4	<b>.73</b>	.11	.48
Dismissing4	.17	-.10	<b>-.92</b>
Eigenvalue	3.01	1.62	1.06
% of Variance	43.0	23.2	15.2

Note. Factor loadings greater than .50 are in boldface.

Attachment styles followed by a 3 are based on Hazan and Shaver's (1987) three category measure of adult attachments in romantic relationships.

Attachment styles followed by a 4 are based on Bartholomew's (1990) four category measure of adult attachments in close relationships.

Table 5

Factors Analysis of Adult Attachment Styles for Adolescents with Non-Alcoholic Fathers

<u>Variable</u>	<u>Factor I</u>	<u>Factor II</u>
Secure3	<b>-.74</b>	-.34
Anxious3	.04	<b>.88</b>
Avoid3	<b>.84</b>	-.09
Secure4	<b>-.74</b>	-.36
Anxious4	.05	<b>.87</b>
Fearful4	<b>.73</b>	.11
Dismissing4	<b>.57</b>	-.21
Eigenvalue	2.90	1.64
% of Variance	41.5	23.4

Note. Factor loadings greater than .50 are in boldface.

Attachment styles followed by a 3 are based on Hazan and Shaver's (1987) three category measure of adult attachments in romantic relationships.

Attachment styles followed by a 4 are based on Bartholomew's (1990) four category measure of adult attachments in close relationships.

perceived parent conflict. In order to test this hypothesis, a 2 (Adolescent Sex) x 2 (Paternal Alcoholism) x 2 (Parent Marital Status) between-subjects MANCOVA with perceived parent conflict as the covariate was performed on the parent/adolescent relationship variables: intrapsychic conflict in relation to mothers and fathers and deidealization of mothers and fathers. Both intrapsychic conflict and deidealization were included as dependent variables because they are moderately correlated with one another and both potentially function as mediators in the relationship between paternal alcoholism and adolescents' problems with intimacy. The results showed that the parent/adolescent relationship variables were significantly related to the covariate ( $F(4,153)=17.18, p<.001$ ), and to both paternal alcoholism ( $F(4,153)=2.58, p<.05$ ) and parent marital status ( $F(4,153)=3.11, p<.05$ ). In addition, there were significant two-way interactions for paternal alcoholism x parent marital status ( $F(4,153)=2.54, p<.05$ ), paternal alcoholism x adolescent sex ( $F(4,153)=2.50, p<.05$ ), and parent marital status x adolescent sex ( $F(4,153)=3.27, p<.05$ ). The three-way interaction was not significant. Significant univariate effects are shown in Table 6.

The univariate tests showed significant main effects for paternal alcoholism and parent marital status. However, these findings are not interpretable because of several significant interaction effects. Means for deidealization of fathers in Table 7 indicate that differences on this variable were found between adolescents from alcoholic and non-alcoholic families only when families were divorced. In particular, adolescents from divorced non-alcoholic families reported significantly lower levels of deidealization of fathers than adolescents from divorced alcoholic families. However, as can be seen in Table 8, adolescents from divorced non-alcoholic families reported significantly higher levels of intrapsychic conflict with mothers



Table 6

Significant Results of Univariate Tests of Paternal Alcoholism, Parent Marital Status, Paternal Alcoholism x Parent Marital Status, Paternal Alcoholism x Adolescent Sex, and Parent Marital Status x Adolescent Sex

<u>Effect</u>	<u>Dependent Variable</u>	<u>df</u>	<u>F</u>	<u>p-value</u>
<u>Alc</u>	Deidealization of Fathers	1/156	6.22	.014
<u>Marital Status</u>	Deidealization of Fathers	1/156	9.81	.002
<u>Alc x Marital Status</u>	Deidealization of Fathers	1/156	5.75	.018
	Conflict with Mothers	1/156	5.83	.017
<u>Alc x Sex</u>	Conflict with Mothers	1/156	4.15	.043
<u>Marital Status x Sex</u>	Deidealization of Fathers	1/156	5.01	.027
	Conflict with Fathers	1/156	4.68	.032

Note. Alc=Paternal Alcoholism; Conflict=Intrapsychic Conflict; Marital Status=Parent Marital Status; Sex=Adolescent Sex

Table 7

Means for Deidealization of Fathers by Paternal Alcoholism and by Parent Marital Status Adjusted for the Effect of Perceived Parent Conflict

	<u>Intact</u>	<u>Divorced</u>
<u>Non-Alcoholic Father</u>	2.99	3.06
<u>Alcoholic Father</u>	3.00	3.48

than adolescents from divorced alcoholic families. In contrast, adolescents from intact non-alcoholic families reported significantly lower levels of intrapsychic conflict with mothers than adolescents from intact alcoholic families.

Table 8

Means for Intrapsychic Conflict in Relation to Mothers by Paternal Alcoholism and by Parent Marital Status Adjusted for the Effect of Perceived Parent Conflict

	<u>Intact</u>	<u>Divorced</u>
<u>Non-Alcoholic Father</u>	1.94	2.12
<u>Alcoholic Father</u>	2.08	1.69

The means for the paternal alcoholism x adolescent sex interaction are shown in Table 9. Males from non-alcoholic families reported significantly higher levels of intrapsychic conflict with mothers than males from alcoholic families. In contrast, females from non-alcoholic families reported significantly lower levels of intrapsychic conflict with mothers than females from alcoholic families.

Table 9

Means for Intrapsychic Conflict in Relation to Mothers by Paternal Alcoholism and by Adolescent Sex Adjusted for the Effect of Perceived Parent Conflict

	<u>Males</u>	<u>Females</u>
<u>Non-Alcoholic Father</u>	2.09	1.97
<u>Alcoholic Father</u>	1.70	2.06

Finally, as can be seen in Tables 10 and 11, in intact families males reported significantly lower levels of deidealization and intrapsychic conflict with fathers than females. In contrast, in divorced families, females reported significantly lower levels of deidealization and intrapsychic conflict with fathers than males.

Table 10

Means for Deidealization of Fathers by Parent Marital Status and by Adolescent Sex Adjusted for the Effect of Perceived Parent Conflict

	<u>Males</u>	<u>Females</u>
<u>Intact</u>	2.92	3.07
<u>Divorced</u>	3.38	3.15

Table 11

Means for Intrapsychic Conflict in Relation to Fathers by Parent Marital Status and by Adolescent Sex Adjusted for the Effect of Perceived Parent Conflict

	<u>Males</u>	<u>Females</u>
<u>Intact</u>	1.80	2.10
<u>Divorced</u>	2.18	1.99

Contrary to the hypothesis, these results indicated that paternal alcoholism does not affect adolescents' experiences of intrapsychic conflict with fathers. However, paternal alcoholism interacted with both parent marital status and adolescent sex in predicting intrapsychic conflict with mothers. As predicted, these interactions indicated that females from alcoholic families showed higher levels of intrapsychic conflict with mothers than females from non-alcoholic families. Similarly, adolescents from intact alcoholic families showed higher levels of intrapsychic conflict with mothers than adolescents from intact non-alcoholic families. Unexpectedly, males from non-alcoholic families show higher levels of intrapsychic conflict with mothers than males from alcoholic families and adolescents from divorced non-alcoholic families showed higher levels of intrapsychic conflict with mothers than adolescents from divorced alcoholic families.<sup>4</sup> Even after considering these interaction, the results indicate that only in unique circumstances is paternal alcoholism associated with intrapsychic conflict with mothers and in no incidence was paternal alcoholism associated with intrapsychic conflict with fathers. Consequently, the first hypothesis is refuted.<sup>5</sup>

Although adolescent sex did not have a direct effect on the parent/adolescent relationship variables, adolescent sex interacted with both paternal alcoholism and parent marital status. These interaction effects, along with prior research indicating that sons and daughters react differently to paternal alcoholism (Williams, 1990), highlight the importance of evaluating the effects of paternal alcoholism separately for males and females. Consequently, the remainder of the analyses were done separately for males and females.

### Hypothesis 2

It was hypothesized that adolescent children of alcoholics would have more problems with intimacy than adolescents from non-alcoholic families, even after controlling for the effects of perceived parent conflict. In order to test this hypothesis, a 2 (Adolescent Sex) x 2 (Paternal Alcoholism) x 2 (Parent Marital Status) between-subjects MANOCOVA with perceived parent conflict as the covariate was performed on the eight attachment styles: secure3, anxious3, avoid3, A/C, secure4, anxious4, fearful4, and dismissing4. The results showed that the combined attachment variables were significantly related to adolescent sex ( $F(7,150)=2.08, p<.05$ ) but not to parent marital status, paternal alcoholism, or the interactions and as such, they refuted the second hypothesis. The effects of adolescent sex on attachment styles after adjusting for the covariate were investigated in univariate analyses. Despite the significance of the multivariate statistic, none of the univariate statistics reach significance.

### Hypothesis 3

Correlations. Before investigating whether deidealization would moderate the relationship between intrapsychic conflict in the parent/adolescent relationship and adolescents' problems with intimacy, it was meaningful to investigate whether one or both of the parent/adolescent relationship variables would have a direct effect on adolescents' capacity for intimacy. Table 12 reports the univariate and partial correlations (controlling for perceived parent conflict) between deidealization of parents and intrapsychic conflict in the parent/adolescent relationship and adult attachment styles for males and females. Most of the correlations linking intrapsychic conflict or deidealization to adolescents' feeling of insecurity in intimate relationships were insignificant for males. Among females, greater intrapsychic conflict in the parent/daughter relationship was associated with greater insecurity in romantic relationships. In addition, there was some evidence for a link between females' deidealization of their mothers insecurity in romantic relationships. Interestingly, nothing was significant for close (as opposed to romantic) relationships.

Regression procedures. I used hierarchical regression analyses to test the hypothesis that deidealization of parents would moderate the relationship between intrapsychic conflict in the parent/adolescent relationship and adolescents' problems with intimacy and whether paternal alcoholism would alter the relationship between deidealization and intrapsychic conflict in predicting adolescents adult attachment styles. For these analyses, all variables entered into the regression were transformed into standardized scores. In predicting adolescent attachment style, I first entered the main effects for perceived parent conflict, paternal alcoholism, intrapsychic

Table 12

Univariate Correlations and Partial Correlations Controlling for Perceived Parent Conflict Showing the Relationship Between Intrapsychic Conflict and Deidealization in Relation to Parents and Adult Attachment Styles for Males and Females

	<u>Deidealization</u>				<u>Intrapsychic Conflict</u>			
	<u>Fathers</u>		<u>Mothers</u>		<u>Fathers</u>		<u>Mothers</u>	
	<u>ur</u>	<u>pr</u>	<u>ur</u>	<u>pr</u>	<u>ur</u>	<u>pr</u>	<u>ur</u>	<u>pr</u>
<b><u>Males</u></b>								
Secure3	-.17	-.07	-.01	.01	-.05	.05	-.18	-.14
Anxious3	-.00	-.03	-.09	-.09	.19	.20	.23	.24
Avoid3	.16	.01	.05	.01	.10	-.04	.15	.09
A/C3	.09	-.02	-.03	-.05	.19	.11	.25	.22
Secure4	-.15	-.12	-.13	-.12	-.04	.00	-.11	-.09
Anxious4	.00	-.02	-.02	-.03	.03	.02	.17	.17
Fearful4	-.02	-.15	-.01	-.03	.14	.06	.34 <sup>a</sup>	.32 <sup>a</sup>
Dismissing4	.06	.05	.20	.20	-.13	-.17	.11	.11
<b><u>Females</u></b>								
Secure3	-.18 <sup>a</sup>	-.13	-.14	-.11	-.21 <sup>a</sup>	-.15	-.19 <sup>a</sup>	-.15
Anxious3	.05	-.02	.03	.01	.33 <sup>c</sup>	.29 <sup>c</sup>	.30 <sup>c</sup>	.26 <sup>b</sup>
Avoid3	.05	.02	.28 <sup>c</sup>	.27 <sup>b</sup>	.08	.05	.14	.12
A/C3	.08	.00	.23 <sup>a</sup>	.21 <sup>a</sup>	.29 <sup>b</sup>	.24 <sup>b</sup>	.32 <sup>c</sup>	.28 <sup>c</sup>
Secure4	-.10	-.01	-.02	.01	-.17	-.08	-.17	-.11
Anxious4	-.03	-.07	-.04	-.05	.21 <sup>a</sup>	.19 <sup>a</sup>	.10	.07
Fearful4	-.06	-.14	.03	.01	.03	-.05	.13	.08
Dismissing4	.13	.14	-.01	-.01	-.03	-.04	-.03	-.03

Note. 3 and 4 indicate Hazan and Shaver's (1987) or Bartholomew's (1990) adult attachment measure, respectively.

ur=univariate correlations; pr=partial correlations.

<sup>a</sup>= $p < .05$ ; <sup>b</sup>= $p < .01$ ; <sup>c</sup>= $p < .001$ ; two-tailed.

conflict and deidealization into the regression analysis. I then used a stepwise procedure to assess whether one or more of the three two-way interaction terms between deidealization, intrapsychic conflict, and paternal alcoholism (i.e., deidealization x intrapsychic conflict, paternal alcoholism x intrapsychic conflict, paternal alcoholism x deidealization) would account for additional variance in the outcome factor. Finally, the three-way interaction between paternal alcoholism, deidealization, and intrapsychic conflict was entered into the regression analysis (after controlling for all the two-way interactions). These analyses were repeated for each of the four parent/adolescent dyads.

Table 13 shows the significant interactions for all four parent/adolescent dyads. Eight of the ten significant interactions were for relationships with fathers (i.e., father/daughter and father/son); the remaining two interactions were for the mother/daughter dyad. No interactions reached significance for the mother/son dyad. In addition, all of the significant interactions for males were predicting the four category measure of attachment. In contrast, for females, most of the significant interactions were predicting the three category measure of attachment; there was one exception in both the father/daughter and mother/daughter dyads in which the interactions predicted the four category measure of attachment.

In order to understand the nature of the significant interactions, it is helpful to evaluate them separately for males and females. Only one expected interaction was significant for males in relation to either mothers or fathers. One three-way interaction between parental alcoholism, deidealization, and intrapsychic conflict reached significance for the father/son dyad in predicting dismissing attachments ( $\beta = -.59$ ,  $R^2_{\text{change}} = .17$ ,  $p < .01$ ). As can be seen in Figure 1, the nature of the



Table 13

Interactions Predicting Hazan and Shaver's (1987) and Bartholomew's (1990) Adult Attachment Styles for Males and Females

<b><u>Three Category Measure</u></b>				<b><u>Four Category Measure</u></b>			
<i>Father/Son Dyad</i>				<i>Father/Son Dyad</i>			
<u>Interaction</u>	<u>Style</u>	<u>R<sup>2</sup>/cha</u>	<u>Beta</u>	<u>Interaction</u>	<u>Style</u>	<u>R<sup>2</sup>/cha</u>	<u>Beta</u>
Alc x IC	Secure4	.11 <sup>a</sup>	-.33	Alc x IC	Secure4	.11 <sup>a</sup>	-.33
Alc x IC	Anxious4	.08 <sup>a</sup>	.29	Alc x IC	Anxious4	.08 <sup>a</sup>	.29
Alc x IC	Fearful4	.11 <sup>a</sup>	.34	Alc x IC	Fearful4	.11 <sup>a</sup>	.34
3-Way	Dismiss4	.17 <sup>b</sup>	-.59	3-Way	Dismiss4	.17 <sup>b</sup>	-.59
<i>Mother/Son Dyad</i>				<i>Mother/Son Dyad</i>			
<i>Father/Daughter Dyad</i>				<i>Father/Daughter Dyad</i>			
<u>Interaction</u>	<u>Style</u>	<u>R<sup>2</sup>/cha</u>	<u>Beta</u>	<u>Interaction</u>	<u>Style</u>	<u>R<sup>2</sup>/cha</u>	<u>Beta</u>
Deid x IC	Secure3	.05 <sup>a</sup>	.23	Deid x IC	Fearful4	.04 <sup>a</sup>	-.22
Deid x IC	A/C3	.04 <sup>a</sup>	-.22				
3-Way	Avoid3	.06 <sup>b</sup>	-.29				
<i>Mother/Daughter Dyad</i>				<i>Mother/Daughter Dyad</i>			
<u>Interaction</u>	<u>Style</u>	<u>R<sup>2</sup>/cha</u>	<u>Beta</u>	<u>Interaction</u>	<u>Style</u>	<u>R<sup>2</sup>/cha</u>	<u>Beta</u>
3-Way	Avoid3	.04 <sup>b</sup>	-.27	Deid x IC	Secure4	.06 <sup>b</sup>	.28

Note. 2-way interactions were entered stepwise. 3-way interactions are based on separate regression analyses in which all 2-way interactions were force entered into the equation.

Alc=Paternal Alcoholism; Deid=Deidealization; IC=Intrapsychic Conflict  
a= $p < .05$ ; b= $p < .01$ ; c= $p < .001$

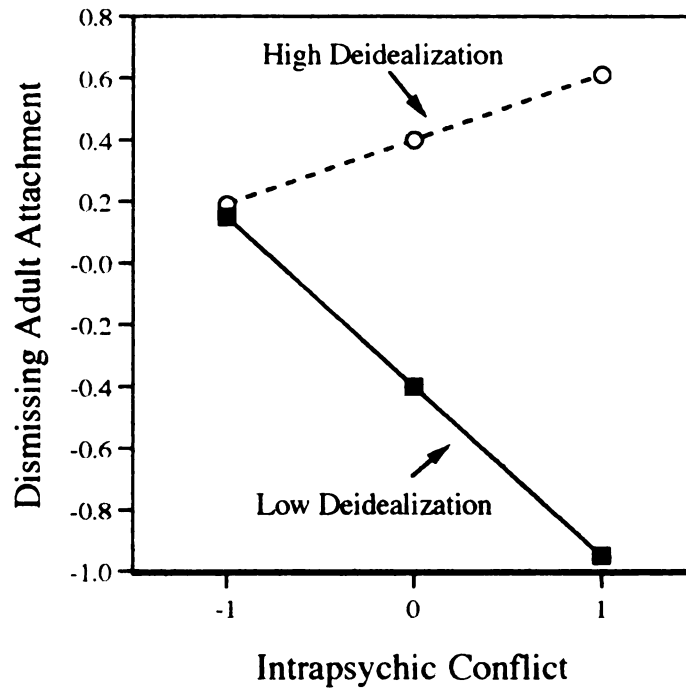
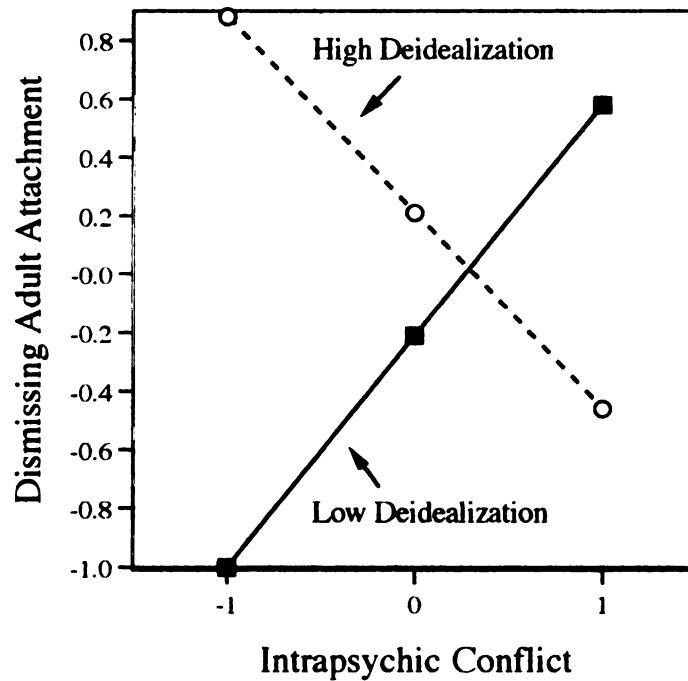
*Alcoholic Fathers:*

Figure 1. Interactions between males' experiences of deidealization and intrapsychic conflict in relation to alcoholic and non-alcoholic fathers in predicting Bartholomew's dismissing adult attachment style.

interactions between deidealization and intrapsychic conflict in the father/son relationship varied as a function of paternal alcoholism. In alcoholic families, high levels of intrapsychic conflict in the father/son relationship were strongly linked to a dismissing approach to intimate relationships among sons reporting low levels of deidealization. In contrast, intrapsychic conflict in the father/son relationship was negatively related to a less dismissing attitude towards intimate relationships among sons of alcoholics fathers reporting high deidealization. The exact opposite pattern of interaction was found for the non-alcoholic families, i.e., the relationship between intrapsychic conflict and a dismissing style of attachment was positive in the context of high deidealization and negative in the context of low deidealization.

In the father/son dyad, three unexpected two-way interactions between paternal alcoholism and intrapsychic conflict in the father/son relationship reached statistical significance in predicting secure, anxious, and fearful attachment styles. As can be seen in Figures 2, 3, and 4, high levels of intrapsychic conflict in the father/son relationship were strongly linked to feelings of insecurity in intimate relationships among sons raised in alcoholic families. In contrast, for adolescents raised in non-alcoholic families, correlations between intrapsychic conflict in the father/son relationship and feelings of insecurity in intimate relationships were in a somewhat negative direction. These interactions demonstrate that intrapsychic conflict in the father/son dyad means something different for sons from alcoholic versus non-alcoholic families regardless of deidealization.

For females, all the significant interactions were expected and supported the hypothesis that deidealization would moderate the relationship

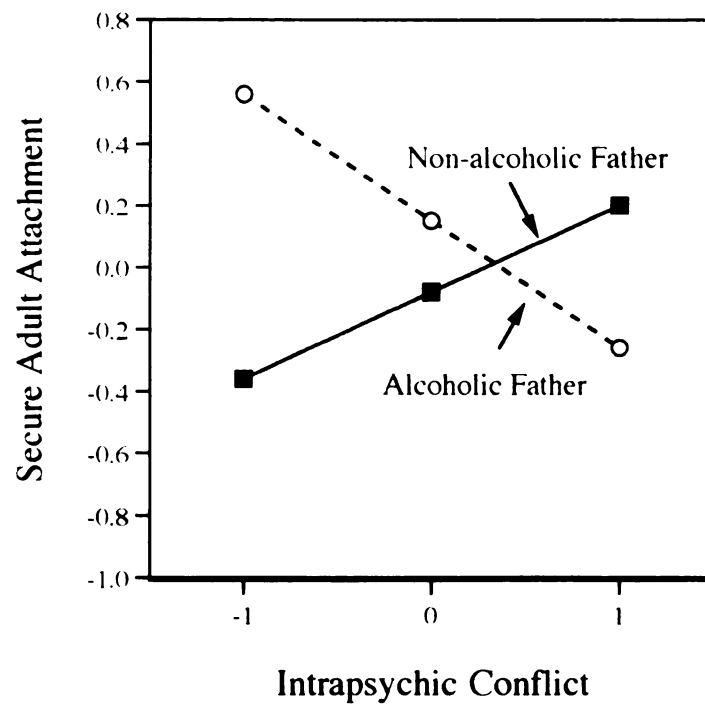


Figure 2 . Interaction between paternal alcoholism and males' experiences of intrapsychic conflict in relation to fathers in predicting Bartholomew's secure attachment style.

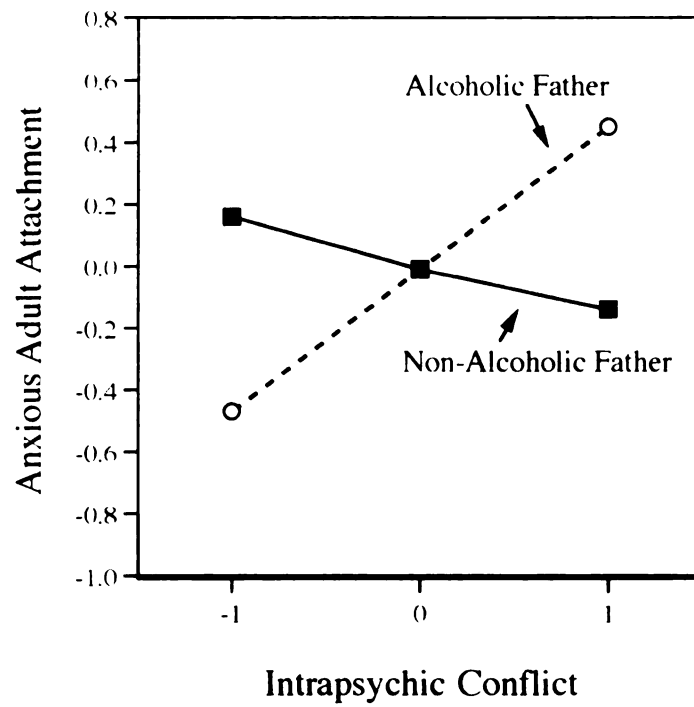


Figure 3. Interaction between paternal alcoholism and males' experiences of intrapsychic conflict in relation to fathers in predicting Bartholomew's anxious attachment style.

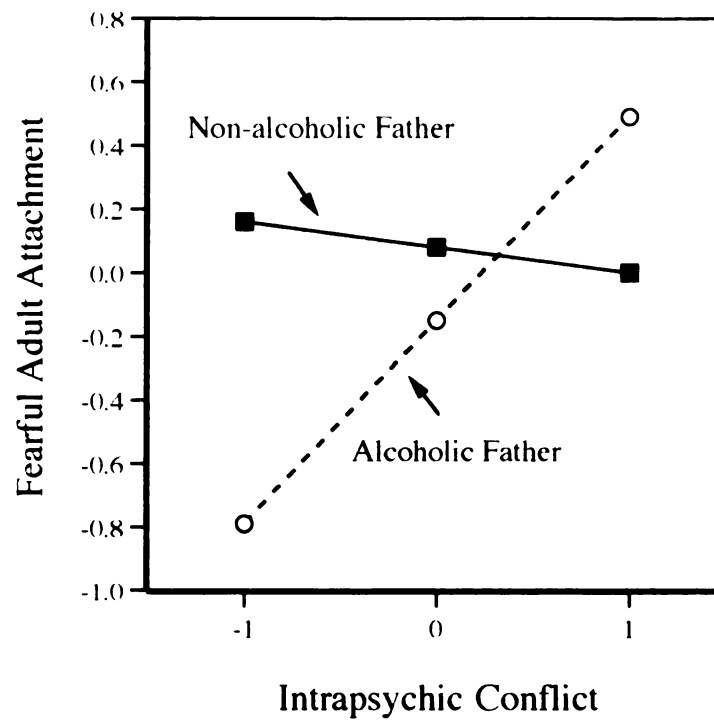


Figure 4. Interaction between paternal alcoholism and males' experiences of intrapsychic conflict in relation to fathers in predicting Bartholomew's fearful attachment style.

between intrapsychic conflict in the adolescent/parent relationship and adult attachment styles. Three two-way and one three-way interaction reached significance for the father/daughter dyad and one two-way and one three-way interaction reached significance for the mother/daughter dyad. Since the pattern is similar for all of these interactions, the father/daughter and the mother/daughter dyads will be discussed together. In particular, females' deidealization of their fathers interacted with intrapsychic conflict in the father/daughter dyad in predicting secure, fearful, and A/C attachment styles and females' deidealization of their mothers interacted with intrapsychic conflict in the mother/daughter dyad in predicting secure attachments. (See Table 12 for betas and  $R^2$ /changes.) As can be seen from the plots of the interaction effects in Figures 5, 6, 7, and 8, in all four interactions, high levels of intrapsychic conflict in the daughter/parent relationship were strongly linked to feelings of insecurity in intimate relationships among adolescent females reporting low levels of deidealization. In contrast, intrapsychic conflict in the parent/daughter relationship for the most part was unrelated and in one instance (see Figure 7) was slightly negatively related to insecure attachments in the context of high deidealization.

In addition, two three-way interactions reached statistical significance in predicting avoidant attachment styles for females (one dealing with relationships with mothers and one dealing with relationships with fathers). As shown in Figures 9 and 10, the interaction pattern for alcoholic families was similar to the pattern found for the father/son dyad in predicting dismissing styles of attachment (Figure 1), i.e., the relationship with intrapsychic conflict and avoidance was positive in the context of low deidealization and negative in the context of high deidealization. However, in non-alcoholic families, deidealization either did not moderate the

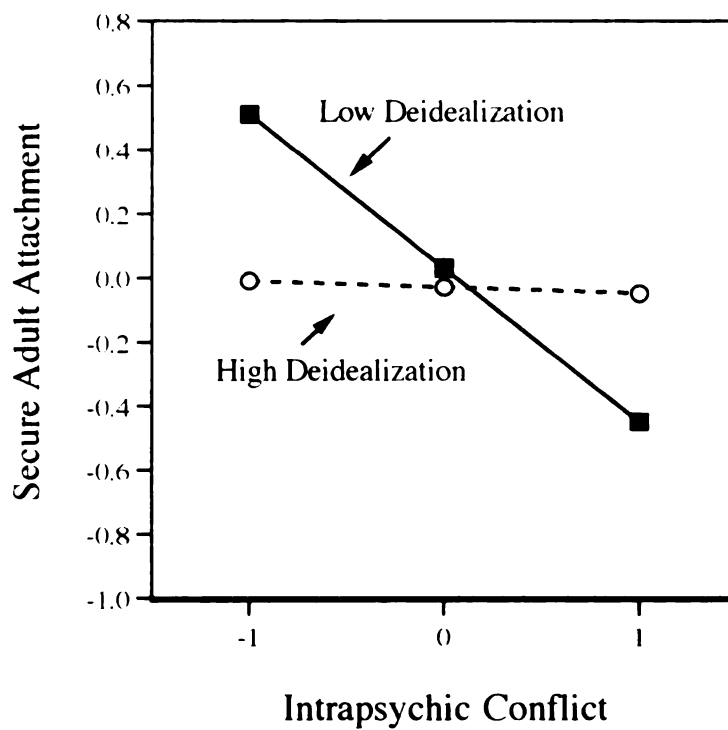


Figure 5. Interaction between females' experiences of deidealization and intrapyschic conflict in relation to fathers in predicting Hazan and Shaver's secure attachment style.



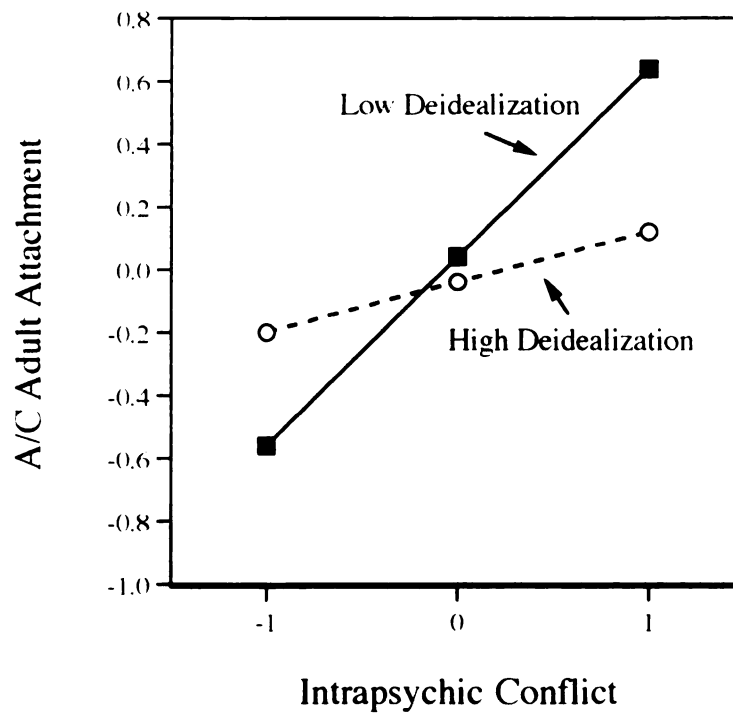


Figure 6. Interaction between females' experiences of deidealization and intrapyschic conflict in relation to fathers in predicting A/C adult attachment style based on Hazan and Shaver's measure.

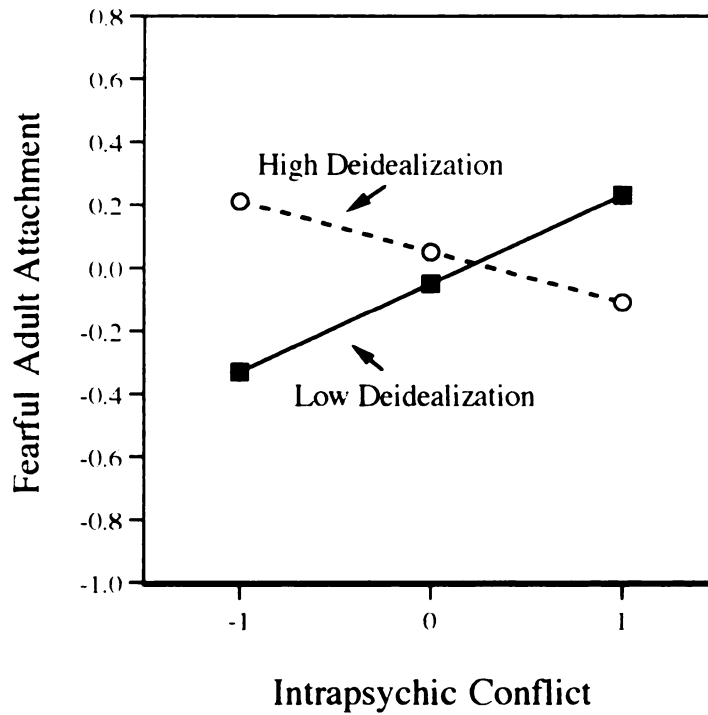


Figure 7. Interaction between females' experiences of deidealization and intrapsychic conflict in relation to fathers in predicting Bartholomew's fearful attachment style.

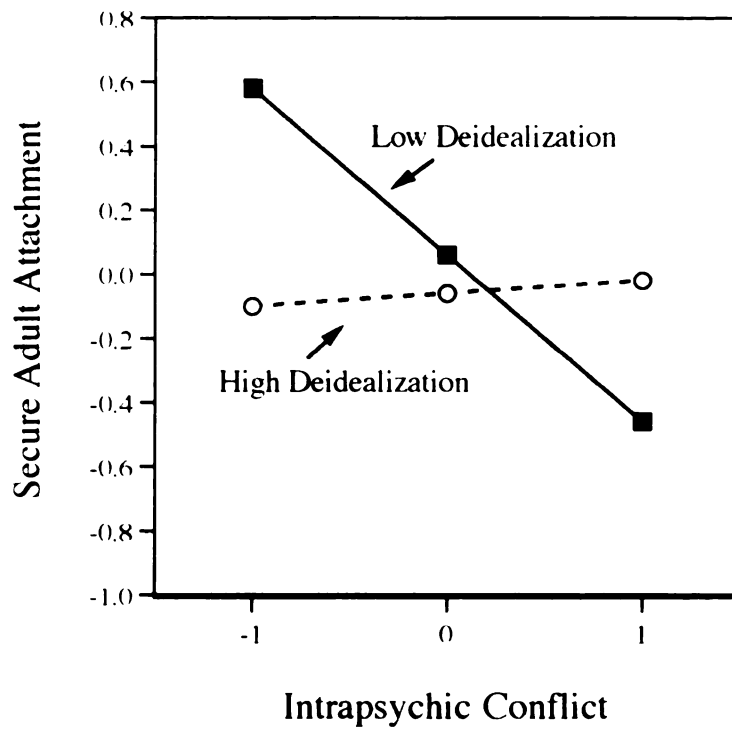
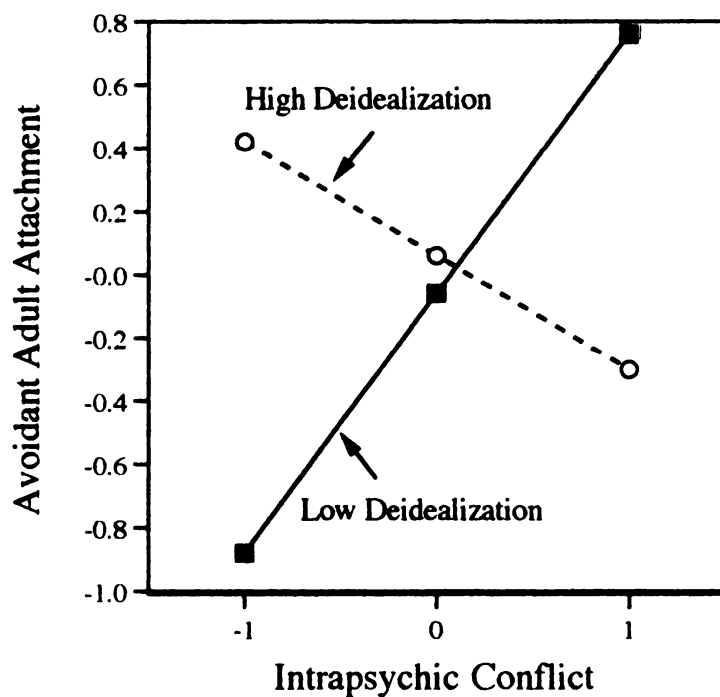
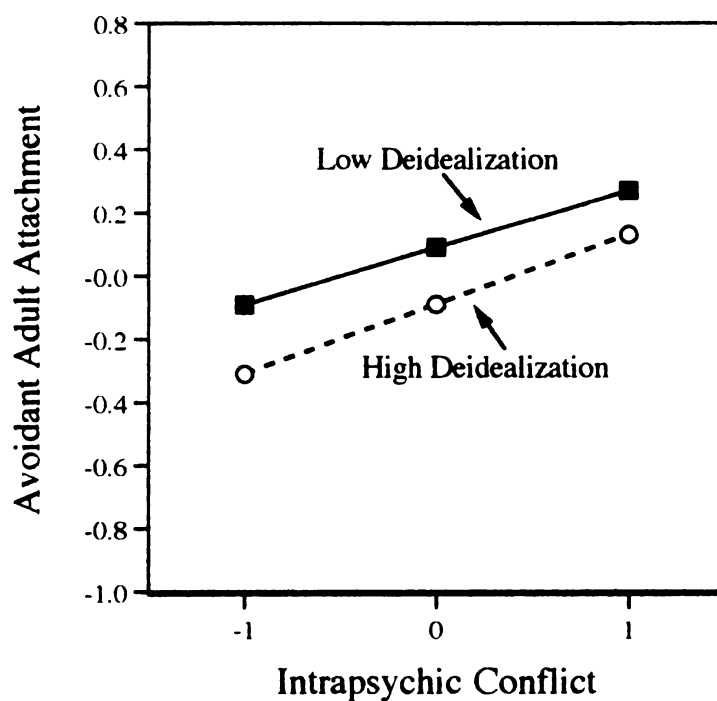


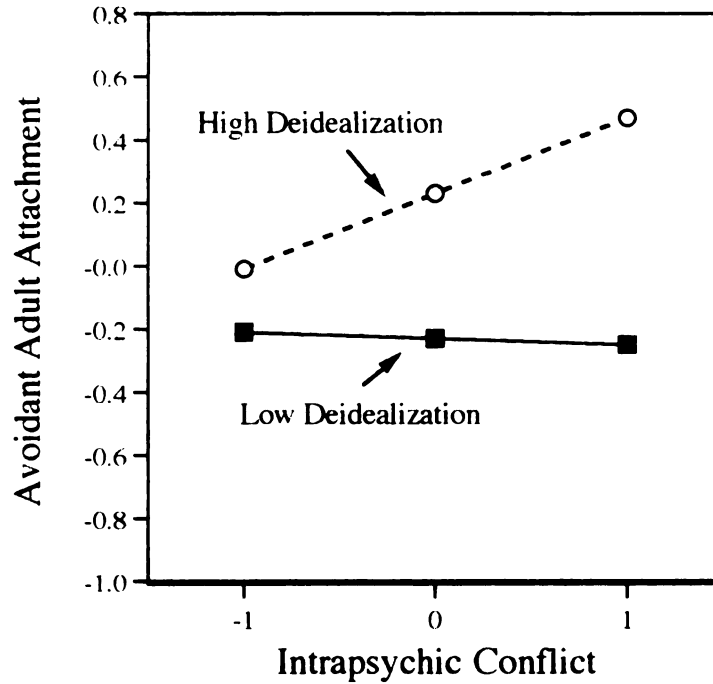
Figure 8. Interaction between females' experiences of deidealization and intrapsychic conflict in relation to mothers in predicting Bartholomew's secure attachment style.



**Figure 9.** Interactions between female's experiences of deidealization and intrapsychic conflict in relation to alcoholic and non-alcoholic fathers in predicting Hazan and Shaver's avoidant adult attachment style.

*Non-Alcoholic Fathers:*

60



*Alcoholic Fathers:*

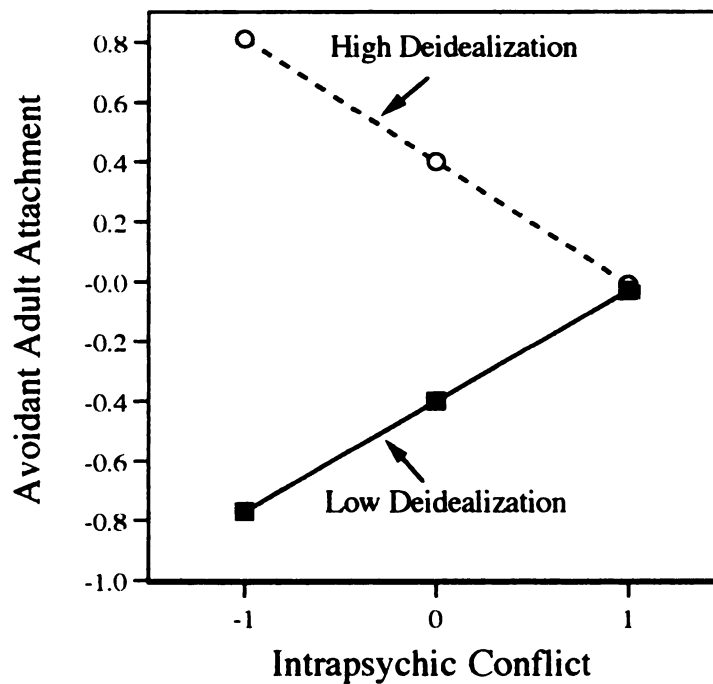


Figure 10. Interactions between female's experiences of deidealization and intrapyschic conflict in relation to mothers in predicting Hazan and Shaver's avoidant adult attachment style for females with alcoholic and non-alcoholic fathers.

relationship between intrapsychic conflict and adolescent attachment style (Figure 9) or else the relationship between intrapsychic conflict and avoidance was positive in the context of high deidealization and unrelated in the context of low deidealization (Figure 10).

Additional Analyses. In order to rule out the possibility that the interactions between paternal alcoholism and intrapsychic conflict in the father/son dyad and the three way interactions were actually a function of the effects of perceived parent conflict, I re-ran the previous regression analyses with the only alterations in the aforementioned procedures being that I additionally tested the two two-way perceived parent conflict interactions (perceived parent conflict x deidealization and perceived parent conflict x intrapsychic conflict) and the three-way interaction between perceived parent conflict, deidealization and intrapsychic conflict. Again, these analyses were run separately for each of the four adolescent/parent dyads.

Adding the perceived parent conflict interactions to the regression analyses did not eliminate or significantly alter any of the aforementioned findings. In addition, only two interactions involving perceived parent conflict reached significance. In particular, one two-way interaction reached significance in which deidealization of mothers moderated the relationship between perceived parent conflict and secure attachment for males ( $\beta=.33$ ,  $R^2=.10$ ,  $p<.05$ ); and one three-way interaction in the mother/daughter dyad reached significance ( $\beta=.24$ ,  $R^2=.03$ ,  $p<.05$ ).

## DISCUSSION

The literature suggests that adolescent children of alcoholics are at risk for problems with intimacy. One goal of the proposed study was to articulate some of the variables that might account the difficulties in forming intimate relationships found in alcoholic families. In particular, this study examined whether paternal alcoholism was linked to higher levels of intrapsychic conflict in the parent/adolescent relationship and whether deidealization of parents moderated the relationship between intrapsychic conflict in the parent/adolescent relationship and problems with intimacy.

### The Relationship between Paternal Alcoholism and Intrapsychic Conflict and Capacity for Intimacy

It was hypothesized that paternal alcoholism would be related to higher levels of intrapsychic conflict in parent/adolescent relationships. Although there was no evidence to support this hypothesis, there were several theoretically interesting relationships between paternal alcoholism and intrapsychic conflict in the adolescent/mother relationship. For example, the level of intrapsychic conflict in the mother/adolescent relationship was found to be lowest in the alcoholic/divorced group when compared to non-alcoholic/divorced, non-alcoholic/ intact , and alcoholic/intact groups.<sup>\*</sup> It is surprising that the intrapsychic conflict is lowest in a group that is doubly at risk for problems because of the parent

divorce and the paternal alcoholism. However, it can be hypothesized that in these families, the adolescents live with the non-alcoholic mother and are sheltered from the effects of paternal alcoholism and possibly grateful to their mother for rescuing them from the potentially abusive alcoholic environment. In addition, it is conceivable that given the loss of a father figure, these adolescents are particularly dependent on their mothers and consequently defensively deny any problems in their relationship with their mother for fear of losing their mother as well. This explanation can also be applied to a second somewhat similar finding in which males with alcoholic fathers experienced less intrapsychic conflict in their relationships with their mothers than males without an alcoholic father or females with or without an alcoholic father. It can be hypothesized that males are more affected by the loss of a positive male role model due to paternal alcoholism since identification with a male role model is central to males' development and separation from their mothers. Consequently, males confronted with the losses associated with having an alcoholic father may be more likely than females to cling to their mother and potentially deny any conflict in that relationship.

‘ Despite the extensive literature indicating that parental alcoholism is associated with both higher levels of intrapsychic conflict in the parent/adolescent relationship and problems with intimacy, these results did not support either of these findings.\* One reason for this discrepancy may be found in the manner in which parental alcoholism was defined. In particular, a much stricter definition of parental alcoholism was used in the present study than in many of the reviewed studies. Firstly, unlike other researchers (e.g., Brennan et al., 1990; Latty-Mann & Davis, 1988; Wright, Frank, & Pirsch, 1991), only those adolescents whose descriptions of their fathers'



drinking met validated criteria for alcoholism and were not just indicative of problem drinking were included in the alcoholic group. Secondly, in studying the role of parental alcoholism on late adolescents' capacity for intimacy, the present study focused specifically on adolescents from father-alcoholic families. Although the sex of the alcoholic parent can significantly alter the pattern of adjustment outcomes among adolescent offspring (Chassin, Rogosch, & Barrera, 1991; Werner, 1986), previous investigations have at times made no distinction between participants with alcoholic mothers and those with alcoholic fathers (Pandina & Johnson, 1990; Black et al., 1986; Latty-Mann & Davis, 1988; Brennan et al., 1990) or between participants with alcoholic fathers only and those whose parents were both alcoholic (Sher, Walitzer, Wood, & Brent, 1991; Brennan et al., 1990; Latty-Mann & Davis, 1988). To control for differences in the sex of the alcoholic parent and the low base rate for alcoholism among mothers (Russel, 1990),<sup>\*</sup> the present study limited the investigation to only adolescent children of alcoholic fathers.<sup>\*</sup> Limiting the experimental group to adolescents with alcoholic fathers, as opposed to alcoholic mothers or problem drinking mothers or fathers, may account for the disparity between the results of this study and the findings presented in previous research.

In addition, most of the aforementioned researchers (e.g., Benson & Heller, 1987; Black et al., 1986; Brennan et al., 1990; Latty-Mann & Davis, 1988) did not control for the effects of parent marital conflict when investigating the effects of parental alcoholism on adolescent development. Consequently, some of the conclusions regarding the role of parental alcoholism on adolescents' development of problems with intimacy or intrapsychic conflict in the parent/adolescent relationship may actually be due to the effects of parent marital conflict. The results of this study clearly

demonstrated the importance of controlling for parent marital conflict when predicting intrapsychic conflict in the parent/adolescent relationship. In particular, this study's findings showed that females report higher levels of perceived parent conflict in alcoholic families and that both males and females report an association between perceived parent conflict and intrapsychic conflict in the parent/adolescent relationship. Both of these findings support Wright et al.'s (1990) conclusions that parental alcoholism is a relatively distal predictor of the quality of the parent/adolescent relationship and problems in close relationships that operates through other variables such as parent marital conflict.

### The Relationship between Separation-Individuation Variables and Capacity for Intimacy

Whereas several interesting findings were found for the implications of females' and males' relationships with their fathers on their intimacy experiences, fewer relationships were found for the association between intrapsychic conflict in the **mother**/adolescent relationship and males' and females' problems with intimacy. This discrepancy seems to imply that adolescents' relationships with their fathers play a more crucial role in their developing capacity for intimacy than their relationships with their mothers. In contrast, Cavell et al. (1993) found that maternal relationships were the most predictive of child adjustment, even in the context of a father-alcoholic family environment. However, this study's findings are consistent with neoanalytic theories which emphasize the importance of the father figure as vehicle of separation for both males and females. If the father figure is an alcoholic and accordingly there is intense conflict in the father/adolescent relationship, it is possible that the utility of the father in the separation-

individuation process may be jeopardized. Consequently, it is not surprising that males and females in this context may have difficulty separating from their families and establishing emotionally close relationships outside of the family.

Another overall trend was observed for the system (i.e., three versus four category) of attachment styles predicted by males and females, with significant interactions predicting the four category measure of attachment for males and the three category measure for females. The consistency of the distinction between the two attachment measures is surprising given that the two measures are highly correlated and thought to be conceptually similar. However, there is one major and obviously important difference between the measures (besides the number of categories). The three category measure refers to romantic relationships, whereas the four category measure refers to emotionally close relationships in general. According to this distinction, the parent/adolescent relationship variables are only influential in predicting close relationships for males and romantic relationships for females. In particular, the father/son relationship variables only impacted males level of security in emotionally close, as opposed to romantic, relationships. This finding suggests that the father/son relationship has little effect on the sons' security in romantic relationships. In contrast, difficulties in the father/daughter relationship have implications for daughters' security in romantic relationships while having less of an impact of their security in close relationships in general. It could be argued that females' relationship with their fathers only affects their security in romantic relationships and, assuming that the majority of females are heterosexual, their relationships with men. In contrast, males relationship with their fathers appears to impact their security in their relationships with their peers.

Although this study did not corroborate previous research revealing a direct link between paternal alcoholism and either increased intrapsychic conflict in the parent/adolescent relationship or problems with intimacy, it did establish the importance of evaluating the effects of separation-individuation variables on adolescents' problems with intimacy. As the literature predicted, intrapsychic conflict in the father/daughter, mother/daughter, and mother/son relationships had implications for the adolescents' capacity for intimacy. In particular, excessive anger, guilt, and role reversal in the adolescent/parent relationship had a direct negative effect on the adolescents' ability to form secure, trusting intimate relationships. However, the impact of intrapsychic conflict in the father/son relationship was not as simple. In fact, only in the context of an **alcoholic**-father/son relationship was there a link between higher levels of intrapsychic conflict in the father/son dyad and problems with intimacy. This finding indicates that males experiencing a great deal of anger, guilt, and responsibility in their relationship with their alcoholic fathers are more likely to feel insecure about forming close, trusting relationships with peers. However, the opposite relationship was found for **non-alcoholic** fathers and their sons. More specifically, less intrapsychic conflict in the **non-alcoholic** father/son relationship was slightly associated with more insecurity in intimate relationships. While this finding may appear counterintuitive, it is consistent with Frank and Poorman's (1993) work demonstrating that in the context of a less conflicted family environment (analogous to non-alcoholic family), separation from fathers (analogous to little intrapsychic conflict in the father/adolescent relationship) was associated with more feelings of insecurity in the parent/adolescent relationship (analogous to insecurity in intimate relationships). These authors argued that in the context of a positive

environment. adolescents had more to lose by separating from their parents and were consequently less motivated and more anxious about confronting normative developmental tasks which would enable them to become adults and form more adult relationships.

Like other investigators, the present study found that the intrapsychic processes associated with separating from parents tended to put at least some adolescents at risk for experiences of insecurity in intimate relationships. However, the more intriguing results were that deidealization of parents altered the degree of risk, and also the probability of benefits accruing from the separation-individuation processes of late adolescence.

Notably, in only one incidence was deidealization an effective moderator between intrapsychic conflict in the parent/adolescent relationship and **males'** problems with intimacy. However, the nature of the impact of deidealization varied as a function of the paternal drinking status. Among males raised in father-**alcoholic** families, deidealization moderated the relationship between intrapsychic conflict in the father/son dyad and males' avoidance of close relationships. In particular, when males were unable to deidealize their alcoholic fathers, excessive feelings of guilt, anger, and role reversal in the father/son dyad were associated with the sons' avoidance of close relationships. In contrast, the opposite relationship was found for sons who were able to deidealize their alcoholic fathers. In these cases, males who experienced extremely low levels of conflict in the father/son dyads (i.e., little guilt, anger, and role reversal) were more likely to dismiss any desire for close relationships.

Among males raised in **non-alcoholic** families, deidealization also moderated the relationship between intrapsychic conflict in the father/son relationship and son's avoidance of close relationships but in the opposite

direction as found in **alcoholic** families. In particular, males who were raised by **non-alcoholic** fathers and experienced high levels of intrapsychic conflict in the father/son dyad showed different patterns of establishing close relationships depending on their ability to deidealize their fathers. Those males who were able to deidealize their fathers (possibly denigrating them and/or blaming them for the intrapsychic conflict in their relationship), indicated that they placed greater value on being independent and self sufficient than on close relationships. In contrast, those males who idealized their fathers, in spite of the excessive intrapsychic conflict in their relationship, indicated that they highly valued intimate relationship and did not want to live without them. It can be hypothesized that these males who are unable to recognize their non-alcoholic father's fallibility despite the intense intrapsychic conflict in their relationship may blame themselves for the problems and be unable to see themselves as functioning independently. Consequently, they may report that they are less likely to value independence and self-sufficiency close relationships because they do not believe they can function by themselves.

Deidealization was a more predictable moderator between intrapsychic conflict in the parent/adolescent relationship and females' problems with intimacy than males' problems with intimacy. As expected, females who experienced high levels of intrapsychic conflict in the parent/daughter relationship but were unable to see their parents' fallibility, had difficulty forming close relationships. In spite of the excessive anger, guilt, and role reversal in the parent/daughter relationship, these females were unable to successfully deidealize their parents and presumably blamed themselves for the tension in their relationship with their parents. In turn, they did not feel secure in or see themselves as deserving of close intimate

relationships(i.e., low levels of security or high levels fear in close relationships). In contrast, the pattern for females who were able to deidealize their parents indicated there was no relationship between intrapsychic conflict in the parent/daughter relationship and feelings of insecurity. However, it is important to note that the strength of these findings were greater for females' relationships with their fathers, as opposed to their relationship with their mothers.

The implications for the above findings regarding the effect of deidealization as a moderator between intrapsychic conflict in the parent/daughter relationship and **females** problems with intimacy are independent of paternal alcoholism. However, a similar pattern of interactions was found for daughters of alcoholic fathers when predicting avoidant attachment styles. In particular, females raised in alcoholic families who experienced excessive feelings of guilt, anger, and responsibility in the parent/daughter dyads but were unable to see their parents' fallibility, had difficulty trusting and depending on significant others. In contrast, females raised in alcoholic families who experienced extremely low levels of conflict in the parent/daughter dyads (i.e., little guilt, anger, and role reversal) and yet deidealized their mothers or fathers, were more likely to find it difficult to trust and depend on significant others. This pattern of interaction was similar to those described above for males raised in alcoholic families.

In contrast to males, in **non-alcoholic** families the relationship between intrapsychic conflict in the parent/daughter relationship and daughters' capacity for intimacy was not dependent on the daughters ability to deidealize their parents. In particular for females raised in non-alcoholic families, intrapsychic conflict was weakly positively associated with

discomfort in close relationships, regardless of their levels of deidealization of their parents. The major difference between males and females raised in non-alcoholic families can be found when evaluating the relationship between intrapsychic conflict in the adolescent/parent relationship and problems with intimacy in the context of low deidealization. For females, there is the expected positive relationship between intrapsychic conflict in the parent/daughter dyads and avoidance of close relationships.

### Implications of Perceived Parent Conflict

While perceived parent conflict was significantly correlated with most of the predictor variables in the model, controlling for perceived parent conflict interactions did not alter or significantly add to the understanding of the relationship between separation-individuation variables and problems with intimacy. Consequently, it can be concluded that paternal alcoholism is not simply a more distal variable that influences adolescents' capacity for intimacy through the effect of perceived parent conflict. Rather the lack of significant perceived parent conflict interactions seems to demonstrate that the pattern of interactions described above is unique to the characteristic of being raised in an alcoholic family and not simply the result of higher levels of parent conflict found in alcoholic families.

### Methodological Limitations and Future Directions

#### Representativeness of the sample

A number of potential sampling biases may limit the generalizability of this study. Firstly, given the racially homogeneous nature of the sample, conclusions based on this study are limited to White adolescents. Secondly, the percentage of adolescent children of alcoholic identified in this study is



significantly lower than expected based on the national average. According to a review by Russel, Henderson, and Blume (1985), reasonable estimates suggest that at least 10% of the population can be considered to be "children of alcoholics". In the present study only 8.8% of the 724 possible participants were identified as having an alcoholic parent. However, when the number of identified children of alcoholics is broken down by sex, the percentage of females who report having an alcoholic parent resembles that of the national average (10.9% for females versus 6.4% for males). The lack of discrepancy for females, as opposed to males, is because over twice as many females identified themselves as children of alcoholics, making the sample of male children of alcoholics particularly small. The small sample of males who reported having an alcoholic parent is consistent with other research indicating that females were more likely than males to report parental alcoholism (Midanik, 1983) and may account for the lack of significant findings for males.

Finally, it is questionable whether and to what extent results based on a sample of college students will generalize to other less privileged groups of late adolescents, or to samples of younger adolescents. In addition, the method of recruiting college students generates another potential sampling bias. In particular, the study relied on introductory psychology classes as the subject pool. Meilman, Stone, Gaylord, and Turco (1990) note that samples gathered for college studies are samples of convenience, such as large introductory psychology classes, and may not be representative of the entire college population.

### Measures

In addition to sampling biases, several other factors may limit the generalizability of the present findings. The use of self-report data makes it impossible to determine if participants are accurately reporting information. For example, in this study it is impossible to differentiate participants who might be denying intrapsychic conflict in the adolescent/alcoholic relationship from those who are accurately describing unusually harmonious adolescent/alcoholic relationships. Future research should try to address this concern by corroborating the self-report data with information obtained directly from parents and/or intimate partners in order to validate adolescents' reports of the parent/adolescent relationship and/or the quality of intimate relationships, respectively.

Finally, the present study is somewhat limited by the use of cross-sectional data because descriptions of adolescent/parent relationships, based on cross-sectional data, often overlook the complexity of these relationships and the transformations that occur over time. In addition, cross-sectional methodologies limit causal interpretations.

### Conclusions

In spite of the methodological limitations, the results of this study make several contributions to the understanding of the effects of paternal alcoholism on adolescents' capacity for intimacy.<sup>7</sup> First, the lack of a direct relationship between paternal alcoholism and adolescents' problems with intimacy indicated that adolescent children of alcoholics' specific vulnerability to problems may not be related to the parental alcoholism per se but rather a function of problems in the adolescent/parent relationship.<sup>7</sup> Secondly, the results indicate that deidealization plays an important role in

moderating the effects of intrapsychic conflict on adolescents' problems with intimacy, both in alcoholic and non-alcoholic families. However, the moderating effects of deidealization are much more apparent in the adolescent/father relationship, as opposed to the adolescent/mother relationship.

Probably the strongest recommendation to come from these and other recent findings is that clinicians and researchers should not assume pathology in the offspring of alcoholics. Instead, they should work towards a better understanding of the factors that moderate the relationship between parental alcoholism and adjustment problems in order to design prevention and treatment programs that will effectively meet the needs of adolescent children of alcoholics who are truly at risk. For example, the results of this study suggest that enhancing the parent/adolescent relationship either by reducing the levels of intrapsychic conflict between the adolescent and the alcoholic parent or by facilitating deidealization of the alcoholic parent is an important therapeutic goal when working with father-alcoholic families.

## APPENDICES

## Appendix A: Parent Alcohol Consumption Questionnaire

### Parent Alcohol Consumption Questionnaire

Part I. My father drank most heavily when **I** was between the ages of \_\_\_\_ years and \_\_\_\_ years.

For that Period, please respond to the following questions.

1. On the average, how often did your father drink any kind of alcoholic beverage during a typical month? (Circle one.)

- a. rarely
- b. about once a month
- c. 2 to 3 times a month
- d. 1 or 2 times a week
- e. 3 or 4 times a week
- f. nearly every day
- g. 2 times a day
- h. 3 or more times a day

2. When your father drank any kind of alcoholic beverage, what was the average quantity he consumed; that is, how many drinks did he consume nearly every time or more than half the times he drank? A standard drink is defined as 4-oz glass of wine, a 12-oz beer or a 1.5-oz drink of distilled spirits. (Circle one.)

- a. rarely drank
- b. 1-2
- c. 3-4
- d. 5-6
- e. 7-8
- f. 9-10
- g. more than 10

3. Has your father experienced any of the following problems because of his drinking? (Circle all that apply.)

- |   |   |
|---|---|
| a. marital separation or divorce  | g. economic distress                          |
| b. loss of employment   | h. accidents                                  |
| c. 2 or more arrests for drunken driving                                      | i. loss of friends                            |
| d. 2 or more arrest for public intoxication or drunken and disorderly conduct | j. shame of family                            |
| e. harm to health   | k. belligerence, fighting, or marital discord |
| f. treatment for alcohol-related problems                                     | l. a single alcohol related arrest            |

4. Does your father presently drink 1) the same amount \_\_\_\_\_ or 2) less \_\_\_\_\_ than he did when he was drinking most heavily? (Check one.)

If you checked "2", what accounted for the change?

Part III. Please answer the following about your parents' CURRENT drinking practices.

1. On the average, how often does your **father** drink any kind of alcoholic beverage during a typical month? (Circle one.)
  - a. rarely
  - b. about once a month
  - c. 2 to 3 times a month
  - d. 1 or 2 times a week
  - e. 3 or 4 times a week
  - f. nearly every day
  - g. 2 times a day
  - h. 3 or more times a day
  
2. When your father drank any kind of alcoholic beverage, what was the average quantity he consumed; that is, how many drinks did he consume nearly every time or more than half the times he drank? A standard drink is defined as 4-oz glass of wine, a 12-oz beer or a 1.5-oz drink of distilled spirits. (Circle one.)
  - a. rarely drank
  - b. 1-2
  - c. 3-4
  - d. 5-6
  - e. 7-8
  - f. 9-10
  - g. more than 10
  
3. On the average, how often does your **mother** drink any kind of alcoholic beverage during a typical month? (Circle one.)
  - a. rarely
  - b. about once a month
  - c. 2 to 3 times a month
  - d. 1 or 2 times a week
  - e. 3 or 4 times a week
  - f. nearly every day
  - g. 2 times a day
  - h. 3 or more times a day
  
4. When your mother drank any kind of alcoholic beverage, what was the average quantity she consumed; that is, how many drinks did she consume nearly every time or more than half the times she drank? A standard drink is defined as 4-oz glass of wine, a 12-oz beer or a 1.5-oz drink of distilled spirits. (Circle one.)
  - a. rarely drank
  - b. 1-2
  - c. 3-4
  - d. 5-6
  - e. 7-8
  - f. 9-10
  - g. more than 10

## Appendix B: Perceptions of Parent Conflict Scale

### FAMILY SITUATION CHECKLIST

**Instructions:** Use the scale shown below to answer each statement in terms of your parents' (or parent's and stepparent's) current relationship.

**1 = never true**  
**2 = occasionally true**  
**3 = fairly true**  
**4 = very true**

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. My parents argue with each other in front of me.                           | 1 | 2 | 3 | 4 |
| 2. My parents hold grudges for a long time when fighting.                     | 1 | 2 | 3 | 4 |
| 3. My parents fight verbally with each other.                                 | 1 | 2 | 3 | 4 |
| 4. My mother tries to get me to side with her when she fights with my father. | 1 | 2 | 3 | 4 |
| 5. My parents fight about money and possessions.                              | 1 | 2 | 3 | 4 |
| 6. My parents are able to work out disagreements fairly quickly.              | 1 | 2 | 3 | 4 |
| 7. My father tries to get me to side with him when he fights with my mother.  | 1 | 2 | 3 | 4 |
| 8. I enjoy being with my father.  | 1 | 2 | 3 | 4 |
| 9. My parents talk together about my future.                                  | 1 | 2 | 3 | 4 |
| 10. My mother says negative things about my father.                           | 1 | 2 | 3 | 4 |
| 11. My parents are able to discuss and work out their disagreements.          | 1 | 2 | 3 | 4 |
| 12. My parents work together as parents.                                      | 1 | 2 | 3 | 4 |
| 13. My father says negative things about my mother.                           | 1 | 2 | 3 | 4 |

## Appendix C: Deidealization Scale from the Emotional Autonomy Scale

### PR-Fathers

**Instructions:** For each item, circle the number that shows how well that item describes how you generally feel according to the following scale:

1 = strongly disagree  
2 = disagree  
3 = agree  
4 = strongly agree

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. My father and I agree on everything.   | 1 | 2 | 3 | 4 |
| 2. Even when my father and I disagree, he is always right   | 1 | 2 | 3 | 4 |
| 3. I try to have the same opinions as my father.  | 1 | 2 | 3 | 4 |
| 4. When I become a parent, I'm going to treat my children exactly the same way that my father has treated me. | 1 | 2 | 3 | 4 |
| 5. My father hardly ever makes mistakes.  | 1 | 2 | 3 | 4 |

### PR-Mothers

**Instructions:** For each item, circle the number that shows how well that item describes how you generally feel according to the following scale:

1 = strongly disagree  
2 = disagree  
3 = agree  
4 = strongly agree

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. My mother and I agree on everything.   | 1 | 2 | 3 | 4 |
| 2. Even when my mother and I disagree, she is always right  | 1 | 2 | 3 | 4 |
| 3. I try to have the same opinions as my mother.  | 1 | 2 | 3 | 4 |
| 4. When I become a parent, I'm going to treat my children exactly the same way that my mother has treated me. | 1 | 2 | 3 | 4 |
| 5. My mother hardly ever makes mistakes.  | 1 | 2 | 3 | 4 |



## Appendix D: Conflictual Independence Scale

### Psychological Separation Inventory-CI

**Instructions:** The following statements describe different aspects of your relationships with both your mother and father. Use the following scale to tell how well each statement applies to you.

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>Not at all true for me.</b>				<b>Very true for me.</b>
1. Sometimes my mother is a burden to me.				1	2 3 4 5
2. I feel like I am constantly at war with my mother.				1	2 3 4 5
3. I blame my mother for many of the problems I have.				1	2 3 4 5
4. I wish I could trust my mother more.				1	2 3 4 5
5. I have to be careful not to hurt my mother's feelings.				1	2 3 4 5
6. I sometimes feel like I'm being punished by my mother.				1	2 3 4 5
7. I wish my mother wasn't so overprotective.				1	2 3 4 5
8. I wish my mother wouldn't try to manipulate me.				1	2 3 4 5
9. I wish my mother wouldn't try to make fun of me.				1	2 3 4 5
10. I feel that I have obligations to my mother that I wish I didn't have.				1	2 3 4 5
11. My mother expects too much from me.				1	2 3 4 5
12. I wish I could stop lying to my mother.				1	2 3 4 5
13. I often wish that my mother would treat me more like an adult.				1	2 3 4 5
14. I am often angry at my mother.				1	2 3 4 5
15. I hate it when my mother makes suggestions about what I do.				1	2 3 4 5
16. Even when my mother has a good idea I refuse to listen to it because she made it.				1	2 3 4 5
17. I wish my mother wouldn't try to get me to take sides with her.				1	2 3 4 5
18. I argue with my mother over little things.				1	2 3 4 5
19. My mother is sometimes a source of embarrassment to me.				1	2 3 4 5
20. I am sometimes ashamed of my mother.				1	2 3 4 5
21. I get angry when my mother criticizes me.				1	2 3 4 5
22. When I don't write my mother often enough I feel guilty.				1	2 3 4 5

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 23. I feel uncomfortable keeping things from my mother.                              | 1 | 2 | 3 | 4 | 5 |
| 24. I often have to make decisions for my mother.                                    | 1 | 2 | 3 | 4 | 5 |
| 25. I sometimes resent it when my mother tells me what to do.                        | 1 | 2 | 3 | 4 | 5 |
| 26. Sometimes my father is a burden to me.   | 1 | 2 | 3 | 4 | 5 |
| 27. I feel like I am constantly at war with my father.                               | 1 | 2 | 3 | 4 | 5 |
| 28. I blame my father for many of the problems I have.                               | 1 | 2 | 3 | 4 | 5 |
| 29. I wish I could trust my father more.   | 1 | 2 | 3 | 4 | 5 |
| 30. I have to be careful not to hurt my father's feelings.                           | 1 | 2 | 3 | 4 | 5 |
| 31. I sometimes feel like I'm being punished by my father.                           | 1 | 2 | 3 | 4 | 5 |
| 32. I wish my father wasn't so overprotective.                                       | 1 | 2 | 3 | 4 | 5 |
| 33. I wish my father wouldn't try to manipulate me.                                  | 1 | 2 | 3 | 4 | 5 |
| 34. I wish my father wouldn't try to make fun of me.                                 | 1 | 2 | 3 | 4 | 5 |
| 35. I feel that I have obligations to my father that I wish I didn't have.           | 1 | 2 | 3 | 4 | 5 |
| 36. My father expects too much from me.  | 1 | 2 | 3 | 4 | 5 |
| 37. I wish I could stop lying to my father.  | 1 | 2 | 3 | 4 | 5 |
| 38. I often wish that my father would treat me more like an adult.                   | 1 | 2 | 3 | 4 | 5 |
| 39. I am often angry at my father.   | 1 | 2 | 3 | 4 | 5 |
| 40. I hate it when my father makes suggestions about what I do.                      | 1 | 2 | 3 | 4 | 5 |
| 41. Even when my father has a good idea I refuse to listen to it because he made it. | 1 | 2 | 3 | 4 | 5 |
| 42. I wish my father wouldn't try to get me to take sides with him.                  | 1 | 2 | 3 | 4 | 5 |
| 43. I argue with my father over little things.                                       | 1 | 2 | 3 | 4 | 5 |
| 44. My father is sometimes a source of embarrassment to me.                          | 1 | 2 | 3 | 4 | 5 |
| 45. I am sometimes ashamed of my father.   | 1 | 2 | 3 | 4 | 5 |
| 46. I get angry when my father criticizes me.  | 1 | 2 | 3 | 4 | 5 |
| 47. When I don't write my father often enough I feel guilty.                         | 1 | 2 | 3 | 4 | 5 |
| 48. I feel uncomfortable keeping things from my father.                              | 1 | 2 | 3 | 4 | 5 |
| 49. I often have to make decisions for my father.                                    | 1 | 2 | 3 | 4 | 5 |
| 50. I sometimes resent it when my father tells me what to do.                        | 1 | 2 | 3 | 4 | 5 |

## Appendix E: Hazan's and Shaver's Adult Attachment Questionnaire

### ROMANTIC RELATIONSHIP QUESTIONNAIRE

This questionnaire is concerned with your experience in romantic love relationships. Take a moment to think about these experiences and answer the following questions with them in mind. Read each of the three self-descriptions below (A, B, and C) and then pick the single alternative that best describes how you feel in romantic relationships or is nearest to the way you are. (Note: The terms "close" and "intimate" refer to psychological or emotional closeness, not necessarily to sexual intimacy.)

- \_\_\_\_\_A. 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.
- \_\_\_\_\_B. 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 sometimes scares people away.
- \_\_\_\_\_C. 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.

Now please rate each of the relationship styles above according to the extent to which you think each description corresponds to your general relationship style.

	Not at all like me			Somewhat like me			Very much like me	
Style A.	1	2	3	4	5	6	7	
Style B.	1	2	3	4	5	6	7	
Style C.	1	2	3	4	5	6	7	

## Appendix F: Bartholomew's Adult Attachment Questionnaire

### CLOSE RELATIONSHIP QUESTIONNAIRE

This questionnaire applies to all emotionally close relationships, not just romantic ones. Following are descriptions of four general relationship styles that people often report. Pick the single alternative that best describes you or is closest to the way you are.

- \_\_\_\_A. It is relatively easy for me to become emotionally close to others. I am comfortable depending on others and having others depend on me. I don't worry about being alone or having others not accept me.
- \_\_\_\_B. I am somewhat uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I sometimes worry that I will be hurt if I allow myself to become too close to others.
- \_\_\_\_C. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.
- \_\_\_\_D. I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have other depend on me.

Now please rate each of the relationship styles above according to the extent to which each description corresponds to your general relationship style.

	Not at all like me			Somewhat like me			Very much like me	
Style A.	1	2	3	4	5	6	7	
Style B.	1	2	3	4	5	6	7	
Style C.	1	2	3	4	5	6	7	
Style D.	1	2	3	4	5	6	7	

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