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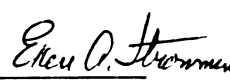
ATTACHMENT STYLES AND CLOSE RELATIONSHIPS

presented by

Carole Nhu'y Hodge

has been accepted towards fulfillment
of the requirements for

Ph.D. degree in Psychology

 
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ATTACHMENT STYLES AND CLOSE RELATIONSHIPS

By

Carole Nhu'y Hodge

A DISSERTATION

**Submitted to
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ABSTRACT

ATTACHMENT STYLES AND CLOSE RELATIONSHIPS

By

Carole Nhu'y Hodge

The aim of this study was to further our understanding of the links between adult attachment styles and close interpersonal relationships. In its original form, attachment theory addressed the processes by which affectional bonds are forged and broken between infant and caregiver (Bowlby, 1969). According to Bowlby, an attachment is an emotional bond involving comfort, security, trust, and support. Research suggests that adult attachment style is an orientation that evolves primarily from people's childhood relationships with their parents (e.g., Ainsworth et al., 1978). Studies also have found that adult attachment styles affect people's experience of romantic love (e.g., Hazan & Shaver, 1987). However, close friendship, another important adult relationship, has yet to be examined in terms of its potential links to attachment styles. The present study attempted to replicate past work on the association between adult attachment styles and romantic relationships and to extend understanding of this important psychological phenomenon by examining its links to close friendships.

Psychology undergraduates (583 females, 213 males) completed two adult attachment scales (Bartholomew & Horowitz, 1991; Hazan & Shaver, 1987) and rated their romantic partner, other-sex best friend, and same-sex best friend on important

relationship components using the Davis and Todd's Relationship Rating Form.

As expected, results for the romantic relationship hypotheses replicated those of previous research. Secure individuals rated their romantic partner higher on positive relationship components compared to both anxious-ambivalent and avoidant individuals. As predicted for the friendship hypotheses, attachment style also affected ratings of certain relationship components. In general, secure individuals rated their other-sex and same-sex best friends higher on relationship components such as viability, intimacy, and care than did either anxious-ambivalent or avoidant individuals.

The importance of this research is that it extends our understanding of attachment style beyond romantic relationships to other close relationships by showing that regardless of relationship type, an individual's attachment style predicts their perceptions of their close bonds. This puts adult attachment research into a broader interpersonal relationship matrix by expanding the generalizability of attachment style to different types of relationships.

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This dissertation is dedicated to M.L.O.

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INTRODUCTION

Overview

The overall aim of the present study was to further our understanding of the relationship between attachment styles and close interpersonal relationships. This study examined how individuals within each of the three attachment styles rated their other-sex and same-sex best friends, as well as their romantic partner, on important relationship components.

There were three purposes to this research. The first was to replicate previous findings by examining the relationship between adult attachment style and romantic relationships. The second purpose was to extend the previous findings of attachment style correlates of relationship components within romantic relationships to the area of friendship by examining the links between adult attachment style and relationship components in both same-sex and other-sex best friends. The third purpose was to examine the effects of attachment style, sex, and different types of relationships (i.e., romantic relationship, other-sex and same-sex best friendships) on ratings of relationship components within a more comprehensive framework. These close relationships are similar on several factors, such as closeness and intimacy, but different on others, such as sexual intimacy. It is hypothesized that the attachment style and sex of the participant

play a role in the ratings of relationship characteristics.

Friendships play an important role in adult life along with romantic relationships. Best friends have been found to provide each other with social support, care, comfort and to keep each other mentally and physically healthy. While there is a great deal of research on adult attachment style and adult *romantic or love relationships*, there is little research on adult *friendships* and adult attachment. People with different attachment styles have been found to differ in their ratings of certain components of relationships with their romantic partner, such as trust and self-disclosure. It is predicted that in general the findings linking attachment styles and best friends will replicate those of attachment styles and romantic relationships. However, because close friendships are different from romantic relationships, different ratings are predicted to occur for certain relationship components among the three attachment styles. Extending attachment theory to adult best friendship is a natural and necessary extension to further our understanding of adult attachment and close adult relationships.

In the pages that follow, attachment theory is discussed first by reviewing the history of attachment theory, infant attachment, adult attachment, and how attachment theory has been extended to the close adult relationship area, specifically to adult romantic and love relationships. The friendship literature is discussed next, starting with a brief history of friendship, the characteristics of friendship, types of friendship, components of friendship, and why the adult attachment literature should be extended to adult best friendships. A discussion of the similarities and differences between friendships and romantic relationships is discussed next. Lastly, hypotheses are

developed about the relationship between attachment style, sex, and relationship type on various important relationship components.

Attachment theory

Brief History of Attachment Theory

Attachment theory addresses the processes by which affectional bonds are forged and broken between infant and caregiver (Bowlby, 1969, 1973, 1979, 1982, 1988).

According to Bowlby, an attachment is an emotional bond. This bond involves comfort, security, trust, and support. It describes and explains how infants become emotionally distressed when separated from their primary caregiver. The basic assumption of attachment theory is that humans are immature at birth and can only survive if an adult is willing to provide protection and care. Because of this, behaviors have evolved to ensure that the infant maintains in close relation to the caregiver/protector. Bowlby stated that there are three defining features of attachment and functions of an attachment relationship. *Proximity maintenance* or staying near the caregiver is one. A second feature is using the *caregiver as a secure base*, meaning that the infant can feel comfortable enough to engage in other behaviors such as exploring the environment. The third feature is using the *caregiver as a safe haven*, meaning that the infant can rely on the caregiver for comfort, support, and reassurance. When an individual perceives a threat to proximity maintenance, attachment behaviors are activated resulting in a search and re-establishment of proximity to the attachment figure. The goal of the attachment system is to keep the infant near the caregiver for protection. Ainsworth (1982) broadened this goal to define the attachment system as a secure base from where infants

can feel safe to confidently explore their environment. The three criteria for infant-caregiver attachment according to Bowlby are the association of the attachment figure with feelings of security, the greater likelihood of attachment behavior when the infant is in a situation of apparent threat, and the tendency of infants to attempt to ward off separation from an attachment figure by calling or crying, and when able, by following.

While working for the World Health Organization, Bowlby observed and reported that inadequate maternal care during early childhood had negative influences on personality development. Separation from their caregiver(s) had profound effects on children's relations to their caregivers when reunion took place. With this important finding, Bowlby wanted to develop a theory of personality development that started at the core of personality development and followed it through its natural course. Attachment theory was developed out of concepts and ideas from the object-relations tradition in psychoanalysis, evolution theory, ethology, control theory, and cognitive psychology.

Attachment theory can be summarized in terms of three propositions. First, when an individual is confident that an attachment figure will be available whenever desired, that person will be much less prone to chronic fear than will an individual who, for whatever reason, has no such confidence. The second proposition concerns the sensitive period during which such confidence develops. Attachment theory postulates that confidence in the availability of attachment figures is built up slowly during the early years of childhood---and that whatever expectations are developed during those years tend to persist relatively unchanged throughout the rest of life. However, some current

researchers such as Kobak and Hazan (1991) challenge this notion. They suggest that working models of others can be assimilated and accommodated continuously throughout life. The third proposition concerns the role of actual experience. It postulates that the varied expectations of the accessibility and responsiveness of attachment figures, which individuals develop during the years of immaturity, are reflections of the experiences those individuals have actually had (Bowlby, 1973, p. 235).

Attachment is one of several different and important behavioral systems that facilitate human survival. The attachment system dominates in infancy and childhood. When this system is in a crisis, all other behavioral systems such as exploration are postponed until the crisis is over. An attachment behavior can be any of various forms of behavior that a person engages in from time to time to obtain and/or maintain a desired proximity to the caregiver. Attachment behavior is most obvious in early childhood but can be observed throughout the life cycle, especially in emergencies. Researchers (e.g., Shaver, Hazan, & Bradshaw, 1988) have pointed out substantial similarities between attachment in childhood and adult romantic love relationships.

Infant Attachment

Ainsworth, Blehar, Waters, and Walls (1978) made a major contribution to attachment theory by identifying three different types of attachment patterns/styles that an infant can have with his or her primary caregiver. The three attachment styles identified were secure, anxious-ambivalent, and anxious-avoidant. “Secure attachment develops when infants are confident that their parent (caregiver) will be available, responsive, and helpful should they encounter adverse or frightening situations. With this assurance, they

feel bold in their exploration of the world. Anxious-Ambivalent attachment develops when infants are uncertain whether their parent will be available, responsive, or helpful when called upon. Because of this uncertainty, they are always prone to separation anxiety and tend to be clinging and are anxious about exploring the world. Anxious-Avoidant attachment develops when individuals lack confidence that when they seek care, they will receive a helpful response. On the contrary, they expect to be rebuffed. These individuals are compulsively self-reliant, independent of affectional ties, and emotionally self-sufficient. When this happens to a marked degree, these individuals attempt to live life without the love and support of others; they try to become emotionally self-sufficient and may later be diagnosed as narcissistic or as having a false self” (Bowlby, 1988, p. 124). In this study, anxious-avoidant will be referred to as avoidant.

Ainsworth and her colleagues (1978) and Egeland and Farber (1984) have remarked that the three styles stated above seem closely associated with differences in caregiver warmth and responsiveness. The Secure pattern of attachment is promoted by a caregiver who is readily available, sensitive to the child's signals, and lovingly responsive when the child seeks protection and comfort. The Anxious-Ambivalent pattern of attachment is promoted by a caregiver who is available only on some occasions. The caregiver uses threats of abandonment as a means of control. The Avoidant pattern of attachment results from constant rejections by the caregiver to approaches for comfort or protection. Ainsworth et al. (1978) found that 56% of infants had a secure attachment style, 19% had an anxious-ambivalent attachment style, and 21% had an avoidant attachment style. However, 4% of the infants were classified as disorganized/disoriented.

Attachment Style across the Lifespan

Development of Mental Models. Bowlby stated that based on an individual's relationship with the caregiver, he or she creates working models of self and others which are beliefs and expectations about self, others, and relationships (Bowlby, 1973). These internal representations of others and self provide the groundwork for personality development and conceptualization about relationships and others (Ainsworth, et al. 1978; Bowlby, 1973; Main, Kaplan, & Cassidy, 1985). These mental models become the basis for attachment patterns or styles that individuals develop at a very young age. Once an individual develops an attachment style or pattern, the style tends to persist and become more difficult to change with time because of the internalization of the mental models, although change through subsequent relationship experience remains possible. Most of us develop some style of attachment by the end of our first year of life. These mental models carry over to new relationships where they guide and organize expectations, perceptions, and behavior (Bowlby, 1973). As time passes, these models become more important for children's general style of interaction with others. Belsky and Cassidy (1994) have suggested that mental models are constructed from real relationship experiences. The people with whom individuals interact play a role in their developing mental models. These models play a major role during interaction with others because they not only help the child interpret the situation but they also integrate new experiences into the existing perceptions of self and others. In addition, they also provide predictions for future interactions and relationships with others.

Multiple Attachments. It is suggested that individuals can have multiple attachment figures throughout life. Bowlby (1982) stated that there is a plurality of attachment figures. However, all figures are not equal in that there is a hierarchical order to attachment figures. Even in infancy where individuals usually have a primary attachment figure, the mother, the father is also another attachment figure. Ainsworth (1982) stated that "attachment patterns in infancy and childhood usually refer to how infants and children organize their attachment behavior in terms of a particular caregiver." However, Bowlby (1988) stated that "As yet little is known about how the influence on personality development of interactions with the mother compares with the influence of those with the father. It would hardly be surprising were different facets of personality, manifest in different situations, to be influenced differently. In addition, their respective influences on males may be expected to differ from their respective influences on females" (p. 129). And in fact, research with infants shows that attachment is not always the same to mothers as to fathers. These styles may change with the appropriate environment and interactant. Extending this, a person can have a different attachment style towards different attachment figures or significant others. For adults, these different attachment figures can be a best friend or a romantic partner.

Continuity of Attachment Style. Previous research on attachment lends some support to the continuation of patterns of attachment (i.e., attachment style) across the life span. Bowlby (1979, p.129) maintained that "attachment behavior characterizes human beings from cradle to grave." However, this is different from saying the same patterns characterize the same individual from cradle to grave. A person's attachment style may

be different at infancy and at adulthood. However, researchers have found that these styles are relatively stable (e.g., Main & Cassidy, 1988; Wartner, 1986). Nevertheless, as a person interacts with others, he or she accumulates information about self and relationships. She or he can either add this information to her or his mental model or discard it. Continuity of attachment styles have been examined by various researchers (e.g., Elicker, Englund, & Sroufe, 1992; Grossman & Grossman, 1991) and they have found attachment styles to be relatively stable over the first 10 years of life, given a stable home environment. Hazan and Hutt (1993) found that stability was more common than change (78% vs. 22%) in attachment styles.

Regardless of continuity or discontinuity, attachment style can now be measured in adults. Main and her colleagues (1985) have developed several intensive interview procedures to measure attachment in both children and adults, with the goal being to extend attachment findings across the lifespan. Their research and several other studies, using paper and pencil self-report measures (e.g., Hazan & Shaver, 1987; Collins & Read, 1990), indicate that attachment style in infancy and adulthood are similar. For instance, Hazan and Shaver (1987) found that attachment styles similar to those found in children also can be identified in adults and that the distribution of adults across styles was very similar to those found in infants. Fifty-six percent of adults were secure, 19% were anxious-ambivalent, and 25% were avoidant. Other researchers have found many strong similarities between infant and adult attachment (e.g., Collins & Read, 1990). According to Hazan and Shaver (1987) adult attachment bonds are primarily manifested in romantic love.

Even though there seems to be the understanding that attachment styles are very similar for infants and adults, there are definite differences that exist between infants and adults for the behaviors displayed, roles played, and thinking mode about attachment (Weiss, 1982, 1991). First, the attachment relationship in infancy and childhood is complementary where the infant/child seeks security and care but does not provide these, while the caregiver provides security and care but does not seek them. In contrast, the attachment relationship in adulthood is reciprocal; each person in the relationship both provides and receives care. Second, in infancy and childhood, the attachment relationship is manifested in physical behaviors and can be observed. In adulthood, the attachment relationship is formed into an internal belief system about the partner (Main et al., 1985). Third, the attachment system in adulthood is not manifested to the same degree as it was in infancy. During infancy, separation from the attachment figure leads to an inability to concentrate on anything else. During adulthood, separation does not typically have as intense an effect. Adults can continue to perform their everyday functions when separated from their attachment figure, though they may show some distraction. However, the emotions can be as intense but adults psychologically know that there is security. Adults can perform functions with stress from separation. And finally, an infant or child's attachment figure is usually a parent whereas an adult's attachment figure is most likely to be a peer and usually is the sexual partner (at least as conceptualized and studied to date).

Adult Attachment

Through adolescence and young adulthood, individuals begin to form attachment to new attachment figures, such as friends and romantic partners (e.g., Hazan & Shaver, 1987; Berman, Marcus, & Berman, 1994; Levitt, 1991). The new attachment figure is perceived to be one who can be trusted to provide comfort, support, and security when necessary. In this new relationship, all criteria of attachment bonding can be observed. Around this time, attachment functions (i.e., proximity seeking, safe haven, and secure base) are transferred from parent to other attachment figures (e.g., peer). However, attachment to parents does persist and is not replaced, though it may become overshadowed by new attachments. Even as adults, when anxious or distressed, people's attachment system will be activated and they will seek and desire protection and comfort from an attachment figure, whomever this person may be. Feeney and Noller (1990) described attachment relationships as characterized by a seeking of comfort and security within relationships. According to Ainsworth (1989) dyadic attachment relationships are affectional bonds and are enduring.

Mental Models in Adults. Mental models are beliefs and expectations about self, others, and relationships that were created in infancy from the relationship with the caregiver (Bowlby, 1973). Mental models are relatively stable in regulating a person's affect and behaviors throughout life (Mikulincer & Nachshon, 1991) and they play an important role in understanding how early relationships affect adult relationships. The early relationship becomes a model for later relationships and Hazan and Shaver (1987) stated that variations in early social experiences produce relatively enduring differences

in relationship styles. These models have been suggested to persist throughout the lifespan. According to these different models, individuals with secure, anxious-ambivalent, and avoidant attachment styles should be involved in different kinds of romantic relationships (Bowlby, 1973, 1980). Researchers have found that individuals within each attachment style report different attributes about themselves, others, and relationships.

Recent research has been conducted specifically examining what mental models were developed by individuals possessing different attachment styles. Researchers have found the following: people who possess a secure attachment style tend to develop mental models of themselves as being friendly, good-natured, and likable and of significant others as being generally well-intentioned, reliable, and trustworthy (Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987; Levy & Davis, 1988; Simpson, 1990); people who possess an anxious-ambivalent attachment style tend to develop models of themselves as being misunderstood, unconfident, and under-appreciated and of significant others as being typically unreliable and either unwilling or unable to commit themselves to permanent relationships (Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987; Mikulincer & Nachshon, 1991; Simpson, 1990), and they also have a more negative view of themselves; people who possess an avoidant attachment style tend to develop models of themselves as being suspicious, aloof, and skeptical and of significant others as being unreliable and overly eager to commit themselves to relationships (Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987).

Measurement of Adult Attachment. Several measures have been developed for adult attachment. The first measure was developed by George, Kaplan, and Main (1984) and is called the Adult Attachment Interview. This measure uses an interview format to assess the quality of an adult's current internal representation of the childhood attachment relationships with his or her parents. From this measure, three patterns of adult attachment can be derived: *secure*, *preoccupied*, and *dismissing*. These three patterns correspond to infant attachment patterns of secure, anxious-ambivalent, and avoidant, respectively, as described by Ainsworth and her colleagues (1978). While these interviews produced very detailed and informative findings, they were also very time consuming.

Because of the problems presented by interview measures, self-administered paper and pencil scales have been developed to measure adult attachment. The first of these was created by Hazan and Shaver in 1987. This scale has been used as a basis for the development of subsequent adult attachment scales (e.g., Collins & Read, 1990; Feeney & Noller, 1990; Simpson, 1990). Hazan and Shaver's adult attachment scale is both simple and self-administered. The measure consists of two parts. The first part is categorical and consists of three paragraphs, each describing a style of attachment. The participant is requested to select the paragraph that best describes them. During the second part, the participant is requested to rate each of the above paragraphs on a 7-point scale (1 = not at all like me to 7 = very much like me). Hazan and Shaver based their measure on the attachment patterns of Ainsworth and her colleagues' classification of the three attachment patterns of infancy/childhood (Ainsworth et al., 1978). They found that

the three attachment styles found in infants exist in adults, and that these styles can have important significance for adult romantic relationships. In their scale, a person selected the one style of the three presented, that best fit them in a relationship context. The styles were named *secure*, *anxious-ambivalent*, and *avoidant* complying with Ainsworth et al.'s three patterns of infant attachment. In their study, Hazan and Shaver (1987) found 51-56% participants selected the secure style, 19-21% selected the anxious-ambivalent style, and 23-28% selected the avoidant style. Test-retest reliabilities of the three attachment-style ratings were as follows: secure = .56; avoidant = .68; and anxious-ambivalent = .56. Pistole (1989) also found adequate test-retest reliability (.59) for this attachment scale over a one week period. The advantages to using this scale are that it follows directly from the work of Ainsworth and her colleagues on the three attachment patterns and it has been used by a variety of researchers. Hazan and Shaver's scale can be found in Appendix A-1.

Simpson's (1990) adult attachment scale, like Hazan and Shaver's, tests for Ainsworth et al.'s three patterns of attachment. Simpson's scale is rooted in Hazan and Shaver's scale in that Simpson broke Hazan & Shaver's three attachment style paragraphs into 13 sentences. Examples of these statements are: "I find it relatively easy to get close to others," "I often worry that my partner(s) don't really love me." Each statement relates to some aspect of one of the attachment styles. Participants rate each statement on a 7-point Likert-type scale (1 = strongly disagree to 7 = strongly agree). Reliabilities for the styles in the scale were: secure, alpha = .51; Anxious-ambivalent, alpha = .79; and avoidant, alpha = .59. For more information on reliabilities and validities see Simpson

(1990). The disadvantage of this scale is that it lacks confirming reliability and validity testing.

Collins and Read's (1990) adult attachment scale was also based on Hazan and Shaver's (1987) adult attachment measure. Collins and Read's scale consists of 18 items and three underlying factors. The first factor is called *Depend* because it contains items relating to trust and dependency on others (e.g., "I find it difficult to allow myself to depend on others"). The second factor is called *Anxiety* because it contains items relating to anxiety in relationships (e.g., "I do not often worry about being abandoned"). The third factor is called *Close* because it contains items relating to being comfortable with closeness and intimacy (e.g., "I find it relatively easy to get close to others"). Participants are requested to rate their feelings on each statement on a 5-point scale (1 = not at all characteristic to 5 = very characteristic). The internal consistencies were as follows: *Depend*, $\alpha = .75$; *Anxiety*, $\alpha = .72$; *Close*, $\alpha = .69$.

Collins and Read claimed that their scale is a more sensitive measure of adult attachment and more precise than Hazan and Shaver's three styles. The disadvantage of this scale is that the items do not correspond to the original three styles of attachment (i.e., avoidant, anxious-ambivalent, secure) but instead to other dimensions *depend*, *anxiety*, and *close* respectively. Also, it lacks confirming reliability and validity testing by other researchers.

A four style attachment model to measure adult attachment was proposed by Bartholomew (1990) and tested by Bartholomew and Horowitz (1991). This scale measures adult attachment style but it differs from Hazan and Shaver in that

Bartholomew differentiated the avoidant style into two separate styles: dismissing and fearful. The scale discussed here is the simple and self-administered version of the more complex self-administered scale from Bartholomew and Horowitz. The scale is very similar to Hazan and Shaver's scale, where subjects selected one style that best fit them and consists of two parts. The first part is categorical and consists of three paragraphs, each describing a style of attachment. The participant is requested to select the paragraph that best describes them. During the second part, the participant is requested to rate each of the above paragraphs on a 7-point scale (1 = not at all like me to 7 = very much like me). The four styles are *secure*, *preoccupied*, *fearful*, and *dismissing*. Bartholomew and Horowitz (1991) found in their sample 47% selected the secure style, 18% selected the dismissing style, 14% selected the preoccupied style, and 21% selected the fearful style. Brennan, Shaver, and Tobey (1991) found that this measure was highly related to Hazan and Shaver's (1987) scale, $\chi^2(6) = 370.31, p < .0001$. The advantage of this scale is that it measures the four attachment styles defined by positive and negative mental models of self and others. The disadvantage of this scale is that because of its recent development, little testing has been conducted. Bartholomew and Horowitz's scale can be found in Appendix A-2.

For the purposes of this study, both Hazan and Shaver's Adult Attachment Scale and Bartholomew and Horowitz's Adult Attachment Measure were utilized. The two scales are similar to each other except for some wording changes within each style description. This was to ensure that an individual's chosen attachment style would be

more valid and reliable than each scale by itself. The two scales were combined and Hazan and Shaver's (1987) three styles were selected over Bartholomew's (1990) four styles. Thus, individuals in Bartholomew's fearful and dismissing styles were combined into Hazan and Shaver's avoidant style. The three styles were selected for the following reasons. One, it followed directly from the work of Ainsworth and her colleagues on the three attachment patterns. Ainsworth's work with infancy attachment patterns were revised to measure adult attachment patterns. Two, many researchers who have used Hazan and Shaver's Adult Attachment Scale have found their results to correspond closely with other researchers. The scale has been used by a variety of researchers, in various populations, and has been found to have high reliabilities and validities (e.g., Feeney & Noller, 1990; Mikulincer & Nachshon, 1991). Three, results from Hazan and Shaver's scale have also found frequencies for the three adult attachment styles very similar to that of the infant's three attachment styles. Four, the scale focused only on the three patterns/styles of attachment and not on other factors discussed by other researchers (e.g., Collins and Read, 1990) on closeness and dependency. Five, the scale has been used as a basis for many other adult attachment measures (e.g., Collins & Read, 1990; Feeney & Noller, 1990; Simpson, 1990). And finally, both the categorical and continuous measures yield fairly comparable results for both scales.

In a recent article, Hazan and Shaver (1994) proposed that attachment can be an organization for research on close relationships, specifically adult love relationships. Thus far, research on adult attachment has focused on adult romantic or love

relationships. The result of this can be seen in the adult attachment literature that has focused on attachment style and romantic relationships, and is discussed below.

Adult Attachment Styles and Romantic Relationships

Relevant Research on Adult Attachment Styles and Romantic Relationships.

Hazan and Shaver (1987) extended attachment theory into the area of adult love/romantic relationships. They found that individuals in the three attachment styles differed in how they perceived and experienced romantic love. Love relationships of secure people were characterized by trust, friendship, and positive emotions. Love relationships of anxious-ambivalent people were characterized by obsession, desire for reciprocity and union, emotional highs and lows, and extreme sexual attraction and jealousy. In addition, anxious-ambivalent people had the shortest relationship duration while secure people had the longest relationship duration. Love relationships of avoidant people were characterized by fear of intimacy, emotional highs and lows, and jealousy. Their relationships were also the least satisfying compared to people in the other two styles.

Collins and Read (1990) examined adult attachment, relationship quality, and working models. They found that individuals tended to be in relationships with partners who shared similar beliefs and feelings about becoming close and intimate with others and about the dependability of others. However, they found that anxious-ambivalent people, who desire to get close and commit to another person, were attracted to others who wanted distance and were uncomfortable with getting close. These individuals were seeking others who did not share their beliefs about relationships but confirmed their expectations of what others think about relationships. Weiss (1982) suggested that

people may seek partners for whom their attachment system is already prepared to respond; people who would fulfill their expectations. Sroufe and Fleeson (1986) suggested that people need to be consistent within their own mental models of self and others; thus they may seek to establish relationships that are similar to past relationships.

Feeney and Noller (1990), like Hazan and Shaver (1987), examined how attachment style can function as a predictor for adult romantic love. They found that people with each attachment style experience and view love differently. Secure people were more successful in relationships. They tended to emphasize the importance of openness and closeness in their relationships, while at the same time seeking to retain their individual identity. They also had the longest lasting love relationships when compared to the other two attachment styles. Anxious-ambivalent people reflected a demanding relational style characterized by overinvolvement and idealization of their partner. They also had the least enduring love relationships. Avoidant people were more likely to report never having been in love or not being in love at the time of the study; to indicate low intensity of love experiences; to mistrust others; and were most likely to try to maintain distance in their relationships.

Simpson (1990) also found differences in people's romantic relationships according to their attachment style. People with secure attachment styles had more positive emotions about their relationships and their relationships contained higher levels of interdependence, trust, commitment, and satisfaction. People with the insecure attachment styles (anxious-ambivalent and avoidant) had more negative emotions about

their relationships. While avoidant people also maintained relationships, they tended to avoid intimacy. Anxious-ambivalent people reported less trust in their relationships.

Studies examining marital/relationship adjustment and attachment styles were conducted by Kobak and Hazan (1991) and Senchak and Leonard (1992). There were similar findings in these two studies. Both studies found a higher proportion of secure people in their study than was found in other studies. In Senchak and Leonard's study, over 80% of both husbands and wives were secure. Along this line, Kirkpatrick and Davis (1994) found that in their study of dating couples that over 74% of men and women classified themselves as secure. These researchers have suggested that secure individuals may simply be more likely to marry or become committed to a long-term relationship than insecure individuals. Kobak and Hazan (1991) suggest an additional mechanism -- people who were insecure may become secure once they are in a relationship. It could be that marriage attracts secure people or that marriages transform people to the secure style.

Kobak and Hazan (1991) examined the issue of attachment in marriage and its effects on security and accuracy of working models. They found that when husbands and wives reported relying on their partner, both reported higher levels of relationship adjustment. Senchak and Leonard (1992) examined attachment styles and marital adjustment among 322 newlywed couples. They found that secure-secure couples (i.e., both wife and husband have a secure attachment style) perceived more intimacy and evaluated each other more favorably than did any other combination of couples. The proportions of their couples in the different attachment style combinations were: for same

attachment style couples, 70% secure-secure, 0.5% Anxious-ambivalent-Anxious-ambivalent, and 1.5% avoidant-avoidant; for mixed couples, husband secure and wife anxious-ambivalent 4%, wife avoidant 7%; for mixed couples, wife secure and husband anxious-ambivalent 3%, husband avoidant 9%; for mixed couples, husband avoidant and wife anxious-ambivalent 2%, wife avoidant and husband anxious-ambivalent 1.5%.

Senchak and Leonard stated that attachment style is used as a basis for pairing in marital relationships because a greater proportion of insecure people (anxious-ambivalent and avoidant) were paired with secure people. However, because of the greater proportion of secure people in the population compared to insecure people, both insecure and secure people would be more likely to marry secure people.

Summary of Relevant Research Results on Sex Differences in Attachment Styles.

Overall, the majority of studies on adult attachment (e.g., Brennan & Shaver, 1995; Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987, Kirkpatrick & Davis, 1994, Mikulincer & Nachshon, 1991) have found no sex differences on the measure of adult attachment styles, in that there were similar proportions of men and women within each attachment style. Correspondingly, there have been no sex differences found within the infant attachment literature (Campos, Barrett, Lamb, Goldsmith, & Sternberg, 1983). These studies on adult and infant have used the three styles of attachment.

On the other hand, sex differences were found with Bartholomew's four styles of adult attachment. Bartholomew & Horowitz (1991), using an interview-based attachment rating, found that women were rated by the interviewer as being more preoccupied than were men. Men were rated by the interviewer as more dismissing than were women.

However, no sex differences were found on any of the four styles of adult attachment when subjects rated themselves on a 1-7 rating scales. In a comparison of Hazan and Shaver's (1987) three styles of adult attachment and Bartholomew's (1990) four styles of adult attachment, Brennan and colleagues (1991) found sex differences with Bartholomew's four styles but not with Hazan and Shaver's three styles. There were similar proportions of males and females within each of Hazan and Shaver's three attachment categories. In contrast, there were sex differences in all four styles of Bartholomew's scale. Because of previous findings (Bartholomew, 1990), Brennan et al. predicted and found a higher proportion of males in the dismissing style and a higher proportion of females in the fearful style. However, sex differences were also found in the other two styles, secure and preoccupied. There were more secure women than men and there were more preoccupied men than women. These findings were not predicted and Brennan and colleagues stated that they were unexpected because they were incongruent with gender-role stereotypes.

There have been no findings of sex differences within each attachment style (i.e., the percentage of men and women are the same) for the three styles of adult attachment and few sex differences findings with the four styles. Sex differences within each attachment style is a different issue than is the issue of sex differences interacting with attachment style on ratings of relationship variables. First of all, when examining relationship variables within the area of adult attachment, sex difference main effects are expected to occur. From the gender-role literature, women have been designated as the relationship-oriented sex and have been called "relationship specialists" (Chodorow, 1978). Research has found that women are more oriented toward connecting with others and being concerned about others.

Relationships tend to be more important to women compared to men (Gilligan, 1982) and thus they tend to devote more effort to relationship maintenance than men. Because of the importance of relationships for women, they are more concerned about how decisions impact their relationships (Gilligan, 1982; Huston, Surra, Fitzgerald, & Cate, 1981). Men, on the other hand, tend to be more oriented toward individuality (Gilligan, 1982). A similar distinction is made by Bakan (1966) labeling the female personality cluster as communion and the male personality cluster as agency. It would be expected that across all attachment styles, women would have higher ratings for relationship components compared to men.

Attachment researchers would concur that gender-role differences exist in perceptions of others and of relationships within the framework of attachment. According to Pietromonaco and Carnelley (1994), "Given differences in gender role socialization, particular attachment experiences will lead to different meaning and differential psychological consequences for women versus men"(p.64). Pietromonaco and Carnelley (1994) have suggested that gender may be a moderator of individuals' working models and their perceptions and behaviors within relationships. Previous research on couples (Collins & Read, 1990; Kirkpatrick & Davis, 1994; Simpson, 1990) would support this framework. Pietromonaco and Carnelley (1994), along with previous researchers (Collins & Read, 1990; Kirkpatrick & Davis, 1994), have found that feelings about relationships are linked to both individuals' working models and their gender. The consequences for the insecure styles (i.e., anxious-ambivalent and avoidant) are different for men and women. Pietromonaco and Carnelley (1994) found that avoidant men and anxious-ambivalent women had more negative feelings after imagining being in a relationship than their

counterparts (i.e., insecure individuals had negative feelings and secure individuals did not). These two groups have been found to have lower satisfaction in their relationships (Collins & Read, 1990; Kirkpatrick & Davis, 1994) and have negative perceptions of relationships (Pietromonaco & Carnelley, 1994) compared to women and men in the other styles.

Within the attachment literature, when focusing on relationship variables, anxious-ambivalent or preoccupied women tend to stand out more than secure or avoidant women in their perceptions of relationships. Among women, anxious-ambivalent types tend to have the most negative view about relationships compared to other women (Pietromonaco & Carnelley, 1994). These women have been found to be less satisfied with the relationship and viewed it more negatively (Collins & Read, 1990). They also perceived their partners as less trusting and less dependable and were less close to their partner (Collins & Read, 1990). Kirkpatrick and Davis (1994) found that anxious women had lower scores on satisfaction, viability, and care and higher scores on conflict-ambivalence. They are more likely to be in relationships with less commitment and trust (Simpson, 1990). Anxious-ambivalent women may be less satisfied because they become anxious when thinking about relationships and this feeling may be exaggerated by their fear and anxiety over not finding the right partner. Their fear of abandonment adds to their low level of satisfaction. A trait of being anxious is the fear of being abandoned. Such a trait would make these individuals uncomfortable thinking about and being in a relationship. Secure women were more comfortable with closeness and perceived less conflict in their relationship. They also felt that their partner was more dependable and had a higher level of self-disclosure (Collins & Read, 1990).

Among men, avoidant types tend to have the most negative view about relationships compared to other men (Pietromonaco & Carnelley, 1994). They have been found to have lower scores on satisfaction, viability, intimacy, care, and passion (Kirkpatrick & Davis, 1994). Kirkpatrick and Davis define satisfaction as involving success, enjoyment, reciprocity, and esteem. Viability involves trust, respect, and acceptance\tolerance. Intimacy involves confiding and understanding. Care involves giving the utmost, championing, and assistance. And passion as involving fascination, sexual intimacy, and exclusiveness. Avoidant individuals prefer to avoid intimacy and maintain emotional distance in their relationships. Because of their low levels of intimacy and emotionality within the relationship, they tend to experience less distress following a break-up (Simpson, 1990). Avoidant men are not relationship-oriented. Anxious-ambivalent men also view relationships negatively. They tend to be involved in relationships with low trust and low satisfaction (Simpson, 1990) and feel that their partners are not dependable (Collins & Read, 1990). Secure men were comfortable with closeness and viewed relationships as more positive and satisfying. They felt closer to their partner, trusted her more, liked her, and felt that she was dependable (Collins & Read, 1990).

Summary of Results on Attachment Styles and Adult Love Relationships. Secure lovers describe their most important love experience as especially happy, friendly, and trusting (Hazan & Shaver, 1987). They can accept and support their partner, which leads them to be confident in their emotional attachment. Their relationship is stable and supportive and there is a high level of trust, interdependence, commitment, satisfaction and positive feeling about the relationship (Collins & Read, 1990; Feeney & Noller,

1990; Hazan & Shaver, 1987; Levy & Davis, 1988; Simpson, 1990). There is caring, intimacy, support, and understanding in the relationship (Mikulincer & Nachshon, 1991). They describe themselves as easy to get to know, liked by most people, comfortable with closeness, able to depend on others, and not worried about being abandoned (Hazan & Shaver, 1987). They also had higher self-esteem, higher self-worth, greater expressiveness, greater social confidence, lower ratings on neuroticism, higher ratings on extroversion than insecure people and higher levels of appropriate self-disclosure to others (Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987; Kobak & Sceery, 1988; Mikulincer & Nachshon, 1991; Simpson, 1990; Shaver & Brennan, 1992). Secure people had the longest relationship durations compared to avoidant and anxious-ambivalent individuals (Feeney & Noller, 1990; Hazan & Shaver, 1987).

Anxious-ambivalent lovers experience love as involving obsessions, desire for reciprocation and union, emotional highs and lows, extreme sexual attraction and jealousy, and a high level of anxiety (Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987; Kobak & Sceery, 1988). There is clinging, neediness, emotional instability, and ambivalent feelings within the relationship (Hazan & Shaver, 1987; Mikulincer & Nachshon, 1991). There is considerable ambivalence toward their romantic partners (Simpson, 1990). Within relationships, they reported less satisfaction and more conflict and ambivalence and having difficulty maintaining a relationship, which leads to a high rate of relationship dissolution (Collins & Read, 1990; Kirkpatrick & Davis, 1994; Feeney & Noller, 1990; Levy & Davis, 1988; Simpson, 1990). They need to be in a relationship and they do not care with whom because their primary goal is

emotional security (Newcomb, 1981). Anxious-ambivalent people, compared to other groups, had lower self-esteem, scored higher on neuroticism, and self-disclosed inappropriately compared to secure people (Feeney & Noller, 1990; Mikulincer & Nachshon, 1991; Shaver & Brennan, 1992). They were subject to anxiety and fear and worried about being abandoned and unloved but they were also comfortable with being close to others (Hazan & Shaver, 1987). Anxious-ambivalent people had the shortest relationship durations compared to secure and avoidant individuals (Feeney & Noller, 1990; Hazan & Shaver, 1987).

Avoidant lovers were characterized by fear of intimacy, emotional highs and lows, jealousy, self-reliance, a tendency to hide feelings of insecurity, and emotional distancing between themselves and their partner (Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987; Mikulincer & Nachshon, 1991). They reported a lower level of trust, interdependence, commitment, intimacy, and satisfaction in their relationships (Feeney & Noller, 1990; Levy & Davis, 1988). They reported being sensitive to rejection (Simpson, 1990). They scored lower in self-esteem (Feeney & Noller, 1990), high on neuroticism (Shaver & Brennan, 1992) when compared to secure individuals, and showed a fear of intimacy and closeness (Hazan & Shaver, 1987). They avoided self-disclosing to others and were uncomfortable when others self-disclosed (Mikulincer & Nachshon, 1991).

So far, discussion has been based on attachment style and romantic relationships. However, romantic relationships are only a subset of adult close relationships. Other important subsets include friendships, exist. Friendship is an important adult close

relationship which should be examined within attachment style to further our understanding of attachment style and close adult relationships. Although there has been a plethora of research on the relationships between attachment styles and romantic relationships, there is a lack of research on friendship and attachment styles. Friendship is an important adult relationship and can be as impactful as romantic relationships on mental and physical well-being. According to O' Connor (1992) "...theorists who have been concerned with needs, love, and attachment styles have shown very little interest indeed in the friendship relationship per se" (p.4).

Friendship

Brief History of Research on Friendship. According to Blieszner and Adams (1992), research on adult friendship is relatively new, extending back only 25 years. Research on childhood and adolescent friendship had been well established by the time research on adult friendship was initiated. Thus, it is understandable that research theories and methodologies in the adult friendship area were established by research within the childhood and adolescent friendship areas (Blieszner & Adams, 1992).

In this society, friendships are considered to be voluntary relationships because there are no formal structures to them and they are not formally celebrated (Blieszner & Adams, 1992). However, norms do exist within friendship. Norms predict whom we choose as our friends, how we treat our friends, and what is acceptable to expect of our friends. Research has found that people choose friends that are of the same age, sex, race, religion, geographic area, and social status levels (Blau, 1973; Booth & Hess, 1974) as themselves. Studies have found that similarity of interests, attitudes, skills, and economic

status seem to be the basis for interpersonal attraction and they influence friendship relations and functions (e.g., Berscheid & Walster, 1969; Byrne, Clore, & Worche, 1966; Weiss & Lowenthal, 1975). Usually friendships are viewed as intimate, at least to some degree, and egalitarian (Allan & Adams, 1989; Reohr, 1991; Thomas, 1987).

There are different processes that exist within adult friendship. Two important processes are relevant to this study which are cognitive processes and affective processes. According to Blieszner and Adams (1992), cognitive processes are internal thoughts that a person has about herself or himself, the friend, and the friendship. Some of these would be very similar to attachment theory's mental models. These thoughts also concern the evaluations of many things: the performance of the friend role from the perspective of both the self and the partner; the stability of the friendship; the behaviors and intentions, or needs of self and the partner; and other important qualities such as values, needs, and personality traits. Affective processes are emotional reactions that individuals have within a friendship (Blieszner & Adams, 1992). They encompass both positive and negative emotional reactions to friends and friendships. Positive emotions consist of empathy, trust, loyalty, satisfaction, and commitment while negative emotions include indifference, anger, hostility, and jealousy.

Research on sex differences in friendship has found that women choose to affiliate in small groups or dyads whereas men tend to affiliate in large groups (Bell, 1981; Rubin, 1985). Women spend much of their time with each other talking and sharing personal problems, feelings, and ideas while men have more activity-oriented friendship (Rubin, 1985). Women tend to be closer to their friends, spend more time with them, have more

frequent thoughts about friends, and have a high intimacy level within these friendships (Jones, 1991; Wong & Czikszentmihalyi, 1991; Wright, 1982). Women value self-disclosure and understanding in friendship more than do men (Aries & Johnson, 1983; Helgeson, Shaver, & Dyer, 1987; Monsour, 1992). For women, friendship includes a loving, sharing, understanding relationship. On the other hand, men tend to have more friends in general, and have a low intimacy level with these friendships. Men also define friendship in terms of trust and intimacy, but emphasize instrumental activity more than do women (Swain, 1989). Buhrke and Fuqua (1987) comparing same-sex friendship of women and men found that women had more contact under stress; were closer and more satisfied; and perceived that they knew their friends better and were better known by their friends.

Characteristics of a Friend. Research shows that there are general characteristics of friends upon which there is a good deal of agreement. A friend is someone with whom one is intimate; to whom one self-discloses, trusts, gives and receives social support; shares activities, interests, and information; accepts who we are; and values, respects, and shares time with us (Davis & Todd, 1985; Duck, 1991; Jones, 1991; Rawlins, 1992). Friends keep us emotionally stable and provide assistance and physical and psychological support (e.g., Duck, 1983). Friends share activities and interests and are people with whom an individual spends time (Howes, 1981). Friends help each other (Wright, 1984) and enhance each other's self-esteem, self-confidence, and self-competence. Among women friends, several functions (e.g., intimacy, assistance, power) have been found to exist in their friendships (Candy, Troll, & Levy, 1981).

Types of Friendship. There exist a variety of friendship types: acquaintances, casual friends, long-distance friends, cross-generational friends, cross-sex friends, same-sex friends, close friends, and best friends (Hays, 1988). The types of friendships can be differentiated by the level of closeness between the two participants. Acquaintances may have the lowest level of closeness while best friends will likely have the highest level of closeness. La Gaipa (1977) identified five different levels of friendship: casual acquaintance, social acquaintance, close friend, very close friend, and best friend. These levels extend from having great distance between the two participants to having the two people be very close. Davis and Todd (1982) found that differences exist between friendship in general and best friendship. They found that there were higher ratings for intimacy, support, enjoyment, understanding, and confiding for best friends compared to same-sex close friends.

Benefits of Friendship. Friends have important roles or functions in people's lives (Ginsberg, Gottman, & Parker, 1986). Friendships are found to occur throughout the lifespan and are considered by most people to have a central role in adapting to life (Bell, 1981; Pogrebin, 1987; Rubin, 1985; Shulman, Elicker, & Sroufe, 1994). Candy and colleagues (1981) stated that friends serve as a source of continuity for people as they go through adulthood. Friendship is one relationship that offers companionship as well as many other valuable functions such as emotional and physical support (Duck, 1983; Rubin, 1985). It is believed that friends provide a close, secure, and accepting environment where a person can truly be himself or herself (Duck, 1984). The behaviors (e.g., closeness, caring) that best friends provide each other are similar to attachment

behaviors in an attachment bond and thus best friends may be attachment figures for each other. They provide a secure base and a safe haven where each partner can feel safe and protected.

Components of Friendships. The components of friendship thought to be important by close relationships researchers are self-disclosure, intimacy, trust, satisfaction, and social support as evidenced by their examination in many close relationship studies (e.g., Davis & Todd, 1982; Hazan & Shaver, 1987; Helgeson et al., 1987; Kirkpatrick & Davis, 1994; Jones, 1991; Jourard, 1974; Rawlins, 1992; Shea & Adams, 1984). It is important to point out that these components are not distinct concepts. Some researchers have used some of the concepts interchangeably and some researchers view some of the concepts as sub-components of others. According to Wright (1988), "Virtually all close friendships involve shared interests and activities, various kinds of intimacy including self-disclosures and the sharing of confidences, emotional support, small talk, shop-talk and exchanges of tangible favours..." (p. 370).

Self-disclosure is a component of intimacy (Wright, 1988) and is an important aspect of friendship, especially intimate friendship (e.g., Monsour, 1992; Reohr, 1991). Self-disclosing has been found to contribute to the development and maintenance of close relationships. Jourard (1974) stated that "mutual self-disclosure is what differentiates personal relationships of love and friendship from formal role relations because participants seek to make their subjective worlds known to one another, in an ongoing dialogue" (p. 222). Intimacy has been widely noted as a component of friendship (Hays, 1988). According to Hatfield (1984), intimacy is "A process by which people attempt to

get close to another; to explore similarities and differences in the ways they both think, feel, and behave” (p. 208). Reis and Shaver (1988) stated that intimacy is important to any close interpersonal relationships, “Intimacy has been shown to be important to people’s health and well-being, and to be a worthy goal in its own right. Its repeated appearance in the literature on friendships, marriage, ... lead us to believe that it will remain an essential focus of theories in interpersonal relations” (p. 389).

Trust has been considered to be an important quality in friendship (e.g., Sullivan, 1953). Holmes and Rempel (1989) suggest that one’s most important and satisfying relationships are characterized by trust. Trust is the ability to rely on the relationship partner and to be oneself without fear of rejection or betrayal (Jones & Burdette, 1994). Trust is important in friendship because it means that the participants are able to keep confidences, are trustworthy, and able to trust others (Argyle & Henderson, 1984). It is considered to be an essential element underlying the development of self-disclosure and intimacy in friendships (Buhrmester & Furman, 1986). Satisfaction can be defined as a feeling that the relationship is rewarding and satisfying (Parker & De Vries, 1993). Satisfaction has been found to have an influence on the stability of the friendship (Berg, 1984) and to increase the overt enjoyment of the relationship. Social support can be defined as various ways of interacting within a relationship to improve coping, esteem, belonging, and competence (Gottlieb, 1994). Social support can lead individuals to believe that they are cared for and loved and held in esteem and value (Cobb, 1976). Hays (1989) found that close friends provided more emotional support and information than did casual friends.

Jones (1991) examined sex differences in friendship satisfaction. She was interested in investigating sex differences in the conceptions of friendship and relationships. Three core provisions of friendships were measured: trust in friends, orientation to assistance, and attributes of friends associated with companionship. It was proposed that these concepts are similar to attachment theory's working models of self and others in relationships and that these models contribute to satisfaction in a relationship. It was found that friendship satisfaction was associated with self-disclosure, trust and friendship enjoyment, for both males and females.

Female-Female Friendships. Women throughout history have always had closer and more intimate friendships with each other than have men, and today it is still acceptable for women to be emotionally and physical expressive to one another (Bell, 1981). Women see their friendship with other women as a close, supportive, highly secure, highly committed, revealing, and meaningfully intimate, compared to how men view their friendships with other men (Caldwell & Peplau, 1982; Dickens & Perlman, 1981; Reis, 1984; Reisman, 1981, 1990). Women's friendship research reveals emotional sharing (Caldwell & Peplau, 1982), affective generosity (Fox, Gibbs, & Auerbach, 1985), positive affect (Ginsberg, et al. 1986), intimacy (Fischer & Narus, 1981), acceptance (Rose, 1985), interdependence and satisfaction (Wright, 1982). Women tend to find more comfort and support with a same-sex friend even while in a romantic relationship (Rubin, 1985). Limb (1989) in her research found that some female friendships are life long.

Male-Male Friendships. Bell (1981) stated that men spend less time with women than with other men and their friendships are outside of the family. Men report doing

more activities with each other men than with women (Caldwell & Peplau, 1982; Fox et al., 1985; Rubin, 1985; Wright, 1982) which is very similar to women's friendships. In that there are more activities within their same-sex than with the other-sex. However, the difference in time spent with same-sex friends is that men usually participate in some sort of physical activity while women usually participate in nonphysical activity (e.g., talking). Researchers have found that males confide more in their best female friends than their best male friends (Komarovsky, 1974). Wheeler, Reis, and Nezlek (1983) observed that males experienced less closeness with their friends than females did. Wheeler and colleagues (1983) and Hays (1989) found that men and women prefer intimate partners who are women and Rubin (1985) found that men's closest friends are women. Both sexes find it easier to disclose to their female friends than to their male friends (Reis, Senchak, & Solomon, 1985). Men tend not to be very emotionally close or intimate with their male friends because they cannot let their friends perceive them to be vulnerable. Men also exhibit less intimacy and affection in their friendships than women do (Fischer & Narus, 1981; Williams, 1985) and men rarely tell their male friend that they like him.

Summary of Friendship Research. To summarize, friendships play an important role in people's lives. Many people find their friendships very enjoyable and satisfying. Friends offer each other both psychological and physical support. People trust and disclose personal information to their friends. Most people, especially women, have very intimate and close friendships even while in a romantic relationship.

Despite the importance of friendship for adults, friendship has been neglected by adult attachment researchers. Why has friendship been neglected in research on adult attachment? Hazan and Shaver's (1987) research on adult attachment and adult romantic love was the flagship for the extension of attachment into the adult relationship area. Since this research, most adult attachment researchers have replicated and extended their work and thus concentrated in the area of romantic love. This is understandable because adult love relationships share many variables with infant-caregiver relationships. Many individuals would consider the adult romantic relationship between two people to be exclusive, unique, intimate, and close, which is very similar to the infant-caregiver relationship. However, because of this narrow focus on romantic relationships, researchers have neglected to explore other close adult relationship that may be considered by individuals to be just as important, close, and intimate as adult romantic love specifically, here, adult best friendship. According to Davis and Todd (1982) "To not have a friend is to miss something vital for full-fledged human development...The personal relationship of friendship is seen as providing the context within a number of basic human needs can be met" (p.21).

Although research in adult attachment has been concentrated in the area of adult love, Hazan and Shaver (1994), when proposing that attachment can be an organizational framework for research on close relationships that are focused on romantic love, stated that other close relationships can function within this new framework of attachment. Bowlby's attachment theory is not specific to sexual or love relationships which means that it can be extended to other close relationships such as friendship. Attachment theory

clearly has the potential to increase our understanding of personal relationships of many kinds (Noller & Feeney, 1994). A logical next step would be to examine how attachment style affects people's friendship relationships. Extending adult attachment research to friendship will increase our understanding of the relationships between attachment styles and close adult relationships. In addition to examining attachment styles and friendships, it is important to compare romantic partner and best friend as this approach can further our understanding of the relationship between attachment styles and close adult relationships.

Comparing Romantic Relationships and Best Friendships

Before comparing these two relationships, it is best to define what is a best friend and what is a romantic partner. A best friend is someone who provides more emotional and informal support than do casual friends (Hays, 1989). Usually the label 'best friend' signifies a level of attachment, of intimacy, of commitment, of sharing, that transcends all other friendships (e.g., Davis & Todd, 1982; Rubin, 1985). Best friendship is "... a relationship not bounded by the usual limits that constrain friends" (Rubin, 1985, p. 178). The best friend can be of the same-sex or of the other-sex. On the other hand, a romantic partner is someone, usually of the other-sex, with whom someone has a relationship that includes sexual dimensions. This person can be a significant other, a boy/girlfriend, or a husband/wife.

Earlier research examining the relationship between romantic relationships and friendship has been within the areas of liking and loving (e.g., Rubin, 1973). Rubin (1970, 1973) was one of the first researchers to conceptualize liking and loving as

different entities with overlapping attributes. To test this conceptualization, Rubin (1970) created two scales, the Liking Scale and the Love Scale. Four main components were derived from the Love Scale -- Needing, Caring, Trust, and Tolerance. The Liking Scale measured predominantly the components of Respect. Rubin found that men and women liked and loved their romantic partner more than their friends. However, only loving scores were significantly higher for romantic partner than friends. Rubin (1970) and other researchers (Sternberg & Barnes, 1985; Sternberg & Grajek, 1984) found that liking for one's partner was positively correlated with love for the partner.

In 1982, Davis and Todd set out to compare friendship and love relationships. They differentiated between liking and loving and they also conceptualized other important relationship characteristics which exist for love relationships and friendships. They agreed with Rubin (1973) and others that love relationships and friendships were conceptually distinct relationships but shared many attributes. In their work, they created the Relationship Rating Form (RRF) which was a scale to measure both love relationships and friendships. The RRF was created to measure essential attributes important to close and intimate adult relationships. They began their series of studies with eighteen conceptually distinct aspects of personal relationships that were important both to friendship and love relationships. After conducting confirmatory factor analyses, the RRF ended up with six general scales of relationship characteristics which are described and discussed below. Davis and colleagues (1982, 1985) concluded that the RRF was a reliable and valid scale of close relationships. According to Davis and Todd (1982), the RRF was constructed with the cultural expectations definitions of friendships

and love relationships. In summary, Davis and colleagues have presented empirical evidence that friendships and love relationships are conceptually and empirically distinct relationships which share several important relationship characteristics.

Similarities between Romantic Relationships and Best Friendships. Romantic relationships and friendships are considered to be both important close relationships in adulthood for many individuals. As discussed above, they tend to share many important relationship variables. First, besides the fact that these relationships play important roles in life, there are a number of characteristics that exist in any good relationship (romantic or friendship). The parties involved share experiences, interests, activities, and values and describe the other as someone whom they can relax with, receive support from, be intimate with, self-disclose to, trust, and share with (Bell, 1981; Jones, 1991). Second, both persons state that there are feelings of love, affection, warmth, acceptance, commitment, loyalty, and comfortableness (Rubin, 1985). Third, both types of relationships have high levels of viability, spontaneity, and intimacy (Davis & Todd, 1982) and the individuals involved enjoy the other person's company. Fourth, both types of relationships are perceived to be voluntary, enjoyable, meaningful, and to involve caring and mutual liking. Fifth, most close relationships are more likely to be of a communal nature where the two people involved do not exploit each other (Clark & Mills, 1979). Sixth, although most studies have found the best friend to be a different person than a romantic other for many people, some studies have found that the close or best friend is also the romantic partner (Bell, 1981). This tends to be more the case for married individuals compared to single individuals. Seventh, these two relationships are

considered to be very close and intimate and thus would be considered to be socially supportive relationships and would be characterized by feelings of attachment (Henderson, Byrne, & Duncan-Jones, 1981). Hazan and Shaver (1994) stated that close-bond relationships, which would include romantic relationships and best friendships, would involve an attachment bond between the two participants. And finally, both types of relationships usually occur within the same socioeconomic level, culture, and race, but of course, there are always exceptions to this general pattern.

Many similarities do exist for these two relationships because they are close, intimate, and voluntary. However, because of the different and sometimes separate roles and functions that each relationship has, different expectations and perceptions exist between the two relationships.

Differences between Romantic Relationships and Best Friendships. Although romantic relationships and friendship are both close, primary relationships, each relationship satisfies distinct needs and they are not alternatives for each other (Bulmer, 1987). First, the most distinct difference between these two relationships is the sexual aspect. This sexual aspect distinguishes what is a romantic relationship from what is a friendship. This sexual aspect has been named "Passion" by Davis and Todd (1982) in their RRF scale. Passion contains dimensions of fascination, sexual intimacy, and exclusiveness. Davis and Todd (1982) found that between lovers, there were higher levels of passionate aspects of love such as fascination, exclusiveness, and sexual desire compared to best friendships. Even though best friendship is a close and intimate relationship, it is usually nonsexual and does not receive the emotional intensities and

emotional expressions that accompanies sexual desire. Second, while love relationships tend to have higher ratings of passion, mutual love, and support, friendships tend to have higher ratings of stability (Davis & Todd, 1982). Because most individuals have had friends from a very young age, they have more experience with friendships than with romantic relationships, which may explain the stability aspect. In addition, the individuals most often studied are young adults (i.e. college students) and this group tends to not have had many romantic relationships. Third, according to some researchers of romantic love (e.g., Davis & Todd, 1982), the lover will or would do almost anything for the other such as "giving the utmost" or "being a champion for the other." Davis and Todd (1982) named this aspect of romantic support "Care." Fourth, some researchers (e.g., Davis & Todd, 1982) have found that friendship is based more on reciprocal trust, respect, and confiding while other characteristics such as caring have a more important role in romantic love (Steck, Levitan, McLane, & Kelley, 1979).

And finally, because of the early relationship with the mother, intimacy and relationship issues may be perceived to be more related to the female figure in the relationship (Rubin, 1985). Both boys and girls learn to derive intimacy from their mother before any other person. As adults, both men and women turn to a woman for intimacy in their social milieu (Wheeler et al., 1983). Thus, individuals may relate intimacy with women. Some researchers have stated that men can derive all their intimacy needs from their romantic partner, who most likely would be a woman (e.g., Rubin, 1985). Some women, however, may not receive all their intimacy needs from their romantic partner, who is most likely a man, and must attain intimacy through a

different source, perhaps a same-sex best friend or a female relative. Women fulfill certain needs such as understanding, acceptance, and reciprocal sharing of the self and experiences with their same-sex friends which their romantic partners may not or cannot provide or satisfy (O'Connor, 1992; Rubin, 1985).

Close Relationship Components. Thus far, many important relationship variables for romantic relationships and best friendships have been discussed. Most of these overlap greatly in their importance with these two relationship types. Others, such as sexual intimacy, distinguish one type of relationship from the other. Many of the variables are measured in Davis and Todd's (1982) RRF scale. The RRF scale measures six general scales of relationship characteristics important to both romantic relationships and friendships. The six scales are Viability, Intimacy, Global Satisfaction, Care, Passion, and Conflict-Ambivalence. The first four components were chosen because of their generality and importance to both friendships and romantic relationships. The last two components were chosen because they play a major role in romantic relationships and thus ratings for them should be different between romantic partners and best friends. This scale was used in the present study because it has been found to be a reliable and valid measure of components of close adult relationships. (See Table 1)

Table 1**Six Components of Close Relationships from Davis & Todd's Relationship Rating Form**

Components	Description (Characteristics included in each component)
Viability	This component deals with trust, respect, and acceptance of the other's fault. (Trust, Respect, and Acceptance\Tolerance)
Intimacy	This component deals with confiding and mutual understanding. (Confiding and Understanding)
Global Satisfaction	This component reflects the degree to which the relationship has been a success, meets one's needs, is a source of enjoyment, enhances one's sense of worth, and is reciprocated. (Success, Enjoyment, Reciprocity, and Esteem)
Care	This component deals with a willingness to give one's utmost for the partner, to champion the partner's interests, and to provide practical and emotional support. (Giving the Utmost, Championing, and Assistance)
Passion	This component deals with fascination, exclusiveness, and sexual desire. (Fascination, Sexual Intimacy, and Exclusiveness)
Conflict-Ambivalence	This component deals with the degree to which the relationship is marked by tension, conflict, feelings of uncertainty and feelings of being trapped. (Conflict and Ambivalence)

Note: Description taken from Kirkpatrick and Davis (1994) and Levy and Davis (1988)

Pertinent Research Studies for the Present Study

Many research studies have examined the relationship between attachment styles and romantic relationships on various relationship characteristics (e.g., Bartholomew & Horowitz, 1991; Brennan & Shaver, 1990, 1995; Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987; Simpson, 1990). Of all these studies, two stand out in their relevance to the present study -- Levy and Davis (1988) and Kirkpatrick and Davis (1994). The present study examined the relationships between attachment styles and close relationships on various relationship components, specifically those measured in the RRF (Davis & Todd, 1982, 1985). Levy and Davis (1988) and Kirkpatrick and Davis (1994) examined attachment styles and romantic relationships on similar relationship components. The present study examined the association between three different types of close relationships (e.g., romantic relationships, best friendships: same-sex and other-sex) and attachment styles on various relationship characteristics. The RRF was chosen because of its ability to assess relationship characteristics that were important to both romantic relationships and friendships. As discussed earlier, the RRF contains six relationship clusters: Viability, Intimacy, Global Satisfaction, Care, Passion, and Conflict-Ambivalence. Davis and Todd (1982) have used the RRF to examine and compare how romantic partners and best friends are similar to and different from each other on various relationship components. Davis and Todd's (1982) study was discussed in detailed earlier.

Levy and Davis (1988) compared attachment styles and love styles on various relationship characteristics. They found that certain love styles (e.g., eros and agape)

were related to certain relationship characteristics (e.g., intimacy, viability). They found that the secure style was positively correlated with intimacy, passion, and satisfaction. The avoidant style was negatively correlated with viability, intimacy, care, commitment, and satisfaction and positively correlated with conflict. The anxious-ambivalent style was negatively correlated with viability, intimacy, care, and satisfaction and positively correlated with conflict. Note that avoidant and anxious-ambivalent styles have very similar findings. Levy and Davis reported that their findings are similar to Hazan and Shaver's (1987) study in that each attachment style was associated as expected to certain relationship components (e.g., the secure style was associated positively with viability, intimacy, and satisfaction).

Kirkpatrick and Davis (1994) examined attachment styles, sex, and relationship stability over a three year period. They used the RRF to assess relationship characteristics. They found that secure men had the highest ratings on satisfaction, viability, and intimacy and the lowest rating on conflict-ambivalence. Secure women had the highest ratings on commitment, satisfaction, viability, intimacy, and care and the lowest rating on conflict-ambivalence. Avoidant men had the lowest ratings on commitment, satisfaction, viability, intimacy, passion, care, and the highest rating on conflict-ambivalence. Avoidant women had the lowest ratings on intimacy, and passion and the highest rating on conflict-ambivalence. Anxious-ambivalent men had the highest ratings on passion, care, and commitment. Anxious-ambivalent women had the highest rating on passion and the lowest ratings on care, commitment, satisfaction, and viability. Kirkpatrick and Davis (1994) reported that their findings are similar to other adult

attachment research (e.g., Collins & Read, 1990; Simpson, 1990) in that individuals in different attachment styles differ in how they rate certain relationship components.

Why would different Attachment Styles have different ratings for Best Friend and Romantic Partner?

Ainsworth and other attachment researchers have found that relationships with caregivers during the early years have effects on how individuals perceive themselves, others, and relationships. These perceptions become mental models which will influence future relationships. This early relationship also predisposes individuals to a specific attachment style. These attachment styles were discussed at length earlier. Research suggests that adult attachment styles affect the experience of romantic love in adulthood (Hazan & Shaver, 1987; Shaver et al., 1988).

From the above discussion, it should be clear that because of their close and intimate nature, romantic relationships and best friendships should share many positive characteristics because they play important roles in an individual's life. It will be predicted that each style's mental models of others and relationships will be similar for romantic partner and best friend because mental models should be similar across close relationships. However, because of their different functions, romantic relationships and friendships should differ from each other in specific ways, such as sexual intimacy, and thus are predicted to be rated differently on these relationship components.

Secure individuals have positive mental models of others and relationships. Research (e.g., Collins & Read, 1990; Hazan & Shaver, 1987) has found that secure individuals report their love relationships to be happy, trusting, caring, supportive,

satisfying, friendly, and intimate. Thus, on general positive relationship components of viability and global satisfaction, it will be predicted that secure individuals will have similar ratings for their romantic partner and their best friend. However, on relationship components more related to love relationships (i.e., intimacy, passion, and conflict-ambivalence), it will be predicted that secure individuals will have different ratings for romantic partner and their best friend. The variable Care would normally be predicted to be rated similar for the two relationship types. However, Davis and Todd's conceptualization of Care is more within the realm of romantic relationships. Secure individuals will be predicted to have a higher rating for their romantic partner compared to their best friend.

Anxious-ambivalent individuals have been found to describe their love experience as filled with obsession, emotional highs and lows, and extreme sexual attraction (e.g., Collins & Read, 1990; Feeney & Noller, 1990). They also desire union with another while behaving in a clingy and needy manner. They report less satisfaction and more conflict within their relationships (e.g., Kirkpatrick & Davis, 1994; Levy & Davis, 1988). Because of their obsession and desire to be in a relationship, most likely a romantic relationship, they will be predicted to rate their romantic partner higher than their best friend on a variety of relationship components -- viability, intimacy, care, passion, and conflict-ambivalence. Because of their obsessive nature, emotional extremes, and lower satisfaction level, it will be predicted that they will rate their best friend higher on satisfaction compared to their romantic partner.

Avoidant individuals have been found to fear intimacy and closeness within their love relationships (e.g., Feeney & Noller, 1990). They report lower levels of satisfaction, trust, and intimacy in their relationship compared to both secure and anxious-ambivalent individuals. It is proposed that these negative relationship ratings are more related to romantic partners than to best friends. Best friends will be predicted to have higher ratings on viability, intimacy, and satisfaction. However, because of their relevancy to love relationships, passion and conflict-ambivalence will be predicted to have higher ratings for romantic partner compared to best friend.

Each style may have different definitions for their best friendship and their romantic relationship which may cause the differences in their ratings of certain relationship components. As discussed earlier, previous research has found that men and women do define a best friend as being different from a romantic partner. And the sex of the best friend also plays a role in what individuals receive and expect from that relationship. Same-sex friendships for women are more face-to-face (women talk more to their friends) while same-sex friends for men are more side-by-side (men do more things with their friends) (Wright, 1982). Other-sex friends bring different things to men and women, however both men and women stated that they are more intimate, more self-disclosing, and feel closer with a female best friend compared to a male best friend (Wheeler et al., 1983). This also may be derived from the early attachment relationships that both males and females have with a female caregiver.

In adulthood, representations of friendships and love relationships would be expected to be at least as important as representations of family relationships in defining a

current "attachment style" (Bartholomew, 1990). Bowlby stated that attachment implies an enduring "affectional bond". This bond can be with friends, especially best friends. Hazan and Shaver (1987) suggested that romantic love is an attachment process, experienced somewhat differently by different people because of variations in their attachment histories.

It was proposed that best friendship can also be considered to be an attachment process. According to Hazan and Shaver (1994), "If adult peers begin to serve similar functions and satisfy the same needs for emotional support and security for which parents are primarily responsible during infancy and childhood, then at some point attachment will be transferred from parents to peers" (p.8). Friendship may be experienced differently by individuals with different attachment styles. Thus far, most researchers of adult attachment have limited their expansion of attachment theory to adult romantic relationships and most have not examined other significant figures in people's lives such as best friends or close friends.

Most studies on attachment have examined the relationships between individuals and their romantic partners, or their parents, or both (e.g., Hazan & Shaver, 1987; Feeney & Noller, 1990; Keelan, Dion, & Dion, 1994; Simpson, 1990). Attachment theory clearly has the potential to increase our understanding of personal relationships of many kinds (Noller & Feeney, 1994). Bowlby's attachment theory is not specific to sexual or love relationships which means that it can be extended to other close relationships such as friendship. This study attempts to explore the possibility that the different attachment styles identified by Ainsworth and her colleagues, resulting from the parent-child

relationship, may play a role in the determinants of adult close relationships which include best friendship and romantic relationships. In addition, individuals within different attachment styles may differ in their perceptions of same-sex and other-sex best friends.

Overall Summary

In adulthood, friendships and romantic relationships, along with family relationships, were expected to play a major role in individuals' adult attachment experience (Bartholomew, 1990). Hazan and Shaver (1987) were the first researchers to extend attachment theory to adult relationships. Research suggests that adult attachment style, an orientation to relationships determined primarily in childhood relationships with parents (Ainsworth et al., 1978; Bowlby, 1973, 1980, 1982), affects the experience of romantic love in adulthood (Hazan & Shaver, 1987; Shaver et al., 1988). It has been found that individuals possessing different attachment styles have different perceptions concerning romantic relationships (e.g., Hazan & Shaver, 1987). To better understand how attachment styles can affect other important close adult relationships, it would be best to compare a relationship type that is very similar in terms of closeness and share many other characteristics of romantic relationship yet be different on a few important characteristics. Best friendship was chosen as an adult relationship that met these criteria. This friendship type is believed to be as important and as close to that of romantic relationships to many adults. The best friendship is likely to have the same levels of intimacy, understanding, and commitment as a romantic relationship but differ on traits such as sexual attraction and desire. Research comparing best friend and romantic

partner within the area of adult attachment would further our understanding of adult attachment and close relationships.

There were three purposes to the present study. The first purpose was to examine the relationship between attachment style and romantic relationship and to replicate previous findings in this area. The second purpose was to examine the relationship between adult attachment style and best friends (i.e., same-sex and other-sex). This would extend the previous findings of attachment style and romantic relationships to the area of friendship. The third purpose was to examine the effects of attachment style, sex, and different types of relationships (i.e., romantic relationship, other-sex and same-sex best friendships) on ratings of relationship components. Because of the commonalities between romantic partners and best friends, previous findings on attachment styles and romantic relationships are expected to be replicated. Bowlby stated that attachment implies an enduring affectional bond. If so, this could be interpreted to mean that friends, especially best friends, can have attachment bonds with each other. Hazan and Shaver (1987) suggested that romantic love is an attachment process, experienced somewhat differently by different people because of variations in their attachment histories. Best friendship can also be considered as an attachment process and should also be experienced differently by individuals with different attachment styles. So far, most researchers of adult attachment have focused mostly on adult romantic relationships (e.g., Hazan & Shaver, 1987; Feeney & Noller, 1990; Keelan et al., 1994; Simpson, 1990). Research has not examined other significant figures in people's lives, such as best friends

or close friends, and thus our understanding of attachment and close relationships in adulthood has been limited.

The relationship components of interest were Viability, Intimacy, Global Satisfaction, and Care. These variables were chosen because they were components most identified as important variables in close relationships (e.g., Davis & Todd, 1982; Reis & Shaver, 1988). Other relationship components, Passion and Conflict-Ambivalence, will also be examined. All these components are described in Table 1. Most adult romantic attachment research has examined similar relationship components (e.g., Hazan & Shaver, 1987; Collins & Read, 1990; Feeney & Noller, 1990). Research in friendship has also examined similar relationship components and has confirmed their important status in close relationships (e.g., Cohen & McKay, 1984; Morgan, 1976).

Most of the hypotheses predict that secure individuals will have higher ratings on positive relationship components compared with anxious-ambivalent and avoidant individuals. Individuals in the secure attachment style are psychologically healthier and have a more positive perception of relationships and others. They have also been found to have higher levels of certain relationship components such as trust, intimacy, and satisfaction in close relationships compared to their less healthy counterparts, anxious-ambivalent and avoidant individuals. Feeney, Noller, and Hanrahan (1994) found in their research that there were two major clusters of individuals, secure and insecure. However, the insecure cluster could be broken down into smaller clusters. Noller and Feeney (1994) commented that there may be only one way to be secure and a few ways to be insecure. Thus these hypotheses contained an element of the obvious -- that secure

people score higher on positive relationship traits and lower on negative relationship traits than do the other two groups. Not so obvious is the distinction between the two insecure groups and that is what some of these hypotheses were developed to test.

The hypotheses in this study were based on the above research findings on attachment styles and romantic relationships. The present study seeks not only to replicate the studies discussed above but also to extend the area of attachment theory into the friendship arena. So far, research on attachment styles has only examined romantic relationships and has neglected to assess other close adult relationships such as best friendships. The present study aims to replicate previous findings on attachment and romantic relationships; to extend the research area by examining attachment styles and best friendships (both same-sex and other-sex); and to examine the relationship between attachment style, sex, and the three relationship types (i.e., romantic relationship, same-sex best friendship, and other-sex best friendship) on various relationship characteristics. The findings from this study will extend our understanding of attachment theory and close relationships.

The hypotheses to be examined in this study include replication hypotheses, extension hypotheses, differential hypotheses, additional hypotheses. Replication hypotheses are hypotheses that replicate previous research on attachment styles and romantic relationships. Extension hypotheses are hypotheses that extend the findings on romantic relationship to those found on attachment styles and friendship types (i.e., other-sex, same-sex). Research has been conducted only on attachment styles and romantic relationships. By extending this framework to include friendships, it was expected that

findings would expand the area of adult attachment and further understanding on how attachment styles affect different types of close relationships. Because of similarities between friends and lovers, it was expected that findings for attachment styles and best friends would be similar to those of romantic relationships. Differential hypotheses are hypotheses proposing the ways in which attachment styles may create differences in the ratings for certain relationship components between romantic partners and best friends. Additional hypotheses are hypotheses that examine other relationship components and how they are affected by attachment styles between the different types of relationships.

Overall Analyses were conducted to examine possible relationships among attachment style, sex, and relationship types. Main effects were expected for attachment style and sex. Females were expected to have higher ratings on positive relationship components (e.g., viability) than males. Secure people were expected to have higher ratings compared to anxious-ambivalent and avoidant people on positive relationship components (e.g., care).

Hypotheses

Replication Hypotheses

Replication hypotheses were hypotheses for attachment styles and *romantic partner*. They were expected to replicate previous findings on attachment styles and romantic relationships.

Based on their attachment pattern, secure individuals were expected to have positive perceptions of others and relationships. Thus, they would have higher ratings on many positive relationship characteristics compared to anxious-ambivalent and avoidant

individuals. Recall from research discussed earlier (e.g., Collins & Read, 1990; Hazan & Shaver, 1987; Mikulincer & Nachshon, 1991; Simpson, 1990) that secure individuals had higher levels of trust, acceptance, self-disclosure, closeness, intimacy, satisfaction, accepting and supportive of partner compared to avoidant and anxious-ambivalent individuals. Levy and Davis (1988) found that the secure attachment style was positively correlated with Viability, Intimacy, and Global Satisfaction, while both the anxious-ambivalent and avoidant attachment styles were negatively correlated with all three relationship components.

Kirkpatrick and Davis (1994) found that secure individuals had higher ratings on Viability and Intimacy compared to anxious-ambivalent and avoidant individuals. Kirkpatrick and Davis (1994) found that secure men had higher ratings for Global Satisfaction compared to avoidant men. Secure women had higher ratings for Global Satisfaction compared to anxious-ambivalent women.

Levy and Davis (1988) found that the secure attachment style was positively correlated with Care while both the anxious-ambivalent and avoidant attachment styles were negatively correlated with this component. The reverse was found for Conflict-Ambivalence. The secure style was positively correlated with Passion while the avoidant style was negatively correlated with it. Kirkpatrick and Davis (1994) found that secure men had higher ratings for Care compared to avoidant men. Secure women had higher ratings for Care compared to anxious-ambivalent women. Kirkpatrick and Davis (1994) defined Care as being more related to romantic relationships than friendships thus sex differences are examined for this variable for the romantic partner only. Anxious-

ambivalence individuals had higher ratings on Passion compared to both secure and avoidant individuals. Avoidant individuals had higher ratings on Conflict-Ambivalence compared to both secure and anxious-ambivalent individuals. From the research studies on attachment styles and conflict and ambivalence (e.g., Brennan & Shaver, 1995; Collins & Read, 1990), it has been found that secure individuals have the lowest ratings on Conflict/Ambivalence compared to both anxious-ambivalent and avoidant individuals. The following hypotheses are proposed based on findings by Kirkpatrick and Davis (1994), Levy and Davis (1988), and other attachment researchers (e.g., Collins & Read, 1990; Hazan & Shaver, 1987).

- R1. It was hypothesized that secure individuals would have higher ratings on Viability for their romantic partner compared to both anxious-ambivalent and avoidant individuals.
- R2. It was hypothesized that secure individuals would have higher ratings on Intimacy for their romantic partner, followed by anxious-ambivalent individuals then by avoidant individuals.
- R3. It was hypothesized that secure individuals would have higher ratings on Global Satisfaction for their romantic partner compared to avoidant and anxious-ambivalent individuals.
- R4. It was hypothesized that secure individuals would have higher ratings on Care for their romantic partner compared to avoidant and anxious-ambivalent individuals.
- R4a. It was hypothesized that secure and anxious-ambivalent men would have higher ratings on Care for their romantic partner compared to avoidant men.

R4b. It was hypothesized that secure and avoidant women would have higher ratings on Care for their romantic partner compared to anxious-ambivalent women.

R5. It was predicted that anxious-ambivalent individuals would have higher ratings on Passion for their romantic partner compared to both secure and avoidant individuals.

R6. It was predicted that avoidant individuals would have higher ratings on Conflict-Ambivalence for their romantic partner compared to secure and anxious-ambivalent individuals.

Extension Hypotheses

Extension hypotheses were hypotheses extending the previous findings of attachment styles and romantic relationships to attachment styles and best friendships.

As discussed above, most research studies within attachment styles have not examined attachment styles and best friendships. Recall that mental models of others and relationships are different for each attachment style. These mental models have been found to have an impact on behaviors within love relationships. Individuals who are secure have positive mental models of others and relationships. Anxious-ambivalent and avoidant individuals have negative mental models of others and relationships. Research on adult attachment has found support for these models. It was proposed that these mental models should have similar effects for best friendships compared to romantic relationships because for most individuals, a best friend is considered to be as important as a romantic partner. Because of the similarities between best friend and romantic partner and their relationships, it is predicted that the findings for best friends and their relationships will correspond highly to those of romantic partners and their relationships

within attachment styles because mental models should be constant across different close relationships. Due to lack of empirical research, predictions for attachment style and best friendships on Viability, Intimacy, Global Satisfaction, and Care were made based on findings from attachment styles and romantic relationships discussed earlier. Thus far, findings for avoidant individuals, in that they mistrust others and fear intimacy and closeness with others, have been for romantic partner. Thus it was proposed that the mistrust and fear of intimacy and closeness that avoidant individuals have are specific to romantic relationships and not friendships. Avoidant individuals have been found to have a high level of enjoyment in their non-romantic relationships (Feeney & Noller, 1990). This enjoyment should lead to a higher level of satisfaction with these non-romantic relationships because enjoyment is a characteristic of the component global satisfaction. Best friends were analyzed separately for other-sex and same-sex.

- E1. It was predicted that secure individuals would have higher ratings on Viability for their best friend compared to anxious-ambivalent and avoidant individuals.
- E2. It was predicted that secure individuals would have higher ratings on Intimacy for their best friends compared to anxious-ambivalent and avoidant individuals.
- E3. It was predicted that secure and avoidant individuals would have higher ratings on Global Satisfaction for their best friends compared to anxious-ambivalent individuals.
- E4. It was predicted that secure individuals would have higher ratings on Care for their best friends compared to anxious-ambivalent and avoidant individuals.

Differential Hypotheses

Differential hypotheses were hypotheses comparing romantic partner and best friends on various relationship components within each attachment style.

In the extension hypotheses section, it was predicted that many similarities between best friend and romantic partner would occur for certain relationship components across the three attachment styles. However, because of the different roles and functions that romantic partners and best friends have, individuals should differ in how they rate certain relationship components and this would all vary according to an individual's attachment style. Davis and Todd (1982) found that when comparing best friend and lover/spouse on characteristics of Global Satisfaction, best friend received higher ratings compared to spouse/lover. Secure individuals had a higher level of satisfaction within their love relationships compared to anxious-ambivalent and avoidant individuals. Davis and Todd (1982) designed the factor Care to contain variables pertaining more to romantic relationships than to friendship. Giving the utmost and championing are done for romantic partners more often than for friends. Caring is a relationship characteristic that has been found to be more important in romantic love relationships compared to friendships (Steck et al., 1979). With this in mind, it is predicted that secure and anxious-ambivalent individuals will discriminate between romantic partner and best friends on Care. Avoidant individuals will not differentiate between their ratings of Care for romantic partner and best friendships. Davis and Todd (1982) found that spouse/lover received a significantly higher rating on Passion and Conflict/Ambivalence compared to best friend. It is predicted that regardless of attachment style, individuals will

discriminate between romantic partner and best friends on Passion and Conflict/Ambivalence.

Research studies (e.g., Davis & Todd, 1982) have compared romantic partner and best friends on certain relationship components. Davis and Todd (1982) found that best friends received higher ratings on Viability and Intimacy than spouse/lover. However, these ratings were not significantly different. Previously it was shown that secure individuals perceive others to be good and well intended and relationships to be satisfying. These individuals should not discriminate between romantic partner and best friends on these two components. Anxious-ambivalent individuals desire union with others and are preoccupied and obsessed with relationships. However, their desire for union may be specific to romantic partners and not best friends. They should discriminate their ratings on Viability and Intimacy for romantic partners and best friends. Avoidant individuals mistrust others and fear intimacy and closeness with others. So far, all findings have been for romantic partner. Thus it will be proposed that the fear of intimacy and closeness that avoidant individuals have is specific to romantic relationships and not friendships and they will rate their best friends higher on Viability compared to their romantic partner.

Sex differences were predicted to exist for secure and avoidant individuals on Intimacy because it has been found that men tend to find intimacy needs fulfilled in love relationships while women seem to find intimacy needs fulfilled within same-sex friendships (Rubin, 1985). Researchers have found that males confide more in their female best friends compared to their male best friends (Komarovsky, 1974). Wheeler

and colleagues (1983) and Hays (1989) found that men and women prefer intimate friends who are women and they find it easier to disclose to them (Reis et al., 1985).

- D1. It was hypothesized that secure and avoidant males would have higher ratings for Intimacy for romantic partners than best friends.
- D2. It was predicted that avoidant and anxious-ambivalent individuals would have higher ratings on Global Satisfaction for their best friends compared to their romantic partner.
- D3. It was hypothesized that secure and anxious-ambivalent individuals would have higher ratings on Care for romantic partners compared to best friends.
- D4. It was predicted that across all three styles of attachment, individuals would have higher ratings on Passion for their romantic partners compared to their best friends.
- D5. It was predicted that across the three attachment styles, individuals would have higher ratings on Conflict-Ambivalence for their romantic partners compared to their best friends.
- D6. It was hypothesized that anxious-ambivalent individuals would have higher ratings on Viability for romantic partner and other-sex best friend compared to same-sex best friend.
- D7. It was hypothesized that avoidant individuals would have higher ratings on Viability for same-sex best friend, followed by other-sex best friend, and finally by romantic partner.
- D8. It was hypothesized that secure and avoidant females would have higher ratings on Intimacy for same-sex best friend, then romantic partner, then other-sex best friend.

D9. It was hypothesized that anxious-ambivalent individuals would have higher ratings on Intimacy for romantic partner and other-sex best friend compared to same-sex best friend.

Additional Hypotheses

Additional hypotheses: these hypotheses examined attachment styles and close relationships on other important relationship variables. Some differences were predicted to occur on certain relationship components across the three attachment styles. Due to lack of empirical findings, some hypotheses below will be more vague and could be perceived as interesting research questions instead of specific hypotheses.

As stated earlier, most research studies investigating attachment styles have not examined best friendship. However, research within the friendship literature has found that sex differences exist between men and women on intimacy for same-sex and other-sex friendships. Overall, women tend to have more intimacy and value self-disclosure and understanding within their same-sex friendships more compared to men (e.g., Aries & Johnson, 1983; Bell, 1981; Caldwell & Peplau, 1982; Helgeson et al., 1987; Monsour, 1992). Sex differences may exist in that women have been found to find support in same-sex best friendships while men find it in love relationships (e.g., Caldwell & Peplau, 1982; Reis, 1984; Rubin, 1985). Women have been found to be more satisfied with their same-sex friendships compared to men (e.g., Buhrke & Fuqua, 1987).

Research on attachment styles has found that secure individuals have more positive perceptions of others and relationships, believe that relationships are more satisfying and worth maintaining, and thus would be more likely to be in a relationship

compared to avoidant and anxious-ambivalent individuals (i.e., more likely to have a romantic partner, other-sex best friend, and same-sex best friend) (e.g., Hazan & Shaver, 1987). Feeney, Noller, and Patty (1993) found that avoidant individuals had the fewest mixed-friend interactions when compared to secure and anxious-ambivalent individuals.

- A1. It was hypothesized that across all attachment styles, women would have higher ratings on Intimacy for their same-sex best friend compared to men.
- A2. It was hypothesized that overall, across the three attachment styles, women would have higher ratings on Global Satisfaction for their same-sex best friend compared to men.
- A3. It was hypothesized that overall, across the three attachment styles, women would have higher ratings on Care for their same-sex best friend compared to men.
- A4. It was hypothesized that secure individuals would be more likely to have a romantic partner compared to anxious-ambivalent and avoidant individuals.
- A5. It was hypothesized that secure individuals would be more likely to have a best friend (other-sex, same-sex) compared to both avoidant and anxious-ambivalent individuals.

CHAPTER II

METHOD

Participants

During the first few days of classes of the Fall semester, I went to four Introductory Psychology classes and four 200 level psychology classes (Social Psychology, Personality Psychology, Developmental Psychology, and Psychology of Women) to administer a short packet of questionnaires for the mass testing wave of this study. This initial testing included 1,619 male and female undergraduate psychology students. Of these, 46 participants were dropped from the study due to failure to follow directions or because their responses indicated that they were not in any of the relationships required for participation in this study. Thus, there were 1,573 participants in the first wave of data collection. This was called the Mass Testing Sample.

Of this sample, 1,217 students volunteered to participate further in a Social Relationship Study to earn three extra credit points toward their psychology class grades. Of this sample, 118 participants did not complete their questionnaire packet correctly or were not in any of the relationships required for the study, so their data had to be discarded. Thus, the total number of usable data sets across the two waves of data collection was 1,099. This was called the Social Relationship Study Sample. See Table

2 for number of participants for each sample of the study.

Attachment Style Classification. To be eligible for the final sample used in the data analyses reported below, participants had to indicate the same attachment style on both Hazan and Shaver's (1987) and Bartholomew and Horowitz's (1991) measures. These measures can be found in Appendices A-1 and A-2. Although this procedure had the disadvantage of decreasing the number of classifiable participants, the identification of the attachment styles for the selected participants has been found to be more reliable and valid compared to the unselected group of participants (e.g., Brennan et al., 1991). An analysis was conducted on these participants to assure that the attachment style they had selected, on both adult attachment scales, was in fact rated higher on the parallel 1-7 rating scale compared to the other two attachment styles. One-way ANOVAs were conducted on combined Hazan & Shaver's and Bartholomew's attachment style category as the independent variable and the 1-7 rating scales as the dependent variables. On the secure 1-7 rating scale, secure participants rated it significantly higher ($M=6.13$) compared to either anxious-ambivalent ($M=3.48$) or avoidant ($M=2.75$) participants [$F(2,790) = 1,288.79, p<.001$]. On the anxious-ambivalent 1-7 rating scale, anxious-ambivalent participants rated it significantly higher ($M=6.14$) compared to either secure ($M=2.41$) or avoidant ($M=2.62$) participants [$F(2,787) = 442.22, p<.001$]. On the avoidant 1-7 scale, avoidant participants rated it significantly higher ($M=5.26$) compared to either anxious-ambivalent ($M=2.76$) or secure ($M=2.34$) participants [$F(2,786) = 864.20, p<.001$]. Separate analyses were conducted for males and females and they gave results similar to the above.

The Analysis Sample. Out of the 1,099 participants, 796 participants could be classified into an attachment style and thus constituted the Analysis Sample. This data set contained the following percentages for each attachment style : 25.8% were Avoidant, 11.4% were Anxious-Ambivalent, and 62.8% were Secure. From previous research on attachment style (e.g., Feeney & Noller, 1990; Hazan & Shaver, 1987; Mikulincer & Nachshon, 1991), the expected ranges for each attachment styles are: Avoidant (14%-30%), Anxious-Ambivalent (8%-19%), and Secure (55%-65%). The percentages of participants of each sex and attachment style can be found in Table 2.

Besides meeting the attachment style criterion, participants also had to have either a best friend or a romantic partner to be eligible for participation. This criterion was established by the sign-up sheets and the researcher script; thus, all participants were in at least one type of relationship. Some individuals had overlapping relationships in that their romantic partner was also their best friend. This issue could confound the findings for ratings of romantic partner and best friends because these two ratings were of the same person. To reduce this potential problem, when selecting the rating for romantic partner and best friends, only romantic partner ratings were used for analyses from the individuals who nominated their romantic partner as their best friend. Thus, responses about romantic partners in this study were not also those of the best friend.

Table 3 shows the number and type of relationships that participants in the study had. This table revealed that best friends tend to play a large role in individuals' relationship type. When individuals only have one relationship, it is most likely to be a same-sex best friend. Same-sex best friend still plays a large role when the focus is on

two relationships. Over 50% of individuals in the Analysis Sample stated that their two relationships were other-sex best friend and same-sex best friend. Over 50% of all individuals in the Analysis Sample had all three relationships, and very few individual had only one relationship. More than half of all individuals had all three relationships. There was a great overlap between best friend and romantic partner, thus the numbers for other-sex best friend were inflated. When only independent relationships were taken into account such that best friends were not also romantic partners, the actual total of individuals with three relationships decreased from 470 (59% of the sample) to 227 (29% of the sample). The total number having two relationships then became the most frequent response. Regardless of the number of relationships, most participants had a same-sex best friend.

To return to the Analysis Sample, almost half (45.6%) of all participants were freshmen and the mean age was 19 years. Of the participants in the sample 86.5% were White/Caucasian, 5.5% were Black/African-American, 5.2% were Asians/Pacific Islander, 1.8% were Hispanic/Mexican-American, 0.5% were Native American, and 0.5% were classified as other.

Within the Analysis Sample, two other samples were created; a Between-Subject Relationship Type Sample and a Within-Subject Relationship Type Sample. The Between-Subject Sample is comprised of individuals selected to be analyzed in only one type of relationship. Thus, the sample consisted of three independent groups of individuals who were analyzed for only one of the three relationship types. The Within-Subject Sample is comprised of individuals who had all three relationships (i.e., romantic

partner, other-sex best friend, and same-sex best friend), with the qualification (noted above) that their romantic partner could not be their best friend.

Table 4 shows proportion representative of types of relationships for each analysis sample. Within the Analysis Sample, 94% of participants had a same-sex best friend, 81% of participants had an other-sex best friend, and 76% of individuals had a romantic partner. However, the numbers for best friends were reduced when individuals who had a romantic partner who was also their best friend were removed from the best friend counts. In the Analysis Sample, 45% of participants had an other-sex best friend and 93% of participants had a same-sex best friend.

The Between-Subject Sample. This sample contained 735 participants. This group was within the expected range of percentages for each attachment style: 27.8% were Avoidant, 12.2% were Anxious-Ambivalent, and 60.0% were Secure. See Table 2 for the percentages of participants within each sex and attachment style. There were 245 individuals from each relationship type (i.e., romantic partner, other-sex best friend, and same-sex best friend). To ensure that the attachment style breakdown of individuals (within each relationship type) would be representative of other samples, the proportion of individuals within each attachment style was held constant within each relationship type group. This meant that regardless of the percentage of individuals in each attachment style and relationship type, appropriate percentages were selected from each group such that approximately 28% (68) of these individuals were avoidant, 12% (30) of these individuals were anxious-ambivalent, and 60% (147) of these individuals were secure.

In the Between-Subject Sample, almost half (45.6%) of all participants were freshmen and their mean age was 19 years. Of the participants in the sample, 86.1% were White/Caucasian, 5.9% were Black/African-American, 5.2% were Asians/Pacific Islander, 1.8% were Hispanic/Mexican-American, 0.5% were Native American, and 0.5% were classified as other. Table 3 shows the number of relationship that participants in the study had. Table 4 shows the types of relationships that participants in the study had.

The Within-Subject Sample. In the Within-Subject Sample, there were 227 participants. All participants had all three relationships. This sample was within the expected range of percentages for each attachment style: 24.2% were Avoidant, 11.5% were Anxious-Ambivalent, and 64.3% were Secure. See Table 2 for percentage of individuals within each attachment style. Almost half (41.4%) of all participants were freshmen and their mean age was 19 years. Of the participants in the sample 87.7% were White/Caucasian, 4.0% were Black/African-American, 5.3% were Asians/Pacific Islander, 2.2% were Hispanic/Mexican-American, and 0.9% were Native American.

Table 2

Sample Size by Attachment Style and Sex

	Females (Row %)	Males (Row %)	Total (Row %) (Column %)
<u>Mass Testing</u>			
N	1,110 (70.6%)	463 (29.4%)	1,573 (100%)
Attachment Style ¹			
Avoidant	218 (73.9%)	77 (26.1%)	295 (100%) (18.7%)
Anxious-Ambivalent	125 (59.8%)	84 (40.2%)	209 (100%) (13.3%)
Secure	767 (71.7%)	302 (28.3%)	1,069 (100%) (68.0%)
<u>Social Relationship Study Sample</u>			
N	781 (71.1%)	318 (28.9%)	1,099 (100%)
Attachment Style ¹			
Avoidant	171 (73.1%)	63 (26.9%)	234 (100%) (21.3%)
Anxious-Ambivalent	95 (58.6%)	67 (41.4%)	162 (100%) (14.7%)
Secure	515 (73.3%)	188 (26.7%)	703 (100%) (64.0%)
<u>Analysis Sample</u>			
N	583 (73.2%)	213 (26.8%)	796 (100%)
Attachment Style ²			
Avoidant	153 (74.6%)	52 (25.4%)	205 (100%) (25.8%)
Anxious-Ambivalent	57 (62.6%)	34 (37.4%)	91 (100%) (11.4%)
Secure	373 (74.6%)	127 (25.4%)	500 (100%) (62.8%)
<u>Between-Subject Sample</u>			
N	533 (72.5%)	202 (27.5%)	735 (100%)
Attachment Style ²			
Avoidant	152 (74.5%)	52 (25.5%)	204 (100%) (27.8%)
Anxious-Ambivalent	56 (62.2%)	34 (37.8%)	90 (100%) (12.2%)
Secure	325 (73.7%)	116 (26.3%)	441 (100%) (60.0%)
<u>Within-Subject Sample</u>			
N	161 (70.9%)	66 (29.1%)	227 (100%)
Attachment Style ²			
Avoidant	40 (72.7%)	15 (27.3%)	55 (100%) (24.2%)
Anxious-Ambivalent	16 (61.5%)	10 (38.5%)	26 (100%) (11.5%)
Secure	105 (71.9%)	41 (28.1%)	146 (100%) (64.3%)

Note. ¹ Only Hazan & Shaver's adult attachment scale was used.

² Both Hazan & Shaver's and Bartholomew's adult attachment measures were used.

Table 3

Proportional Counts by Number of Relationships and Relationship Type for the Analysis Sample

	% in Relationship Count Category Sample	% in Analysis	Total
Relationship Type: Count showing that pattern of Relationships Only			
		100%	796
One Relationship Only	100%	7.7%	61
Romantic Partner Only	3.3%	0.3%	2
Other-Sex Best Friend Only	8.2%	0.6%	5
Same-Sex Best Friend Only	88.5%	6.8%	54
Two Relationships Only	100%	33.2%	264
Other-Sex Best Friend and Romantic Partner	14.4%	4.8%	38(8)
Same-Sex Best Friend and Romantic Partner	35.6%	11.8%	94(87)
Other-Sex and Same-Sex Best Friend	50.0%	16.6%	133
All Three Relationships	100%	59.0%	470(227)
Relationship Type: Overall Type and Number of Relationships			
		100%	796
One or More Relationships			
Romantic Partner		75.9%	604
Other-Sex Best Friend		81.0%	645(378)
Same-Sex Best Friend		94.3%	751(738)
Two or Three Relationships			
Other-Sex Best Friend and Romantic Partner		63.8%	508(235)
Same-Sex Best Friend and Romantic Partner		70.9%	564(314)
Other-Sex and Same-Sex Best Friend		63.2%	503

Note. Numbers in parentheses display the actual number of best friends who are not also a romantic partner.

Table 4

Sex breakdown for each incidence of a Relationship Type

	Females	Males	Total
<u>Analysis Sample</u>	583	213	796
Romantic Partner	444 (73.5%)	160 (26.5%)	604 (76%)
Other-Sex Best Friend (OS)	478 (74.1%)	167 (25.9%)	645 (81%)
Same-Sex Best Friend (SS)	552 (73.5%)	199 (26.5%)	751 (94%)
OS is the RP	208 (36%)	59 (28%)	267 (34%)
SS is the RP	11 (2%)	2 (1%)	13 (2%)
<u>Between-Subject Sample</u>	533	202	735
Romantic Partner	182 (74.3%)	63 (25.7%)	245
Other-Sex Best Friend	170 (69.4%)	75 (30.6%)	245
Same-Sex Best Friend	181 (73.9%)	64 (26.1%)	245
Best Friend	179 (73.1%)	66 (26.9%)	245
<u>Within-Subject Sample</u>	161	66	227
Romantic Partner	161 (70.9%)	66 (29.1%)	227
Other-Sex Best Friend	161 (70.9%)	66 (29.1%)	227
Same-Sex Best Friend	161 (70.9%)	66 (29.1%)	227

Materials

Participants completed the following questionnaires during the mass testing in their psychology class; i.e., the screening wave of data collection.

Close Relationships Questionnaire Part 1. This is a measure of adult attachment developed by Hazan and Shaver (1987), who derived this adult attachment scale from Ainsworth and her colleagues' (1978) description of infants' style of attachment. Each attachment style (secure, anxious-ambivalent, avoidant) is described in a single paragraph. Participants indicated which paragraph of the three attachment styles best described them and rated each attachment style on a 7-point Likert-typed scale (1-not at all like me to 7-very much like me). Brennan and Shaver (1990) have found 8-12 month stability for this measure for 70-75% of their students. Test-retest reliabilities are in the range of 0.60. Reliabilities and validity were described earlier in the *Measurement of Adult Attachment* section. (See Appendix A-1 for this scale).

Close Relationships Questionnaire Part 2. This scale assesses attachment style according to Bartholomew's (1990) four category model: secure, fearful, preoccupied, dismissing. This scale contains two parts. In the first part, descriptions of each of the four styles were provided and participants indicated which style best described their general approach to relationships. In the second part, individuals indicated on a 1-7 (1=not very much like me to 7=very much like me) Likert-type scale their degree of agreement with each of the four descriptions. Reliabilities and validity were described earlier in the *Measurement of Adult Attachment* section, also see Bartholomew and Horowitz (1991). (See Appendix A-2 for this scale).

The Short Form of the Demographic and Social History Questionnaire (DSHQ).

Participants responded to a few questions concerning their age and five types of personal relationships. Participants responded to questions pertaining to their romantic partner, if they have one; their same-sex best friend and their other-sex best friend; and their close friendships. This scale is a shorter form of the actual DSHQ scale. This short form was administered during the mass testing sessions. (See Appendix B-1 for this scale).

Future Participation Sheet. Participants were requested to complete this sheet if they wished to participate in the Social Relationship Study. Students wrote down their name, phone number, best time to be reached by phone, and their psychology instructor's name. Participants' student ID numbers were used as subject ID numbers so that students' names would not be used, in order to protect their anonymity. Students were told that if they chose to participate in the Social Relationship Study, they could earn three extra credits toward their psychology course. (See Appendix D for this sheet).

Participants completed the following questionnaires in the Social Relationship Study.

The Davis-Todd's Relationship Rating Form (Davis-Todd RRF). This version of the RRF (Davis & Latty-Mann, 1987) is a modified version of the original presentation of Davis & Todd (1982, 1985). This version is a 68-item relationship questionnaire that includes six general scales and two subscales of relationship factors for both friendships and love relationships and has been used in recent studies (e.g., Kirkpatrick & Davis, 1994). Participants rated each item on a 9-point scale (1=not at all to 9=completely or extremely). The alphas and test-retest reliabilities are as follows: Viability (alphas: .80;

.85; test-retest = .74), Intimacy (alphas: .76; .79; test-retest = .78), Passion (alphas: .82; .80; test-retest = .82), Care (alphas: .89; .87; test-retest = .79), Global Satisfaction (alphas: .90; .93; test-retest = .73), and Conflict/Ambivalence (alphas: .73; .83; test-retest = .68). The test-retest correlations were calculated over a three-week span. Sample items are as follow: "Do you accept this person as she or he is?" "Do you confide in this person?" and "Can you count on this person to support you in argument or dispute with others?" This scale was revised to measure best friendships and contains 65 items. Three items (28-30) were left out of the scale because they measured sexual intimacy. However, participants still had to fill in a rating for each item of their scantron sheet so they were told to give these items ratings of 10 (on their scantron sheets) for their other-sex and same-sex best friend. A rating of 10 was equivalent to a missing rating. Some participants completed these items if either their other-sex or their same-sex best friend was also their romantic partner but these data were disregarded (see above). (See Appendices E-1, E-2, E-3 which presents the RRF for Same-Sex Best Friend, Other-Sex Best Friend, and Romantic Partner, respectively).

Demographic and Social History Questionnaire (DSHQ). Participants responded to questions concerning their age, race, class level, and five types of personal relationships. They were also questions pertaining to their romantic partner, if they had one; their same-sex best friend and their other-sex best friend; and their close friendships. This scale included questions about best friends and romantic partner, on length of these close relationships, closeness level with each person, and relations with each person.

This scale was constructed by the author to measure the history and status of these relationships. (See Appendix B-2 which presents the DSHQ).

Procedure

A mass testing took place during the first few days of classes, when psychology students completed the Close Relationships Questionnaire Parts 1 & 2, the Short Form of the Demographic and Social History Questionnaire, the Future Participation Sheet, and consent form #1 (See Appendices A-1, A-2, B-1, D, and C for copies of these materials). The researcher read the mass testing portion of the research script to the students (See Appendix H-1 for copy of researcher script). Those students who wished to participate in the Social Relationship Study and earn three extra credit points for their psychology class completed the Future Participation Sheet by writing their name, phone number, the times when they could be reached by phone, and the name of their Psychology professor. After the mass testing sessions, sign-up sheets for the Social Relationship Study were posted in all introductory psychology classes and the four 200 level psychology classes. Students signed up if they were interested in participating in the study.

At their session, participants were told that their participation would require about one hour and thirty minutes and the completion of a packet of questionnaires about friendships and romantic relationships; and that these questionnaires were standard measures commonly used to assess personal relationships.

At the beginning of the session, the researcher began by explaining the purpose of the study; then, she administered consent form #2 (See Appendices H-2 and F for the research script for the Social Relationship Study and consent form #2, respectively).

These forms were collected after the participants read and signed them. Next, the researcher administered the questionnaire packets and scantron sheets. Each questionnaire packet contained the following scales: three versions of the Davis-Todd's Relationship Rating Form (same-sex best friend, other-sex best friend, and romantic partner) and the Demographic and Social History Questionnaire. All scales were counter-balanced. The researcher gave instructions on questionnaire completion and answered any questions that were raised. (See Appendices E-1, E-2, E-3 for the three versions of the RRF: Same-Sex Best Friend, Other-Sex Best Friend, and Romantic Partner. See Appendix B-2 for the Demographic and Social History Questionnaire).

When the participants were done completing their questionnaires, they returned the questionnaire packet and the scantron sheets to the experimenter. Their psychology credit cards were stamped with three points for their participation. The researcher then read aloud the Participant Information Sheet and answered any questions that were raised. All participants received a Participant Information Sheet which included information about the study to take home with them; this form also listed the phone number of the researcher in case the participants had any later questions about the study (See Appendix G for the Participation Information Sheet).

Although many students signed up for the study, more participants were needed, especially anxious-ambivalent males. For this reason, eligible students - those who had completed the Future Participation Sheet at the mass testing and were in at least one of the necessary relationships -- were contacted by telephone and asked if they would like to participate in the Social Relationship Study. They were told that they had completed a

short questionnaire on either the first or second day of class and now they were eligible to participate in this study to earn three extra credit points toward their psychology class. They were told that their participation would consist of completing questionnaires about friendship and romantic relationships and would take about one hour and thirty minutes. If they agreed to participate, they were asked to sign up for a time session that best fit their schedule. All students were thanked for taking the time to talk to the experimenter on the phone. From this calling procedure, a total of 42 students signed up to participate in the study. Thirty-two students (12 females, 20 males) actually participated in the study.

CHAPTER III

RESULTS

Overview

The goal of the present study was to further our understanding of attachment styles and important components of close interpersonal relationships. More specifically, it addressed the question of how attachment styles and different types of interpersonal relationships -- particularly romantic/love relationships and best friendships -- are related to feelings and beliefs that people have about these relationships. Within this framework, the research examined how individuals with one of three attachment styles rate their best friends and their romantic partner on important relationship components. Because of the perceived differences in the roles and functions that different relationships may have for individuals with different attachment styles, these people may rate their romantic partner and their best friends differently on some of the components that characterize their feelings about these "significant others."

This study was conducted using a 2 (Sex of subject: Female, Male) X 3 (Attachment style of subject: Secure, Anxious-Ambivalent, Avoidant) X 3 (Relationship Type: Romantic Partner, Same-Sex Best Friend, Other-Sex Best Friend) fully crossed research design (with Relationship Type as either a between-subjects or a within-subjects

factor). The primary dependent variables examined were Viability, Intimacy, Global Satisfaction, and Care. Passion and Conflict-Ambivalence were also examined. As discussed in the introduction, these relationship components were selected for study because they were thought to be important to both romantic relationships and best friendships.

As noted, the 2 X 3 X 3 design was used to examine two separate data sets (Within-Subjects Sample and Between-Subjects Sample) described in the Method Chapter. With the Within-Subjects Sample, I was able to cast the 2 X 3 X 3 design with relationship type as a repeated measure. With the Between-Subjects Sample, I was able to cast the 2 X 3 X 3 design with relationship type as an independent-sample variable.

The data were examined in a number of ways to maximize the number of relevant responses that would bear on a hypothesis or question. The Analysis Sample contained all of the participants, most of whom had a romantic partner. This sample was utilized for the Replication Hypotheses involving romantic partners to explore the extent to which the present findings mirrored those of previous research that had focused on that relationship-type exclusively. The Analysis Sample was also used to examine some of the Differential Hypotheses and Additional Hypotheses. Both versions of the 2 X 3 X 3 design were utilized for examining the Extension Hypotheses. The Between-Subjects Sample was also used to examine some of the Differential Hypotheses.

In this chapter, reliabilities of the RRF are presented before the results are examined. Findings relevant to the replication hypotheses are discussed first, followed by those pertaining to the extension hypotheses, then those related to the differential

hypotheses, then those relevant to the additional hypotheses and finally, those pertaining to the overall analyses. Each section contains a brief introduction before the results are presented and a brief summary is offered after them.

Reliabilities of the RRF

The main dependent variables were derived from the RRF (Davis and colleagues, 1982, 1985, 1987). Subscales were formed based on Davis & Todd's findings using the RRF. Reliabilities (coefficient alphas) were calculated on the six subscales used in the present study. The alphas found in the present study were similar to Davis and colleagues' findings, which were summarized in the Method Chapter. Reliability coefficients were computed separately for the three relationship types (i.e., romantic partner, other-sex best friend, same-sex best friend). For ease of comparisons, alphas from the present study and those of Davis and colleagues are presented in Table 5.

Table 5**Reliabilities (coefficient alphas) for the RRF**

Variables	Present Study				
	Relationship Type			Davis & Latty-Mann (1987)	Kirkpatrick & Davis (1994)
	Romantic Partner	Other-Sex Best Friend	Same-Sex Best Friend		
Viability	.82	.83	.84	.80	.85
Intimacy	.75	.75	.69	.76	.79
Global Satisfaction	.87	.86	.85	.90	.93
Care	.87	.87	.86	.89	.87
Passion	.76	.88	.75	.82	.80
Conflict- Ambivalence	.68	.64	.68	.73	.83

Tests of the Hypotheses

Replication Hypotheses: Effects of Attachment Style on Viability, Intimacy, Global Satisfaction, Care, Passion, and Conflict-Ambivalence ratings of Romantic Partner.

These hypotheses addressed the issue of the extent to which the present data set replicated previous research findings on romantic relationships and attachment styles. Thus, analyses were conducted on all individuals who had a romantic relationship. Levy and Davis (1988) and Kirkpatrick and Davis (1994) conducted research examining the relationship variables from the RRF within the areas of romantic relationship and attachment styles. Based on this work, the hypotheses were straightforward: for each relationship component (i.e., viability, intimacy, global satisfaction, and care), secure individuals were predicted to have higher ratings for their romantic partner compared to anxious-ambivalent and avoidant individuals; for passion, anxious-ambivalent individuals were predicted to have higher ratings compared to secure and avoidant individuals; and, for conflict-ambivalence, avoidant individuals were predicted to have higher ratings compared to secure and anxious-ambivalent individuals.

Planned comparisons were conducted to examine the relationship between attachment styles and relationship components. The Analysis Sample was employed for these comparisons because it contained the greatest number of individuals who reported having a romantic partner. See Table 6 for means on ratings of relationship variables for romantic partner by each attachment style for the Analysis Sample.

R1. Viability

It was hypothesized that secure individuals would have higher ratings on Viability for their romantic partner compared to both anxious-ambivalent and avoidant individuals.

This hypothesis was supported in that mean differences were as predicted and a planned comparison showed that secure participants rated their romantic partner higher on Viability than did anxious-ambivalent and avoidant participants [$t(601) = 4.53$, $p < .001$].

R2. Intimacy

It was hypothesized that secure individuals would have higher ratings on Intimacy for their romantic partner followed by anxious-ambivalent individuals then by avoidant individuals.

Mean differences were as predicted, so two planned comparisons were conducted to test this hypothesis. The first planned comparison was between secure and anxious-ambivalent individuals. The second planned comparison was between anxious-ambivalent and avoidant individuals.

For the first planned comparison, this hypothesis was supported. Secure participants rated their romantic partner significantly higher on Intimacy than did the anxious-ambivalent [$t(601) = 2.34$, $p < .01$]. For the second planned comparison, there was marginal support for this hypothesis. Anxious-ambivalent participants rated their romantic partner marginally higher than did avoidant participants [$t(601) = 1.49$, $p < .10$].

R3. Global Satisfaction

It was hypothesized that secure individuals would have higher ratings on Global Satisfaction for their romantic partner compared to avoidant and anxious-ambivalent individuals.

This hypothesis was supported in that mean differences were as predicted and a planned comparison showed that secure participants rated their romantic partner significantly higher on Global Satisfaction than did anxious-ambivalent and avoidant participants [$t(601) = 5.80, p < .001$].

R4. Care

It was hypothesized that secure individuals would have higher ratings on Care for their romantic partner compared to avoidant and anxious-ambivalent individuals.

This hypothesis was supported in that mean differences were as predicted and a planned comparison showed that secure participants rated their romantic partner higher on Care than did anxious-ambivalent and avoidant participants [$t(601) = 4.44, p < .001$].

R4a. Care for Males

It was hypothesized that secure and anxious-ambivalent men would have higher ratings on Care for their romantic partner compared to avoidant men.

This hypothesis was not supported. Inspection of the means showed that they were not in the predicted direction. (See Table 6)

R4b. Care for Females

It was hypothesized that secure and avoidant women would have higher ratings on Care for their romantic partner compared to anxious-ambivalent women.

This hypothesis was not supported. Inspection of the means showed that they were not in the predicted direction. (See Table 6)

R5. Passion

It was predicted that anxious-ambivalent individuals would have higher ratings on Passion for their romantic partner compared to both secure and avoidant individuals.

This hypothesis was supported in that mean differences were as predicted and a planned comparison showed that anxious-ambivalent participants rated their romantic partner significantly higher on Passion than did secure and avoidant participants [$t(601) = 2.21, p < .05$].

R6. Conflict-Ambivalence

It was predicted that avoidant individuals would have higher ratings on Conflict-Ambivalence for their romantic partner compared to secure and anxious-ambivalent individuals.

This hypothesis was not supported. Inspection of the means showed that they were not in the predicted direction. (See Table 6)

Replication Hypotheses: Summary

As expected, the overall results tended to replicate previous findings of Levy and Davis (1988) and Kirkpatrick and Davis (1994), not only in that generally, individuals with different attachment styles differ in how they rate certain relationship characteristics but also in how the styles differ. Secure individuals were found to have higher ratings on relationship characteristics of viability, intimacy, global satisfaction, and care for their

romantic partner compared to avoidant and anxious-ambivalent individuals. Anxious-ambivalent participants had higher ratings for Intimacy and Passion compared to avoidant participants. Anxious-ambivalent individuals had higher ratings on passion and conflict-ambivalence than secure individuals. Avoidant individuals had higher ratings on Conflict-Ambivalence compared to secure individuals. Overall, secure individuals had higher ratings for positive relationship variables compared to individuals in the two insecure styles.¹

Table 6

Mean ratings on relationship variables for Romantic Partner for each Attachment Style for the Analysis Sample

Relationship Variables	Attachment Style		
	Avoidant	Anxious-Ambivalent	Secure
Viability	6.97	7.04	7.45
Intimacy	6.56	6.87	7.30
Global Satisfaction	7.21	7.14	7.87
Care	7.24	7.33	7.76
(Males)	7.12	7.07	7.33
(Females)	7.29	7.48	7.90
Passion	7.18	7.74	7.61
Conflict-Ambivalence	3.09	3.20	2.66

Note: n = 604 (444 females; 160 males)

Extension Hypotheses: Effects of Sex, Attachment Style, and Relationship Type on Viability, Intimacy, Global Satisfaction and Care ratings of Best Friends.

Having successfully replicated past results that demonstrated a link between attachment style and certain relationship variables within romantic relationships, the next question is whether these patterns extend to best friendships as well. The purpose of these extension hypotheses was to broaden research on relationship variables and attachment styles into the domain of friendship. Many researchers have conducted investigations within domain of the romantic relationship, but few have conducted research within other relationships such as close friendships. Best friends were separated into two groups -- other-sex and same-sex -- because it was possible that people would tend to vary their ratings on the relationship variables depending on the sex of their friends. Previous research had not examined best friends of both sexes; thus, no specific differences were predicted between other-sex and same-sex best friends.

These hypotheses were straightforward and similar to the romantic relationship hypotheses; for viability, intimacy, and care, secure individuals were predicted to have higher ratings for their other-sex and same-sex best friend compared to anxious-ambivalent and avoidant individuals. For Global Satisfaction, secure and avoidant individuals were predicted to have higher ratings for their other-sex and same-sex best friends compared to anxious-ambivalent individuals. Participants who had an other-sex best friend were included in the other-sex best friend analyses and participants who had a same-sex best friend were included in the same-sex best friend analyses.

Planned comparisons were conducted to examine the relationship between attachment styles and relationship components. Both the Between-Subjects Sample and the Within-Subjects Sample were employed for these comparisons. See Table 7a for means on ratings of relationship variables for other-sex best friend by each attachment style. See Table 7b for means on ratings of relationship variables for same-sex best friend by each attachment style.

E1. Viability

It was predicted that secure individuals would have higher ratings on Viability for their best friend compared to anxious-ambivalent and avoidant individuals.

For both samples, means were as predicted for other-sex best friends: secure participants rated their other-sex best friend higher on Viability than did anxious-ambivalent and avoidant participants. Moreover, planned comparisons indicated that the hypothesis was supported by the Between-Subjects Sample [$t(717) = 2.13, p < .05$] and marginally supported for the Within-Subjects Sample [$t(221) = 1.47, p < .10$].

For both samples, means were as predicted for same-sex best friends: secure participants rated their same-sex best friends higher on Viability than did anxious-ambivalent and avoidant participants. And planned comparisons revealed that the hypothesis for same-sex best friend was supported for both the Between-Subjects Sample [$t(717) = 2.41, p < .05$] and the Within-Subjects Sample [$t(221) = 1.67, p < .05$].

E2. Intimacy

It was predicted that secure individuals would have higher ratings on Intimacy for their best friends compared to anxious-ambivalent and avoidant individuals.

The hypothesis for other-sex best friend was supported by the Between-Subjects Sample. Mean differences were as predicted and a planned comparison showed that secure participants rated their other-sex best friend higher on Intimacy than did anxious-ambivalent and avoidant participants [$t(717) = 2.09, p < .05$]. However, inspection of the means for the Within-Subjects Sample showed that they were not in the predicted direction. (See Table 7a)

The hypothesis for same-sex best friend was supported by the Between-Subjects Sample and marginally supported for Within-Subjects Sample. Mean differences were as predicted: secure participants rated their same-sex best friend higher on Intimacy than did anxious-ambivalent and avoidant participants. And planned comparisons yielded a significant effect for the Between-Subjects Sample [$t(717) = 2.04, p < .05$] and a marginally significant effect for the Within-Subjects Sample [$t(221) = 1.48, p < .10$].

E3. Global Satisfaction

It was predicted that secure and avoidant individuals would have higher ratings on Global Satisfaction for their best friends compared to anxious-ambivalent individuals.

Inspection of the means for other-sex best friend showed that they were not in the predicted direction in both the Between-Subjects Sample and the Within-Subjects Sample; therefore, the hypothesis was not supported. (See Table 7a)

The hypothesis for same-sex best friend was supported by the Between-Subjects Sample. Mean differences were as predicted: secure and avoidant participants rated their same-sex best friend higher on Global Satisfaction than did anxious-ambivalent

participants. A planned comparisons yielded a marginal effect for the Between-Subjects Sample [$t(717) = 1.41, p < .10$]. However, inspection of the means for the Within-Subjects Sample revealed that they were not in the predicted directions. (See Table 7b)

E4. Care

It was predicted that secure individuals would have higher ratings on Care for their best friends compared to anxious-ambivalent and avoidant individuals.

For both samples, means were as predicted for other-sex best friends: secure participants rated their other-sex best friend higher on Care than did anxious-ambivalent and avoidant participants. Moreover, planned comparisons indicated that the hypothesis was supported by the Between-Subjects Sample [$t(717) = 2.26, p < .05$] and marginally supported for the Within-Subjects Sample [$t(221) = 1.47, p < .10$].

For both samples, means were as predicted for same-sex best friends: secure participants rated their same-sex best friends higher on Care than did anxious-ambivalent and avoidant participants. And planned comparisons revealed that the hypothesis for same-sex best friend was supported for the Between-Subjects Sample [$t(717) = 3.69, p < .01$] and marginally supported for the Within-Subjects Sample [$t(221) = 1.35, p < .10$].

Extension Hypotheses: Summary

The overall result of the extension hypotheses is that they extend the previous findings of romantic relationships to other-sex and same-sex best friendships. Within the friendship domain, as in romantic relationships, individuals with certain attachment styles rated certain relationship characteristics higher than did those with other attachment styles. For the Between-Subjects Sample, secure individuals rated their other-sex best

friend higher on viability, intimacy, and care than did either avoidant and anxious-ambivalent individuals. Secure individuals rated their same-sex best friend higher on viability, intimacy, global satisfaction, and care than did either avoidant and anxious-ambivalent individuals. For the Within-Subjects Sample, secure individuals rated their other-sex best friend higher on viability and care compared to anxious-ambivalent and avoidant individuals. Secure individuals rated their same-sex best friend higher on viability, intimacy, and care compared to anxious-ambivalent and avoidant participants.

Table 7a

Mean ratings on relationship variables for Other-Sex Best Friend for each Attachment Style for the Between-Subjects Sample and the Within-Subjects Sample

Relationship Variables	Samples	Attachment Style		
		Avoidant	Anxious-Ambivalent	Secure
Viability	Between-SS	7.18	7.27	7.50
	Within-SS	7.32	7.31	7.48
Intimacy	Between-SS	6.56	6.97	7.08
	Within-SS	6.60	7.17	7.10
Global Satisfaction	Between-SS	6.71	7.11	7.33
	Within-SS	6.76	7.37	7.31
Care	Between-SS	6.81	7.11	7.29
	Within-SS	6.84	7.23	7.29

Note: Between-SS Sample (n = 735); Within-SS Sample (n = 227)

Table 7b

Mean ratings on relationship variables for Same-Sex Best Friend for each Attachment Style for the Between-Subjects Sample and the Within-Subjects Sample

Relationship Variables	Samples	Attachment Style		
		Avoidant	Anxious-Ambivalent	Secure
Viability	Between-SS	7.38	7.03	7.61
	Within-SS	7.34	7.35	7.62
Intimacy	Between-SS	7.20	6.99	7.48
	Within-SS	7.22	7.27	7.51
Global Satisfaction	Between-SS	7.38	7.10	7.61
	Within-SS	7.27	7.50	7.53
Care	Between-SS	7.24	6.66	7.60
	Within-SS	7.24	7.41	7.58

Note: Between-SS Sample (n = 735); Within-SS Sample (n = 227)

Differential Hypotheses: Effects of Sex and Attachment Style on Intimacy, Global Satisfaction, and Care ratings of Relationship Types.

Hypotheses D1-D9 were differential hypotheses. Differential hypotheses concerned attachment style differences in the ratings of certain relationship components between romantic partner and best friends. Only individuals who had both of the selected relationships were utilized in the analyses. So for example, only individuals who had both a romantic partner and an other-sex best friend were selected for analysis in the romantic partner versus other-sex best friend analyses; thus the number of individuals for each comparison varied depending on the relationships and the groups being compared. The Analysis Sample contained the most participants and thus was utilized for the Differential Hypotheses D1-D5.

Paired t-tests were conducted to test hypotheses D1-D5. Comparisons were made between romantic partner and other-sex best friend and romantic partner and same-sex best friend for Intimacy, Global Satisfaction, Care, Passion, and Conflict-Ambivalence ratings. Means, SDs, and Ns for these hypotheses can be found in Table 8.

D1. It was hypothesized that secure and avoidant males would have higher ratings for Intimacy for romantic partners than best friends.

The hypothesis for secure males' ratings on Intimacy was not confirmed for either comparison. Secure males did not rate their romantic partner significantly higher ($M=7.00$) than they rated their other-sex best friend ($M=6.93$) [$t(42) = 0.35, p=ns$]. Also, the mean difference for same-sex best friend and romantic partner was not as predicted. (See Table 8)

The hypothesis for avoidant males' ratings on Intimacy also was not confirmed for either comparison. Avoidant males did not rate their romantic partner significantly different ($M=6.30$) from their other-sex best friend ($M=5.87$) [$t(15) = 1.04, p=ns$]. Also the mean difference for same-sex best friend and romantic partner was not as predicted. (See Table 8)

D2. It was predicted that avoidant and anxious-ambivalent individuals would have higher ratings on Global Satisfaction for their best friends compared to their romantic partner.

The hypothesis for avoidant individuals on Global Satisfaction was not supported for either comparison. Contrary to prediction, avoidant participants rated their other-sex best friend ($M=6.68$) lower than their romantic partner ($M=6.82$). And their rating for their same-sex best friend on Global Satisfaction ($M=7.24$) was not significantly higher from that for their romantic partner ($M=7.21$) [$t(120) = -0.23, p=ns$].

The hypothesis for anxious-ambivalent participants' ratings on Global Satisfaction was not confirmed for either comparison. Although anxious-ambivalent participants rated their other-sex best friend ($M=7.37$) higher than their romantic partner ($M=7.08$), it was not significant. Moreover, their rating for their same-sex best friend ($M=7.36$) was also not significantly higher from that for their romantic partner ($M=7.10$) [$t(61) = 1.00, p=ns$].

D3. It was hypothesized that secure and anxious-ambivalent individuals would have higher ratings on Care for romantic partners compared to best friends.

This prediction for secure participants' ratings on Care was supported for both other-sex best friend and same-sex best friend. Secure participants rated their romantic partner significantly higher ($M=7.54$) compared to their other-sex best friend ($M=7.28$) [$t(151) = 2.39, p<.05$]. Their rating for their romantic partner on Care ($M=7.76$) was also significantly higher than for their same-sex best friend ($M=7.47$) [$t(367) = 4.17, p<.001$].

The hypothesis for anxious-ambivalent participants' ratings on Care was not confirmed for either comparison. Contrary to prediction, anxious-ambivalent participants rated their romantic partner ($M=7.19$) lower than their other-sex best friend ($M=7.28$) [$t(26) = .39, p=ns$]. Furthermore, their rating for their romantic partner ($M=7.32$) was not significantly higher compared to their same-sex best friend ($M=7.10$) [$t(61) = 1.18, p=ns$].

D4. It was predicted that across all three styles of attachment, individuals would have higher ratings on Passion for their romantic partners compared to their best friends.

This hypothesis was supported for both comparisons. Individuals rated their romantic partner ($M=7.28$) significantly higher on Passion compared to their other-sex best friend ($M=4.61$) [$t(239) = 20.31, p<.001$]. They also rated their romantic partner significantly higher on Passion ($M=7.52$) compared to their same-sex best friend ($M=4.34$) [$t(550) = 40.90, p<.001$].

D5. It was predicted that across the three attachment styles, individuals would have higher ratings on Conflict-Ambivalence for their romantic partners compared to their best friends.

This hypothesis was supported for both comparisons. Individuals rated their romantic partner ($M=2.97$) significantly higher on Conflict-Ambivalence compared to their other-sex best friend ($M=2.31$) [$t(239) = 5.71, p<.001$]. They also rated their romantic partner significantly higher on Conflict-Ambivalence ($M=2.84$) compared to their same-sex best friend ($M=2.04$) [$t(550) = 10.97, p<.001$].

The differential hypotheses D6-D9 were conducted via planned comparisons within the framework of the 2(Sex) X 3(Attachment Style) X 3(Relationship Type) design when analyzing the Between-Subjects Sample. For the Within-Subjects Sample, paired t-tests were conducted. Means, SDs, and Ns for these hypotheses can be found in Table 9.

D6. It was hypothesized that anxious-ambivalent individuals would have higher ratings on Viability for romantic partner and other-sex best friend compared to same-sex best friend.

This hypothesis was marginally supported for the Between-Subjects Sample. Anxious-ambivalent individuals rated their romantic partner ($M=7.36$) and their other-sex best friend ($M=7.28$) significantly higher on Viability than their same-sex best friend ($M=7.01$) [$t(717) = 1.36, p<.10$]. However, inspection of the means for the Within-Subjects Sample showed that they were not in the predicted directions. (See Table 9)

D7. It was hypothesized that avoidant individuals would have higher ratings on Viability for same-sex best friend, followed by other-sex best friend, and finally by romantic partner.

This hypothesis was partially supported for the Between-Subjects Sample.

Avoidant individuals rated their same-sex best friend ($M=7.33$) marginally higher than their other-sex best friend ($M=7.05$) on Viability [$t(717) = 1.38, p<.10$]. However, avoidant individuals did not rate their other-sex best friend ($M=7.05$) significantly higher than their romantic partner ($M=6.99$) [$t(717) = 0.32, p=ns$]. For the Within-Subjects Sample, the hypothesis was partially supported. Avoidant individuals did not differentiate between their same-sex best friend ($M=7.34$) and their other-sex best friend ($M=7.32$). However, they had higher ratings for other-sex best friend ($M=7.32$) than their romantic partner ($M=6.84$) [$t(55) = 2.73, p<.01$].

D8. It was hypothesized that secure and avoidant females would have higher ratings on Intimacy for same-sex best friend, then romantic partner, then other-sex best friend.

For secure females, this hypothesis was not supported in the Between-Subjects Sample. They did not rate their same-sex best friend ($M=7.62$) significantly higher on Intimacy compared to their romantic partner ($M=7.56$) [$t(717) = 0.29, p=ns$]. They also did not rate their romantic partner ($M=7.56$) significantly higher than their other-sex best friend ($M=7.19$) [$t(717) = 1.27, ns$]. In the Within-Subjects Sample, the hypothesis was partially supported. Secure females had higher ratings for their same-sex best friend ($M=7.73$) than their romantic partner ($M=7.16$) [$t(105) = 3.91, p<.001$]. However, inspections of the means for romantic partner and other-sex best friend showed that they were not in the predicted direction. (See Table 9)

For avoidant females, this hypothesis was partially supported in the Between-Subjects Sample. They did not rate their same-sex best friend ($M=7.30$) significantly higher on Intimacy compared to their romantic partner ($M=7.21$) [$t(717) = 0.39, p=ns$]. However, they did rate their romantic partner ($M=7.21$) marginally significantly higher than their other-sex best friend ($M=6.81$) [$t(717) = 1.60, p<.056$]. In the Within-Subjects Sample, the hypothesis was partially supported. Avoidant females had higher ratings for their same-sex best friend ($M=7.53$) than their romantic partner ($M=6.13$) [$t(40) = 5.51, p<.001$]. However, inspections of the means for romantic partner and other-sex best friend showed that they were not in the predicted direction. (See Table 9)

D9. It was hypothesized that anxious-ambivalent individuals would have higher ratings on Intimacy for romantic partner and other-sex best friend compared to same-sex best friend.

This hypothesis was not supported for the Between-Subjects Sample. Anxious-ambivalent individuals did not rate their romantic partner ($M=7.04$) and their other-sex best friend ($M=6.96$) significantly higher on Intimacy than their same-sex best friend ($M=6.90$) [$t(717) = 0.34, p=ns$]. The hypothesis was also not supported for the Within-Subjects Sample. Inspections of the means revealed that they were not in the predicted direction. (See Table 9)

Differential Hypotheses: Summary

The overall result for the differential hypotheses is that depending on the attachment style, ratings of relationship components among romantic partner and best friends tended to vary. About half of the hypotheses were not supported. Rather than

rate their romantic partner higher than their best friends on Intimacy, secure and avoidant males did not differentiate on these relationships. In fact, the means were in the opposite direction for same-sex best friend and romantic partner. Avoidant and anxious-ambivalent individuals did not differentiate between their ratings on Global Satisfaction for other-sex best friend, same-sex best friend, and romantic partner. Secure individuals did rate their romantic partner significantly higher on Care than their best friends. However, anxious-ambivalent individuals did not differentiate in their ratings for romantic partner, other-sex best friend, and same-sex best friend. Secure and avoidant males perceived intimacy to be as important for their best friends and their romantic partner. However, avoidant and anxious-ambivalent participants perceived Global Satisfaction to be as important for their best friends and their romantic partner. As predicted, all participants rated their romantic partner higher on both Passion and Conflict-Ambivalence compared to their best friends. All participants perceived Passion and Conflict-Ambivalence to be more characteristics of their romantic relationships compared to their friendships. In the BSS, anxious-ambivalent individuals had higher ratings for Viability for their romantic partner and other-sex best friend compared to their same-sex best friend. Avoidant individuals had higher ratings on Viability for their same-sex best friend compared to their other-sex best friend. They had similar ratings on Viability for their other-sex best friend and their romantic partner. In the WSS, avoidant individuals had similar ratings on Viability for their same-sex and other-sex best friend. Best friends' ratings were higher than ratings for romantic partner. In the BSS, secure females and anxious-ambivalent individuals also did not differentiate in their ratings for

their romantic partner, other-sex best friend, and same-sex best friend on Intimacy. Avoidant females had similar ratings for their same-sex best friend and their romantic partner on Intimacy. However, they had higher ratings for their romantic partner compared to their other-sex best friend on Intimacy. In the WSS, secure and avoidant females had higher ratings for their same-sex best friend compared to their romantic partner on Intimacy. These individuals did not differentiate in their ratings between their romantic partner and their other-sex best friend on Intimacy. Anxious-ambivalent individuals did not differentiate in their ratings for their romantic partner, other-sex best friend, and same-sex best friend on Intimacy.

Table 8
Means for Paired Sample T-Tests for the Analysis Sample

Group	Variable	RP vs. OSBF		RP vs. SSBF	
Intimacy					
(Secure Males)	M	7.00	6.93	7.01	7.09
	SD	1.26	1.22	1.35	1.37
	N	43		91	
(Avoidant Males)	M	6.30	5.87	6.30	6.51
	SD	1.35	1.35	1.26	1.25
	N	16		32	
Global Satisfaction					
(Avoidant Males)	M	6.82	6.68	7.21	7.24
	SD	1.51	1.65	1.45	1.40
	N	60		120	
(Anxious-Ambivalence Males)	M	7.08	7.37	7.10	7.36
	SD	1.58	1.22	1.67	1.21
	N	26		61	
Care					
(Secure)	M	7.54*	7.28	7.76**	7.47
	SD	1.28	1.12	1.23	1.06
	N	152		368	
(Anxious-Ambivalent)	M	7.19	7.28	7.32	7.10
	SD	1.27	1.06	1.21	1.29
	N	27		62	
Passion					
(All)	M	7.28**	4.61	7.52**	4.34
	SD	1.23	1.72	1.16	1.59
	N	240		55	
Conflict-Ambivalence					
(All)	M	2.97**	2.31	2.84**	2.04
	SD	1.55	1.20	1.59	1.07
	N	240		551	

RP = Romantic Partner; OSBF = Other-Sex Best Friend; SSBF = Same-Sex Best Friend.

** $p < .001$, * $p < .05$

Table 9
Means for Paired Sample T-Tests for the Within-Subjects Sample

Group	Variable	RP vs. OSBF	RP vs. SSBF	OSBF vs. SSBF	RP/OSBF vs. SSBF
Viability					
Anxious-Ambivalent					
	M				7.07 7.35
	SD				0.94 1.09
	N				26
Viability					
Avoidant					
	M	6.86	7.32*	7.32	7.34
	SD	1.11	1.06	1.06	1.14
	N	55		55	
Intimacy					
Secure Females					
	M	7.16	7.16	7.16	7.73**
	SD	1.33	1.15	1.33	0.92
	N	105		105	
Intimacy					
Avoidant Females					
	M	6.13	6.87	6.13	7.53**
	SD	1.46	1.31	1.46	1.07
	N	40		40	
Intimacy					
Anxious-Ambivalent					
	M				6.86 7.27
	SD				1.08 1.12
	N				26

RP = Romantic Partner; OSBF = Other-Sex Best Friend; SSBF = Same-Sex Best Friend;
 RP/OSBF = Romantic Partner/Other-Sex Best Friend.

**p<.001, *p<.01

Additional Hypotheses

The following section contains additional hypotheses. Hypotheses A1-A3 compared males' and females' ratings of their same-sex best friend on Intimacy, Global Satisfaction, and Care. Hypotheses A4-A5 examined the effects of attachment style on having a romantic partner and best friends. These analyses were conducted on the Analysis Sample. T-Tests were conducted on hypotheses A1-A3. Chi-squares were conducted on hypotheses A4-A5.

- A1.** It was hypothesized that across all attachment styles, women would have higher ratings on Intimacy for their same-sex best friend compared to men.

A t-test was conducted with Intimacy ratings of same-sex best friend as the dependent variable and sex as the independent variable. In support of this hypothesis, across all three attachment styles women had significantly higher ratings on Intimacy for their same-sex best friend ($M=7.56$) compared to men ($M=6.88$) [$t(736) = 7.38, p<.001$].

- A2.** It was hypothesized that overall, across the three attachment styles, women would have higher ratings on Global Satisfaction for their same-sex best friend compared to men.

A t-test was conducted with Global Satisfaction ratings on same-sex best friend as the dependent variable, and sex as the independent variable. In support of this hypothesis, across all three attachment styles women had significantly higher ratings on Global Satisfaction for their same-sex best friend ($M=7.57$) compared to men ($M=6.99$) [$t(736) = 5.98, p<.001$].

- A3.** It was hypothesized that overall, across the three attachment styles, women would have higher ratings on Care for their same-sex best friend compared to men.

A t-test was conducted with Care ratings on same-sex best friend as the dependent variable and sex as the independent variable. In support of this hypothesis, across all three attachment styles women had significantly higher ratings on Care for their same-sex best friend ($M=7.46$) compared to men ($M=7.16$) [$t(736) = 3.15, p<.005$].

- A4.** It was hypothesized that secure individuals would be more likely to have a romantic partner compared to anxious-ambivalent and avoidant individuals.

A chi-square was conducted with have a romantic partner (yes, no) as the dependent variable and attachment style (secure, anxious-ambivalent, avoidant) as the independent variable. In support of this hypothesis, secure individuals (Yes: 80%, No: 20%) were more likely to have a romantic partner than either anxious-ambivalent (Yes: 70%, No: 30%) and avoidant individuals (Yes: 67%, No: 33%) [$\chi^2(2, N = 796) = 15.33, p<.001$].

- A5.** It was hypothesized that secure individuals would be more likely to have a best friend (other-sex, same-sex) compared to both avoidant and anxious-ambivalent individuals.

A chi-square was conducted with have a best friend (yes, no) as the dependent variable and attachment style (secure, anxious-ambivalent, avoidant) as the independent variable. This hypothesis was not fully supported. Secure individuals (Yes: 84%, No:

16%) were more likely to have an other-sex best friend compared to either anxious-ambivalent (Yes: 76%, No: 24%) and avoidant individuals (Yes: 77%, No: 23%) [χ^2 (2, N = 796) = 5.84, $p < .055$]. However, secure individuals (Yes: 94%, No: 6%) were not more likely to have a same-sex best friend compared to both anxious-ambivalent (Yes: 97%, No: 3%) and avoidant individuals (Yes: 93%, No: 7%) [χ^2 (2, N = 796) = 1.48, $p = ns$].

Additional Hypotheses: Summary

Almost all of these hypotheses were supported. As predicted, women had higher ratings on Intimacy, Global Satisfaction, and Care for their same-sex best friend than did men. Secure participants were more likely to have a romantic partner and an other-sex best friend compared to anxious-ambivalent and avoidant participants. However, all attachment styles were found to be similar on their probability of having a same-sex best friend.

Overall Analyses

These analyses were conducted within the 2(Sex) X 3(Attachment Style) X 3(Relationship Type) framework. This 2 X 3 X 3 design was instrumental in answering an important question within the study of attachment style and relationship. This question was “were there differences between the romantic partner and the other-sex best friend and the same-sex best friend?” This design was utilized to extend the findings of previous research, to look at whether different relationship types affected ratings for

different relationship variables from the three attachment styles. Both the Between-Subjects Sample and the Within-Subjects Sample were employed for these analyses.

Because of the expansion of this design, no specific predictions were made. Instead, general predictions were made for sex and attachment style. It was predicted that females were expected to have higher ratings on these relationship variables compared to men. Secure individuals were expected to have higher ratings on these relationship variables compared to individuals in the two insecure groups.

A total of twelve 2 X 3 X 3 ANOVAs were conducted. Six were on the Between-Subjects Sample (BSS) and six were on the Within-Subjects Sample (WSS). Thus, two 2 X 3 X 3 ANOVAs were conducted on each relationship variable, one for each sample. Tukey-HSD post hoc tests were conducted on all significant attachment style and relationship type main effects for both the BSS and the WSS. Means for the 2 X 3 X 3 ANOVAs for the Between-Subjects Sample and the Within-Subjects Sample can be found in Tables 10 and 11 respectively. The 2 X 3 X 3 ANOVAs can be found in Table 12 for the Between-Subjects Sample and in Table 13 for the Within-Subjects Sample. Attachment style means and main effects for the Between-Subjects Sample and the Within-Subjects Sample can be found in Table 14. Relationship type means and main effects for the Between-Subjects Sample and the Within-Subjects Sample can be found in Table 15. Simple effects for sex by relationship type interactions for the Within-Subjects Sample can be found in Table 16. Simple effects for attachment style by relationship type interaction for the Between-Subjects Sample can be found in Table 17.

Viability

For Viability, the BSS showed only two significant main effects and no interactions. The WSS showed two main effects and one marginally significant interaction. There was a main effect for sex only for the BSS [$F(1,717) = 4.43, p < .05$]. Females had higher ratings on Viability than did males. There was a main effect for attachment style for both the BSS [$F(2,717) = 9.48, p < .001$] and the WSS [$F(2,221) = 3.93, p < .05$]. For attachment style, secure participants had a significantly higher rating on Viability compared to anxious-ambivalent and avoidant participants. There was a main effect for relationship type only for the WSS [$F(2,442) = 6.56, p < .005$]. For relationship type, participants had significantly higher ratings on Viability for their same-sex and other-sex best friend compared to their romantic partner. Ratings for the same-sex and other-sex best friend did not differ significantly from each other.

There was a marginally significant sex by relationship type interaction for the WSS [$F(2,442) = 2.96, p < .055$]. Simple effects tests conducted on the interaction showed that females had a significantly higher rating for same-sex best friend on Viability compared to their romantic partner. Ratings for other-sex best friend did not differ from the other two groups. Males rated their other-sex best friend significantly higher than their romantic partner. Ratings for the same-sex best friend did not differ from the other two groups.

Intimacy

For Intimacy, the BSS showed three significant main effects but no interactions. The WSS showed three main effects and one significant interaction. There was a main

effect for sex for both the BSS [$F(1,717) = 23.34, p < .001$] and the WSS [$F(1,221) = 8.81, p < .005$]. Females had higher ratings on Intimacy than did males. There was a main effect for attachment style for both the BSS [$F(2,717) = 10.58, p < .001$] and the WSS [$F(2,221) = 7.86, p < .005$]. For attachment style, secure participants had a significantly higher rating on Intimacy compared to anxious-ambivalent and avoidant participants for the BSS. Anxious-ambivalent participants had a significantly higher rating compared to avoidant participants. For the WSS, secure and anxious-ambivalent participants had significantly higher ratings compared to avoidant participants. Ratings for secure and anxious-ambivalent participants did not differ from each other. There was a main effect for relationship type for both the BSS [$F(2,717) = 3.42, p < .05$] and the WSS [$F(2,442) = 8.84, p < .001$]. For relationship type, for the BSS participants had significant higher ratings for their romantic partner and their same-sex best friend compared to their other-sex best friend. Ratings for their same-sex best friend and romantic partner did not differ significantly from each other. For the WSS, participants had a significantly higher rating for their same-sex best friend compared to both their other-sex best friend and their romantic partner. Ratings for their other-sex best friend were significantly higher compared to their romantic partner.

There was a sex by relationship type interaction for the WSS [$F(2,442) = 4.21, p < .05$]. Simple effects tests conducted on the interaction showed that females had significantly higher ratings for their same-sex best friend on Intimacy compared to both their other-sex best friend and romantic partner. Ratings for their other-sex best friend and their romantic partner did not differ significantly from each other. Males had a

significantly higher rating for their same-sex best friend compared to their other-sex best friend and their romantic partner. Ratings for their romantic partner and their other-sex best friend did not differ from each other. The difference between the three types are greater for females.

Global Satisfaction

For Global Satisfaction, the BSS showed three significant main effects but no interactions. The WSS showed two main effects and one significant interaction. There was a main effect for sex for both the BSS [$F(1,717) = 12.48, p < .001$] and the WSS [$F(1,221) = 4.83, p < .05$]. Females had higher ratings on Global Satisfaction than did males. There was a main effect for attachment style for both the BSS [$F(2,717) = 10.77, p < .001$] and the WSS [$F(2,221) = 4.28, p < .05$]. For attachment style, secure participants had a significantly higher rating on Global Satisfaction compared to both anxious-ambivalent and avoidant participants for the BSS. Anxious-ambivalent and avoidant participants did not differ from each other. In the WSS, secure and anxious-ambivalent participants had significant higher ratings on Global Satisfaction compared to avoidant participants. Secure and anxious-ambivalent participants did not differ from each other. There was a main effect for relationship type only for the BSS [$F(2,717) = 11.26, p < .001$]. For relationship type, participants had a significantly higher rating on Global Satisfaction for their romantic partner compared to both their same-sex and other-sex best friend. Ratings for their same-sex best friend were also significantly higher than their other-sex best friend.

There was a sex by relationship type interaction for the WSS [$F(2,442) = 3.35$, $p < .05$]. Simple effects tests conducted on the interaction showed females had significantly higher ratings for their same-sex best friend on Global Satisfaction compared to both their other-sex best friend and their romantic partner. Ratings for their other-sex best friend and their romantic partner did not differ significantly from each other. Males had significantly higher ratings for their romantic partner and their other-sex best friend compared to their same-sex best friend. Ratings for romantic partner and other-sex best friend did not differ significantly from each other.

Care

For Care, the BSS showed three significant main effects and a marginally significant interaction. The WSS showed only two main effects and no interactions. There was a main effect for sex only for the BSS [$F(1,717) = 12.55$, $p < .001$]. Females had higher ratings on Care than did males. There was a main effect for attachment style for both the BSS [$F(2,717) = 13.93$, $p < .001$] and the WSS [$F(2,221) = 3.39$, $p < .05$]. For attachment style, for the BSS secure participants had a significantly higher rating on Care compared to both anxious-ambivalent and avoidant participants. Anxious-ambivalent and avoidant participants did not differ significantly from each other. For the WSS, secure participants had a significantly higher rating on Care compared to avoidant participants. Anxious-ambivalent participants did not differ from the other two groups. There was a main effect for relationship type for both the BSS [$F(2,717) = 8.38$, $p < .001$] and the WSS [$F(2,221) = 2.87$, $p < .06$]. For relationship type, participants had a significantly higher rating on Care for their romantic partner compared to both their

same-sex and other-sex best friend in the BSS. Ratings for their same-sex best friend was also significantly higher than their other-sex best friend. In the WSS, participants had significantly higher ratings for their same-sex best friend compared to both their romantic partner and their other-sex best friend. Ratings for their romantic partner were also significantly higher compared to their other-sex best friend.

There was an attachment style by relationship type interaction for the BSS [$F(4,717) = 2.34, p < .055$]. Simple effects tests conducted on the interaction found that avoidant participants had significantly higher ratings on Care for their romantic partner compared to both their other-sex and same-sex best friend. They also rated their same-sex best friend significantly higher than their other-sex best friend. Anxious-ambivalent participants had significantly higher ratings on Care for their romantic partner compared to both their other-sex and same-sex best friend. They also rated their other-sex best friend significantly higher than their same-sex best friend. Secure participants had significantly higher ratings on Care for their romantic partner compared to both their other-sex and same-sex best friend. They also rated their same-sex best friend significantly higher than their other-sex best friend.

Passion

For Passion, the BSS showed three significant main effects but no interactions. The WSS showed three main effects and one interaction. There was a main effect for sex for both the BSS [$F(1,717) = 12.91, p < .001$] and the WSS [$F(1,221) = 3.94, p < .05$]. Females had higher ratings on Passion than did males. There was a main effect for attachment style for both the BSS [$F(2,717) = 10.34, p < .001$] and the WSS [$F(2,221) =$

7.91, $p < .001$]. For attachment style, anxious-ambivalent participants had a significantly higher rating on Passion compared to secure and avoidant participants. Secure participants had a significantly higher rating compared to avoidant participants. There was a main effect for relationship type for the BSS [$F(2,717) = 219.25$, $p < .001$] and the WSS [$F(2,221) = 192.63$, $p < .001$]. For relationship type, participants had a significantly higher rating on Passion for their romantic partner compared to both their same-sex and other-sex best friend. Ratings for the other-sex best friend were significantly higher compared to the same-sex best friend.

There was a sex by relationship type interaction for the WSS [$F(2,442) = 3.95$, $p < .05$]. Simple effects conducted on the interaction found that females had a significantly higher rating on Passion for their romantic partner compared to both their other-sex and same-sex best friend. Ratings for the same-sex and other-sex best friend were not significantly different from each other. Males had a significantly higher rating on Passion for their romantic partner compared to their other-sex best friend and their same-sex best friend. Ratings for the other-sex best friend were significantly higher compared to their same-sex best friend.

Conflict-Ambivalence

For Conflict-Ambivalence, both the BSS and the WSS showed two significant main effects and no interactions. There was a main effect for attachment style for the BSS [$F(2,717) = 5.27$, $p < .01$] and the WSS [$F(2,221) = 5.22$, $p < .01$]. For attachment style, for the BSS anxious-ambivalent participants had a significantly higher rating on Conflict-Ambivalence compared to avoidant and secure participants. Avoidant

participants also had a significantly higher rating compared to secure participants. For the WSS, anxious-ambivalent participants had a significantly higher rating on Conflict-Ambivalence compared to secure and avoidant participants. Secure and avoidant participants did not differ significantly from each other. There was a main effect for relationship type for the BSS [$F(2,717) = 14.42, p < .001$] and the WSS [$F(2,221) = 23.31, p < .001$]. For relationship type, participants had significantly higher ratings for their romantic partner compared to both their same-sex best friend and their other-sex best friend. Ratings for the other-sex best friend were also significantly higher compared to the same-sex best friend.

Overall Analyses: Summary

Overall, the results revealed many interesting findings. There were many variables examined here within this 2(Sex) X 3(Attachment Style) X 3(Relationship Type) framework that have not been examined in previous research. For the six relationship variables (i.e., viability, intimacy, global satisfaction, care, passion, and conflict-ambivalence), there were main effects for sex, attachment style, and relationship type for both samples. There were also significant interactions.

For the BSS, there were five main effects for sex. Conflict-ambivalence was the only variable that did not show sex differences. All main effects were significant for attachment style. There were five main effects for relationship type. Viability was the only variable that did not have relationship type differences. Overall, this set of analyses showed only one marginally significant interaction; for attachment style by relationship type on Care.

For the WSS, there were three main effects for sex. These variables were intimacy, global satisfaction, and passion. All main effects were significant for attachment style. There were five main effects for relationship type. Global satisfaction was the only variable that did not show relationship type differences. Overall, this set of analyses showed four significant interactions; all of sex by relationship type. These interactions were on Viability, Intimacy, Global Satisfaction, and Passion.

For these analyses, two samples were employed, the BSS and the WSS. The WSS has more power and is more sensitive to treatment/nonsubject effects compared to the BSS. Individuals within each sample were different in that for the WSS, individuals had to have all three types of relationships. These individuals have more intimate relationships compared to those in the BSS. For the BSS, individuals could have one, two, or three types of relationships but were only selected for one type of relationship for analyses. There were benefits to conducting parallel analyses for these two samples. Findings could be considered as more robust and consistent across different types of designs.

In summary, both samples yielded similar results for main effects. They revealed exactly the same main effects results for attachment style. Secure individuals had the highest ratings for most of the positive relationship variables compared to anxious-ambivalent and avoidant individuals. Effects for attachment style were similar to previous research findings (e.g., Collins & Read, 1990; Hazan & Shaver, 1987). These analyses revealed a recurring pattern for attachment style as predicted in earlier hypotheses (i.e., planned comparisons) in that secure individuals received higher ratings

for positive relationship variables compared to their insecure counterparts. For Passion and Conflict-Ambivalence, anxious-ambivalent had the highest ratings which is similar to Kirkpatrick and Davis (1994).

These analyses also revealed a recurring pattern of sex differences. There was an overall sex effect in that across all three attachment styles women tended to have higher ratings for these relationship characteristics compared to men. There were no sex differences for Conflict-Ambivalence. The two samples shared three similar main effects findings for sex. Effects for sex were also similar to previous research findings. Davis, Todd, and Denny (1987) found sex differences for Intimacy and Care/Support where females had higher ratings on these variables compared to males.

These analyses also revealed a recurring pattern for main effects on relationship type differences for the two samples. For the BSS, romantic partner had significantly higher ratings for Global Satisfaction, Care, Passion, and Conflict-Ambivalence compared to same-sex best friend and other-sex best friend. Romantic partner and same-sex best friend had significantly higher ratings for Intimacy compared to other-sex best friend. For the WSS, same-sex best friend had significantly higher ratings for intimacy and care compared to romantic partner and other-sex best friend. Same-sex best friend and other-sex best friend had significantly higher ratings on Viability compared to romantic partner. For both samples, on Passion and Conflict-Ambivalence, romantic partner had significantly higher ratings compared to other-sex and same-sex best friend. Other-sex best friend also had significantly higher ratings on these variables compared to same-sex best friend.

Because the WSS was more powerful and sensitive to treatment effects, it revealed four significant interactions compared to one marginally significant interaction for the BSS. The four WSS interactions concerned Sex by Relationship Type. Attachment style was not an issue. Therefore, any which way you examine it, these analyses show that attachment style and relationship type patterns are robust.

Overall, the findings here are important in that attachment style does make a difference. The difference is apparent in all three types of relationships examined here. This generalizability of attachment style should shed new light on this area of research as well as support the theory of attachment in that attachment styles are consistent across relationships. I have replicated previous research on attachment style and relationship variables for romantic partner as well as showing that these patterns are also true for other close relationships.

Table 10**Means for the 2 X 3 X 3 ANOVAs for the Between-Subjects Sample**

	Relationship Variables					
	Viability	Intimacy	Global Satisfaction	Care	Passion	Conflict-Ambivalence
	M	M	M	M	M	M
Sex						
Females	7.50	7.33	7.63	7.53	5.78	2.31
Males	7.23	6.77	7.14	7.11	5.16	2.50
Attachment Style						
Avoidant	7.20	6.90	7.19	7.14	5.32	2.52
Anxious-Ambivalence	7.21	7.03	7.26	7.08	6.06	2.69
Secure	7.58	7.34	7.69	7.61	5.65	2.22
Relationship Type						
Romantic Partner	7.43	7.28	7.88	7.73	7.72	2.74
Other-Sex Best Friend	7.38	6.92	7.13	7.13	4.70	2.29
Same-Sex Best Friend	7.47	7.34	7.48	7.39	4.42	2.06

Note: n = 735

Table 11**Means for the 2 X 3 X 3 ANOVAs for the Within-Subjects Sample**

	Relationship Variables					
	Viability	Intimacy	Global Satisfaction	Care	Passion	Conflict-Ambivalence
	M	M	M	M	M	M
Sex						
Females	7.40	7.21	7.45	7.41	5.54	2.33
Males	7.22	6.75	7.00	7.15	5.12	2.55
Attachment Style						
Avoidant	7.17	6.67	6.95	7.03	5.04	2.47
Anxious-Ambivalence	7.16	7.00	7.30	7.26	5.96	2.90
Secure	7.45	7.24	7.46	7.46	5.47	2.28
Relationship Type						
Romantic Partner	7.11	6.82	7.31	7.35	7.27	2.98
Other-Sex Best Friend	7.42	6.99	7.18	7.17	4.62	2.23
Same-Sex Best Friend	7.52	7.41	7.46	7.48	4.37	1.98

Note: df = 227

Table 12

2 (Sex) X 3 (Attachment Style) X 3 (Relationship Type) ANOVA on: Viability, Intimacy, Global Satisfaction, Care, Passion, and Conflict-Ambivalence for the Between-Subjects Sample

Source	Dependent Variables	F	df	p<
Viability				
Sex		4.43	1	.05
Attachment Style		9.48	2	.001
Relationship Type		0.04	2	ns
Sex X Attachment Style		0.87	2	ns
Sex X Relationship Type		0.04	2	ns
Attachment Style X Relationship Type		1.28	4	ns
Sex X Attachment Style X Relationship Type		0.43	4	ns
Intimacy				
Sex		23.34	1	.001
Attachment Style		10.58	2	.001
Relationship Type		3.42	2	.05
Sex X Attachment Style		1.25	2	ns
Sex X Relationship Type		0.01	2	ns
Attachment Style X Relationship Type		1.08	4	ns
Sex X Attachment Style X Relationship Type		0.47	4	ns
Global Satisfaction				
Sex		12.48	1	.001
Attachment Style		10.77	2	.001
Relationship Type		11.26	2	.001
Sex X Attachment Style		0.49	2	ns
Sex X Relationship Type		0.00	2	ns
Attachment Style X Relationship Type		1.89	4	ns
Sex X Attachment Style X Relationship Type		1.12	4	ns

Note: df = 717

Table 12 (cont'd).

2 (Sex) X 3 (Attachment Style) X 3 (Relationship Type) ANOVA on: Viability, Intimacy, Global Satisfaction, Care, Passion, and Conflict-Ambivalence for the Between-Subjects Sample

Source	Dependent Variables	F	df	p<
Care				
Sex		12.55	1	.001
Attachment Style		13.93	2	.001
Relationship Type		8.38	2	.001
Sex X Attachment Style		0.25	2	ns
Sex X Relationship Type		0.07	2	ns
Attachment Style X Relationship Type		2.34	4	.055
Sex X Attachment Style X Relationship Type		0.89	4	ns
Passion				
Sex		12.91	1	.001
Attachment Style		10.34	2	.001
Relationship Type		219.25	2	.001
Sex X Attachment Style		1.43	2	ns
Sex X Relationship Type		1.65	2	ns
Attachment Style X Relationship Type		1.36	4	ns
Sex X Attachment Style X Relationship Type		1.03	4	ns
Conflict-Ambivalence				
Sex		1.09	1	ns
Attachment Style		5.27	2	.01
Relationship Type		14.42	2	.001
Sex X Attachment Style		0.09	2	ns
Sex X Relationship Type		0.18	2	ns
Attachment Style X Relationship Type		1.53	4	ns
Sex X Attachment Style X Relationship Type		0.68	4	ns

Note: df = 717

Table 13

2 (Sex) X 3 (Attachment Style) X 3 (Relationship Type) ANOVA with Repeated Measures on: Viability, Intimacy, Global Satisfaction, Care, Passion, and Conflict-Ambivalence for the Within-Subjects Sample

Source	Dependent Variables	F	df	p<
Viability				
Between-Subjects Effects				
Sex		0.84	1	ns
Attachment Style		3.93	2	.05
Sex X Attachment Style		1.41	2	ns
Within-Subjects Effects				
Relationship Type		6.56	2	.005
Sex X Relationship Type		2.96	2	.055
Attachment Style X Relationship Type		0.26	4	ns
Sex X Attachment Style X Relationship Type		1.08	4	ns
Intimacy				
Between-Subjects Effects				
Sex		8.81	1	.005
Attachment Style		7.86	2	.005
Sex X Attachment Style		0.28	2	ns
Within-Subjects Effects				
Relationship Type		8.84	2	.001
Sex X Relationship Type		4.21	2	.05
Attachment Style X Relationship Type		1.69	4	ns
Sex X Attachment Style X Relationship Type		1.50	4	ns
Global Satisfaction				
Between-Subjects Effects				
Sex		4.83	1	.05
Attachment Style		4.28	2	.05
Sex X Attachment Style		0.27	2	ns
Within-Subjects Effects				
Relationship Type		1.22	2	ns
Sex X Relationship Type		3.35	2	.05
Attachment Style X Relationship Type		1.59	4	ns
Sex X Attachment Style X Relationship Type		0.99	4	ns

Note: Between-Subjects Effects (df = 221), Within-Subjects Effects (df = 442)

Table 13 (cont'd).

2 (Sex) X 3 (Attachment Style) X 3 (Relationship Type) ANOVA with Repeated Measures on: Viability, Intimacy, Global Satisfaction, Care, Passion, and Conflict-Ambivalence for the Within-Subjects Sample

Source	Dependent Variables	F	df	p<
Care				
Between-Subjects Effects				
Sex		0.64	1	ns
Attachment Style		3.39	2	.05
Sex X Attachment Style		1.12	2	ns
Within-Subjects Effects				
Relationship Type		2.87	2	.06
Sex X Relationship Type		0.15	2	ns
Attachment Style X Relationship Type		0.61	4	ns
Sex X Attachment Style X Relationship Type		2.15	4	ns
Passion				
Between-Subjects Effects				
Sex		3.94	1	.05
Attachment Style		7.91	2	.001
Sex X Attachment Style		0.51	2	ns
Within-Subjects Effects				
Relationship Type		192.63	2	.001
Sex X Relationship Type		3.95	2	.05
Attachment Style X Relationship Type		0.63	4	ns
Sex X Attachment Style X Relationship Type		2.05	4	ns
Conflict-Ambivalence				
Between-Subjects Effects				
Sex		1.76	1	ns
Attachment Style		5.22	2	.01
Sex X Attachment Style		0.09	2	ns
Within-Subjects Effects				
Relationship Type		23.31	2	.001
Sex X Relationship Type		1.14	2	ns
Attachment Style X Relationship Type		0.21	4	ns
Sex X Attachment Style X Relationship Type		1.56	4	ns

Note: Between-Subjects Effects (df = 221), Within-Subjects Effects (df = 442)

Table 14**Attachment Style Means and Main Effects for the Between-Subjects and the Within-Subjects Samples**

		Attachment Style				
		Avoidant	Anxious-Ambivalence	Secure		
Variables	Samples	M	M	M	F	(df)
Viability	Between-SS	7.20 ^a	7.21 ^a	7.58 ^b	9.48	(2,717)
	Within-SS	7.17 ^a	7.16 ^a	7.45 ^b	3.93	(2,221)
Intimacy	Between-SS	6.90 ^a	7.03 ^b	7.34 ^c	10.58	(2,717)
	Within-SS	6.67 ^a	7.00 ^b	7.24 ^b	7.86	(2,221)
Global Satisfaction	Between-SS	7.19 ^a	7.26 ^a	7.69 ^b	10.77	(2,717)
	Within-SS	6.95 ^a	7.30 ^b	7.46 ^b	4.28	(2,221)
Care	Between-SS	7.14 ^a	7.08 ^a	7.61 ^b	13.93	(2,717)
	Within-SS	7.03 ^a	7.26 ^{ab}	7.46 ^b	3.39	(2,221)
Passion	Between-SS	5.32 ^a	6.06 ^c	5.65 ^b	10.34	(2,717)
	Within-SS	5.04 ^a	5.96 ^c	5.47 ^b	7.91	(2,221)
Conflict-Ambivalence	Between-SS	2.52 ^b	2.69 ^c	2.22 ^a	5.27	(2,717)
	Within-SS	2.47 ^a	2.90 ^b	2.28 ^a	5.22	(2,221)

Note: All values identified with different superscripts are significantly different from each other at the $p < .05$ level.

Table 15**Relationship Type Means and Main Effects for the Between-Subjects and the Within-Subjects Samples**

Variables	Samples	Relationship Type			E	(df)
		Romantic Partner	Other-Sex Best Friend	Same-Sex Best Friend		
		<u>M</u>	<u>M</u>	<u>M</u>		
Viability	Between-SS	7.43	7.38	7.47	0.04	(2,717)
	Within-SS	7.11 ^b	7.42 ^a	7.52 ^a	6.56	(2,442)
Intimacy	Between-SS	7.28 ^a	6.92 ^b	7.34 ^a	3.42	(2,717)
	Within-SS	6.82 ^c	6.99 ^b	7.41 ^a	8.84	(2,442)
Global Satisfaction	Between-SS	7.88 ^a	7.13 ^c	7.48 ^b	11.26	(2,717)
	Within-SS	7.31	7.18	7.46	1.22	(2,442)
Care	Between-SS	7.73 ^a	7.13 ^c	7.39 ^b	8.38	(2,717)
	Within-SS	7.35 ^b	7.17 ^c	7.48 ^a	2.87	(2,442)
Passion	Between-SS	7.72 ^a	4.70 ^b	4.42 ^c	219.25	(2,717)
	Within-SS	7.27 ^a	4.62 ^b	4.37 ^c	192.63	(2,442)
Conflict-Ambivalence	Between-SS	2.74 ^a	2.29 ^b	2.06 ^c	14.42	(2,717)
	Within-SS	2.98 ^a	2.23 ^b	1.98 ^c	23.31	(2,442)

Note: All values identified with different superscripts are significantly different from each other at the $p < .05$ level.

Table 16**Simple effects for Sex By Relationship Type Interactions for the Within-Subjects Sample**

		Relationship Type				
		Romantic Partner	Other-Sex Best Friend	Same-Sex Best Friend		
Variables	Sex	<u>M</u>	<u>M</u>	<u>M</u>	F	(df)
Viability						
	Females	7.10 ^b	7.45 ^{ab}	7.66 ^a	19.52	(2,320)
	Males	7.13	7.35	7.18	0.90	(2,130)
Intimacy						
	Females	6.86 ^b	7.10 ^b	7.66 ^a	26.69	(2,320)
	Males	6.73	6.72	6.80	0.11	(2,130)
Global Satisfaction						
	Females	7.40 ^b	7.24 ^b	7.70 ^a	8.34	(2,320)
	Males	7.09	7.04	6.88	0.63	(2,130)
Passion						
	Females	7.33 ^a	4.69 ^b	4.61 ^b	236.81	(2,320)
	Males	7.13 ^a	4.46 ^b	3.77 ^c	111.48	(2,130)

Note: All values, in the same rows, identified with different superscripts are significantly different from each other at the $p < .05$ level.

Table 17

Simple effects for Attachment Style By Relationship Type Interaction for the Between-Subjects Sample

Variable	Relationship Type			F	(df)
	Romantic Partner	Other-Sex Best Friend	Same-Sex Best Friend		
	M	M	M		
Attachment Style					
Care					
Avoidant	7.38 ^a	6.81 ^b	7.23 ^{ab}	3.64	(2,201)
Anxious-Ambivalent	7.48 ^a	7.11 ^{ab}	6.66 ^b	3.20	(2,87)
Secure	7.94 ^a	7.29 ^c	7.60 ^b	14.66	(2,438)

Note: All values, in the same rows, identified with different superscripts are significantly different from each other at the $p < .05$ level.

Supplemental Analyses

Supplemental analyses were performed on the Analysis Sample for questions pertaining to relationships that were on the *Demographic and Social History Questionnaire*. This questionnaire can be found in Appendix B-2. Responses were analyzed in the framework of a 2(Sex) X 3(Attachment Style) ANOVA. The questions pertained to all three relationship types (i.e., romantic partner, other-sex best friend, same-sex best friend). Questions examined duration of relationships (Length of Time), closeness (Closeness), expectation of still being with this person in the future (Expectation of Future Togetherness), and number of previous relationship of this types (Past Numbers).

For Length of Time with romantic partner, there were two main effects but no interaction. There was an effect for sex [$F(1,628) = 4.00, p < .05$]. Females had higher ratings for Length of Time than did males. There was an effect for attachment style [$F(2,628) = 3.54, p < .05$]. Secure individuals had higher ratings for Length of Time than did avoidant or anxious-ambivalent individuals. For other-sex best friend, there was a marginally significant main effect for attachment style [$F(2,641) = 2.41, p < .09$] but no interaction. Secure individuals tended to have higher ratings for Length of Time than did avoidant individuals. For same-sex best friend, there was a main effect for attachment style [$F(2,746) = 3.02, p < .05$] but no interaction. Secure individuals had higher ratings for Length of Time than did avoidant individuals. These means can be found in Table 18.

For Closeness with romantic partner, there was a main effect for attachment style [$F(2,624) = 5.39, p < .01$] but no interaction. Secure individuals had higher ratings on

Closeness than did avoidant individuals. For other-sex best friend, there were two main effects but no interaction. There was an effect for sex [$F(1,651) = 8.02, p < .01$]. Females had higher ratings on Closeness than did males. There was an effect for attachment style [$F(2,651) = 8.35, p < .001$]. Secure and anxious-ambivalent individuals had higher ratings on Closeness than did avoidant individuals. For same-sex best friend, there were two main effects and one interaction. There was an effect for sex [$F(1,754) = 22.81, p < .001$]. Females had higher ratings on Closeness than did males. There was an effect for attachment style [$F(2,754) = 5.46, p < .01$]. Secure and anxious-ambivalent individuals had higher ratings on Closeness than did avoidant individuals. There was also an interaction for sex by attachment style [$F(2,754) = 3.38, p < .05$]. With each attachment style, males had lower ratings than did females. These sex differences were significant for secure and avoidant groups but not for the anxious-ambivalent group. These means can be found in Table 19.

For Expectations of Future Togetherness with romantic partner, there was a main effect and a marginally significant interaction. There was an effect for attachment style [$F(2,514) = 4.43, p < .05$]. Secure individuals had higher ratings on Expectations of Future Togetherness than did avoidant individuals. There was also a marginally significant interaction for sex by attachment style [$F(2,514) = 2.80, p < .07$]. Secure females had significantly higher ratings compared to anxious-ambivalent males and avoidant females. For other-sex best friend, there were two main effects but no interaction. There was an effect for sex [$F(1,611) = 4.58, p < .05$]. Females had higher ratings on Expectations of Future Togetherness than did males. There was an effect for attachment style [$F(2,611) =$

5.31, $p < .005$]. Secure individuals had higher ratings on Expectations of Future Togetherness than did avoidant individuals. For same-sex best friend, there were no main effects or interaction for Expectations of Future Togetherness. These means can be found in Table 20.

For Past Numbers of romantic partner, there was a marginally significant main effect for sex [$F(2,715) = 3.36, p < .07$] but no interaction. Males had a higher number of past romantic partners than did females. For Past Numbers of other-sex best friend and same-sex best friend, there were no main effects or interactions. These means can be found in Table 21.

Table 18

Mean ratings on Length of Time with Romantic Partner, Other-Sex Best Friend, and Same-Sex Best Friend by Attachment Style and Sex

Variable	Relationship Type		
	Romantic Partner	Other-Sex Best Friend	Same-Sex Best Friend
Length of Time			
Secure			
Females	3.28	4.01	4.60
Males	2.89	4.06	4.64
Anxious-Ambivalent			
Females	2.93	3.84	4.54
Males	2.27	4.04	4.56
Avoidant			
Females	2.80	3.77	4.36
Males	2.89	3.72	4.45

Note: A rating of: 1 = 1-3 months; 2 = 4-6 months; 3 = 7-11 months; 4 = 1-2 years; 5 = 3+ years.

Table 19

Mean ratings on Closeness with Romantic Partner, Other-Sex Best Friend, and Same-Sex Best Friend by Attachment Style and Sex

Variable	Relationship Type		
	Romantic Partner	Other-Sex Best Friend	Same-Sex Best Friend
Closeness			
Secure			
Females	7.71	7.46	7.89
Males	7.38	7.21	7.33
Anxious-Ambivalent			
Females	7.52	7.80	7.80
Males	6.84	7.20	7.48
Avoidant			
Females	6.69	7.02	7.76
Males	7.03	6.28	6.53

Note: Ratings can range from 1 = Not at all to 9 = Extremely.

Table 20

Mean ratings on Expectation of Future Togetherness with Romantic Partner, Other-Sex Best Friend, and Same-Sex Best Friend by Attachment Style and Sex

Variable	Relationship Type		
	Romantic Partner	Other-Sex Best Friend	Same-Sex Best Friend
Expectation of Future Togetherness			
Secure			
Females	2.88	3.28	3.52
Males	2.79	3.21	3.42
Anxious-Ambivalent			
Females	2.69	3.39	3.54
Males	1.75	2.78	3.07
Avoidant			
Females	2.36	2.90	3.39
Males	2.66	2.70	3.44

Note: A rating of: 1 = 1-2 years; 2 = 3-4 years; 3 = 5-6 years; 4 = 7+ years.

Table 21

Mean ratings on Past Numbers of Romantic Partner, Other-Sex Best Friend, and Same-Sex Best Friend by Attachment Style and Sex

Variable	Relationship Type		
	Romantic Partner	Other-Sex Best Friend	Same-Sex Best Friend
Past Numbers			
Secure			
Females	3.55	2.71	3.78
Males	3.81	3.27	3.86
Anxious-Ambivalent			
Females	3.75	2.68	4.35
Males	4.58	3.16	3.94
Avoidant			
Females	3.77	3.10	3.87
Males	3.96	2.95	3.96

Note: Ratings can range from 1 to 9 persons.

CHAPTER IV

DISCUSSION

The goal of the present study was to further understand the relationship between attachment style and close interpersonal relationships. Specifically examined was how individuals within each attachment style perceive different relationship components among different types of interpersonal relationships, such as romantic relationships and best friendships. The three attachment styles were *secure*, *anxious-ambivalent*, and *avoidant* and the three relationship types were *romantic relationship*, *other-sex best friend*, and *same-sex best friend*.

Most researchers in this area have looked at attachment style and romantic relationships. In the present study, I examined attachment style and three types of close relationships (i.e., romantic relationship, best friendships of the other-sex and same-sex). This study, then, embeds adult attachment research into a broader interpersonal relationship matrix by expanding the generalizability of attachment style to different types of relationships. Thus, I have not only replicated findings for romantic partner (e.g., Collins & Read, 1990; Feeney & Noller, 1990; Hazan & Shaver, 1987; Kirkpatrick & Davis, 1994; Simpson, 1990) but have found that this pattern, between attachment style and romantic relationships is also true for other types of relationships (i.e., other-sex best friend, same-sex

best friend). Researchers such as Bartholomew and Horowitz (1991) have suggested that mental models are constant across close relationships. My findings indicate that mental models are constant across romantic partner, other-sex best friend, and same-sex best friend.

Two different designs were examined (i.e., between-subjects, within-subjects) and regardless of the design type, the results were similar for the same attachment style. Over all relationship types, secure individuals had higher ratings for Viability, Intimacy, Global Satisfaction, and Care compared to either anxious-ambivalent or avoidant individuals. Anxious-ambivalent individuals had higher ratings for Passion and Conflict-Ambivalence compared to secure individuals.

For the relationship variables of Viability and Intimacy all styles had higher ratings for their same-sex best friend compared to their romantic partner. For variables more related to romantic relationships such as Passion and Conflict-Ambivalence, or associated with romantic relationships from previous research (e.g., Kirkpatrick & Davis, 1994) such as Global Satisfaction and Care, individuals in all three attachment styles had higher ratings for their romantic partner compared to either their other-sex best friend or their same-sex best friend.

Replication

The main purpose of these hypotheses was to replicate previous findings (e.g., Kirkpatrick & Davis, 1994; Levy & Davis, 1988) on attachment style and romantic partners. For most of the relationship components examined in this study--Viability, Intimacy, Global Satisfaction, and Care--secure individuals were predicted, and found, to have higher ratings for their romantic partner compared to both anxious-ambivalent and

avoidant individuals. Those hypotheses that were not supported included the following. For the Care dimension, attachment style and sex were predicted to interact but did not. Based on research by Kirkpatrick and Davis (1994), it was predicted that secure and anxious-ambivalent males would have higher ratings on Care for their romantic partner compared to avoidant men. It was also predicted, based on Kirkpatrick and Davis (1994), that secure and avoidant women would have higher ratings on Care for their romantic partner compared to anxious-ambivalent women. Neither Care hypothesis was supported. It was found that secure males had significantly higher ratings than either anxious-ambivalent and avoidant males. Secure females had the highest ratings followed by anxious-ambivalent females, then by avoidant females. Overall, secure males and females had higher ratings on Care than anxious-ambivalent and avoidant individuals.

Two other relationship components were examined. For Passion, anxious-ambivalent individuals were predicted, and found, to have higher ratings compared to both secure and avoidant individuals. This finding supports those of Kirkpatrick and Davis (1994), who found anxious-ambivalent individuals to have the highest ratings on passion compared to secure and avoidant individuals. The desire and obsession that anxious-ambivalent individuals have about their romantic partner may bring about the high level of intensity and passion within their relationships. For Conflict-Ambivalence, avoidant individuals were predicted to have higher ratings compared to both secure and anxious-ambivalent individuals; however, this hypothesis was not supported. Instead, anxious-ambivalent individuals had higher ratings compared to secure individuals. The reason for these findings may be that anxious-ambivalent individuals, because of their perceptions of

others and relationships as being inconsistent and unreliable, could become very intense in their relationships. This intensity could cause the level of both passion and conflict-ambivalence to be very high. The anxious-ambivalent people's perceptions that others and relationships have a limited positive time frame may cause them to try to get as much out of their partner as possible. Draining positive affects from their partner in a short span of time would lead the relationship to enter the conflict state sooner than typical. Because of their perceptions of others and relationships, such people experience more highs and lows in a shorter span of time than secure and avoidant individuals. However, because they expect this to happen, they keep perpetuating this relationship style since it is what they know and expect from others and relationships. As such, there could be a self-fulfilling prophecy operating for anxious-ambivalent individuals in relationships with others.

Brief profiles of individuals within each attachment style are discussed next. Secure individuals are discussed first, followed by anxious-ambivalent individuals, then by avoidant individuals. Findings from the present study are discussed with regard to both how they either support or do not support previous research findings and how they extend previous research findings.

Previous research has shown that secure people were more positive in their perceptions of relationships, had more trust, had a more positive attitude, were more satisfied with their relationships, had more positive experiences, had more positive emotions with relationships, emphasized more openness, understanding and caring compared to their insecure counterparts (e.g., Hazan & Shaver, 1987; Mikulincer & Nachshon, 1991; Simpson, 1990). The present results also show that secure individuals had

these positive perceptions for their romantic partner, thus replicating previous research. In addition, responses to relationship questions revealed that secure individuals were more likely to have a romantic partner compared to anxious-ambivalent and avoidant individuals. Secure individuals were also more likely to have been involved with their partner for a longer span of time, were closer to this person, and expected to have this person as a romantic partner for a longer time period in the future. Secure individuals were more likely to have a romantic partner who was also their best friend compared to anxious-ambivalent and avoidant individuals. This result supports the idea that secure individuals have a more positive perception of relationships and thus should be more likely to nominate their romantic partner as also being their best friend. There was a higher percentage of secure individuals in all three types of relationships. These findings are consistent with those of previous research (e.g., Feeney & Noller, 1990; Hazan & Shaver, 1987) about secure individuals and their romantic relationships.

Previous research findings showed that anxious-ambivalent people had higher ratings for their romantic partner on Passion and Conflict-Ambivalence compared to secure individuals (Kirkpatrick & Davis, 1994). Anxious-ambivalent people tend to be more extreme in their relationship emotions; their love relationships have been characterized by obsession, idealization of partner, desire for reciprocation and union, extreme sexual attraction and jealousy, and fear of being abandoned (e.g., Feeney & Noller, 1990; Hazan & Shaver, 1987). The obsession and idealization of the partner could create a high level of passion and conflict, which are intense emotions. In the present study, it was found that

anxious-ambivalent individuals had higher ratings for passion and conflict-ambivalence compared to secure and avoidant individuals, which replicates previous findings.

A related explanation for the findings could be that passion is desired by these anxious-ambivalent individuals and thus the need to maintain passion, which because of its intensity can only last for a short span of time, would require renewing the source of it. Renewing the source would require replacing one partner with another in a relatively short span of time. The high level of conflict-ambivalence would also support this suggested need to replace the romantic partner after a short span of time.

Also, previous research (Brennan & Shaver, 1990; Hazan & Shaver, 1987) has found a higher rate of relationship dissolution for anxious-ambivalent individuals. It was found in the present study that anxious-ambivalent individuals had their romantic partner for a shorter span of time, had not expected to have this person as their romantic partner for a long span of time, and had had the highest number of previous romantic partners.

Previous findings showed that avoidant individuals tend to have low levels of trust, satisfaction, and intimacy in their relationships (e.g., Feeney & Noller, 1990; Levy & Davis, 1988). Avoidant individuals' love relationships have been characterized by fear of intimacy and a low level of satisfaction (e.g., Hazan & Shaver, 1987). These people have been found to prefer to maintain distance in their relationships (e.g., Feeney & Noller, 1990; Simpson, 1990), to be self-reliant, and perceive their significant other as being unreliable and overly eager to commit to relationships (e.g., Feeney & Noller, 1990). These findings were replicated in the present research. Avoidant individuals were found to have lower ratings on Viability, Intimacy, Global Satisfaction, and Care for their romantic partner, compared

to secure individuals. They had lower ratings on passion compared to both secure and anxious-ambivalent individuals. However, they had higher ratings for conflict-ambivalence compared to secure individuals. These results support the idea that avoidant individuals are not as relationship-oriented as those with one of the other two attachment styles. Responses to relationship questions also revealed that avoidant participants were lower in their closeness ratings for their romantic partner. This result supports research findings that avoidant individuals have a desire for maintaining distance in their relationships by not getting too close and committed to anyone.

This replication section was important in supporting previous findings on attachment style and romantic relationships. The expected differences among the three attachment styles in how they perceived their romantic partner on various relationship variables were found. Secure people had a more positive perception of their partner, being more trusting, caring, and satisfied with their partner and the relationship compared to anxious-ambivalent and avoidant people.

The means and differences for the three attachment styles are very similar to those of Kirkpatrick and Davis (1994). The mean ratings on the 1-9 scale ranged from 6.56 to 7.87, with 6 meaning "very much," 7 meaning "a great deal," and 8 meaning "strongly, almost always." Ratings for Conflict-Ambivalence ranged from 3.20 to 2.66 with 3 meaning "slightly or rarely" and 2 meaning "very little." Thus, all ratings were relatively positive. The difference from the highest to lowest mean scores for any relationship component was less than one point. The differences are small but they are statistically meaningful. The findings are robust because they have been found throughout previous

research. My findings replicated those of previous research in both the pattern of results and the mean differences. My data show that, for all three attachment styles, the means were on the high end of the rating scale ranging from 'very much' to 'strongly, almost always.' I cannot conclude that anxious-ambivalent and avoidant individuals are unhealthy in their perception of others and relationships but rather that they are not as healthy as secure individuals. In psychological terms, the meaningful differences are not on a continuum of unhealthy to healthy but instead from healthy to more healthy.

Extension

The main purpose of these hypotheses was to extend the study of adult attachment to different types of close relationships (i.e., other-sex best friend and same-sex best friend). Hypotheses for other-sex and same-sex best friends were similar. It was predicted that secure individuals would have higher ratings for Viability, Intimacy, and Care compared to anxious-ambivalent and avoidant individuals. For Global Satisfaction, it was predicted that both secure and avoidant individuals would have higher ratings compared to anxious-ambivalent individuals.

This section was important in that it extended the findings from attachment style and romantic relationships to attachment style and best friendships. Similar to the replication findings, the three attachment styles differed in their ratings of relationship variables for both their other-sex best friend and their same-sex best friend. Responses to relationship questions revealed that secure individuals were more likely to have an other-sex best friend compared to anxious-ambivalent and avoidant individuals. Even within the domain of friendship, secure people had a more positive perception of their best friends

compared to anxious-ambivalent and avoidant people. The secure people tended to be more trusting, accepting, understanding, and caring for their best friends compared to the insecure people.

Two designs were employed, a between-subjects and a within-subjects. A major advantage of the within-subjects design is that there is control of subject heterogeneity (i.e., individual differences; Keppel, 1982). Individual differences on ratings of each relationship type is thus reduced. Therefore, the error variance is reduced to the extent that responses across relationship types are correlated and the design is more powerful and sensitive to relationship/attachment effects compared to the between-subjects design. However, regardless of design type, the findings for other-sex best friend and same-sex best friends were similar to previous findings for attachment style and romantic partner. Secure individuals had higher ratings on important relationship components for both other-sex and same-sex best friend compared to avoidant and anxious-ambivalent individuals.

The mean ratings for the positive relationship variables (i.e., all but conflict-ambivalence) on the 1-9 scale for the other-sex best friend ranged from 6.56-7.50 and the mean ratings for the same-sex best friend ranged from 6.66-7.62. Recall that 6 meant "very much," 7 meant "a great deal," and 8 meant "strongly, almost always." These findings were very similar to those of romantic partner in that all ratings were relatively positive and the difference from the highest to lowest mean scores for any relationship component was less than one point. Although small, the differences were statistically meaningful. My data show that for all three attachment styles, the means were on the high end of the rating scale ranging from 'very much' to 'strongly, almost always.'

The findings for other-sex and same-sex best friends are important in that they extend our understanding of attachment style and relationships with best friends where previously we only knew about romantic partners. These findings also facilitate our understanding of the consistency of mental models of others across various close relationships. It was found that individuals within each attachment style had similar perceptions for their same-sex and other-sex best friend as for their romantic partner. It is important to note that the means and differences for these relationship variables for best friends were very similar to those of romantic partners. Again, I conclude that anxious-ambivalent and avoidant individuals are not unhealthy, but only somewhat less healthy in their perceptions of others and relationships compared to secure individuals.

The Effects of Attachment Style, Sex, and Relationship Types on Ratings of Relationship Components

The purpose of these analyses was to extend the research area by comparing three relationship types (i.e., romantic, best friend other-sex and same-sex) and sex of participants within the area of adult attachment on various relationship components.

There were differences among the ratings of the three relationship types with the different relationship components. However, because best friendships are very similar to love relationships, the characteristics of self-disclosure, intimacy, trust, and satisfaction should exist in both types of relationships. The BSS and the WSS were employed for these analyses. They show similar findings for some components while other components had dissimilar findings between the two samples. These findings may be in part biased by the population sample here which was undergraduate college students, most of whom are

between the ages of 18 and 21. The developmental stage is critical because most individuals are more likely to have a longer and more trusting relationship with a same-sex best friend compared to a romantic partner. During the college years, individuals often date a number of people in search of the 'right' person. Thus, many may not be involved in a committed, long-term romantic relationship. These findings revealed that individuals with both a same-sex best friend and a romantic partner tend to trust and confide in their best friend more than their romantic partner. The findings could be different if the study had been conducted using 30-45 year old individuals, many of whom are likely to be involved in a long-term, committed romantic relationship.

For Viability, individuals in the BSS did not differentiate among the three relationships for ratings while individuals in the WSS had a main effect for relationship type on Viability. It was found that individuals rated their other-sex and same-sex best friend higher on Viability compared to their romantic partner. Individuals who have all three relationships tend to trust, respect, and accept/tolerate their best friends more than their romantic partner. This supports previous research (e.g., Davis & Todd, 1982; Steck et al., 1979) that friendship is based more on reciprocal trust and respect. Overall, as reported earlier, participants in the study had their best friends longer than their romantic partner which is another explanation for higher ratings of traits within the Viability factor.

For Intimacy, individuals rated their romantic partner and their same-sex best friend higher than their other-sex best friend for the BSS but participants rated their same-sex best friend higher than their other-sex best friend and their romantic partner for the WSS. Their other-sex best friend was also rated higher than their romantic partner. Individuals with all

three relationships perceived that they could confide and be understood more by their same-sex best friend compared to their other-sex best friend and their romantic partner. These individuals could compare the three relationships on confiding and trust and thus found that same-sex best friend was more pertinent for these dimensions in relationships (e.g., Steck et al., 1979). In contrast, most individuals with either one or two relationships perceived that they could confide and be understood more by either their romantic partner or same-sex best friend than by their other-sex best friend.

For Global Satisfaction for the BSS, individuals rated their romantic partner higher compared to their same-sex best friend and other-sex best friend. Participants also rated their same-sex best friend higher compared to their other-sex best friend. These individuals were perceived to have more relationship satisfaction and traits relating to this such as reciprocity and enjoyment with their romantic partner compared to their friends. Individuals in the WSS did not differentiate among their romantic partner, same-sex best friend, and other-sex best friend for ratings on Global Satisfaction.

For Care for the BSS, individuals rated their romantic partner higher compared to their other-sex and same-sex best friend. Participants also rated their same-sex best friend higher compared to their other-sex best friend. For the WSS, participants rated their same-sex best friend higher than their romantic partner and their other-sex best friend. They rated their romantic partner higher than their other-sex best friend. The findings for the BSS on Care also support previous research (Davis & Todd, 1982) that the variables for Care were more romantic-oriented than friend-oriented. An individual would more likely 'give the utmost' to a lover compared to a best friend, although some individuals would do the latter.

This was found in the BSS. Individuals in the WSS, who have all three relationships, differentiate among them. They reported that they would do anything or give the utmost to their same-sex best friend followed by their romantic partner then by their other-sex best friend.

The above relationship components are important to both romantic relationships and best friendships. However, when comparing WSS and BSS participants, the WSS participants must have all three types of relationships compared to the BSS who can have one, two or all three types of relationships. To equally compare all three relationships, the more valid findings may be from the WSS participants because they can compare all three relationship types on all these relationship components. Unlike the WSS participants, the BSS participants are less likely to have all three relationship types to compare at the same time and thus may be biased in their ratings because of the fewer number of relationship types.

For Passion, both the BSS and the WSS generated similar findings. Participants rated their romantic partner highest, followed by their other-sex best friend, then by their same-sex best friend. This pattern supports previous findings by Davis & Todd (1982) in that participants had higher ratings on Passion for their romantic partner compared to their best friends. Besides the sexual aspects of passion, best friendships may not have the emotional intensities and emotional expressions within the realm of desire and sexual attraction, that romantic relationships have.

For Conflict-Ambivalence, both the BSS and the WSS yielded similar findings. Participants rated their romantic partner highest, followed by their other-sex best friend,

then by their same-sex best friend. Again, regardless of the number of relationships an individual has, perceptions of conflict and ambivalence are more prominent in the romantic relationship. Conflict may be more acknowledged or expected as a normal or typical aspect within romantic relationships than within friendships although conflicts do exist among friendships.

The overall analyses help put the replication hypotheses in a broader interpersonal relationship matrix. Most researchers have looked at attachment style and romantic partner and I have extended the research into the area of best friendships. This extension expands the generalizability of attachment style to different types of relationships. I have replicated previous findings for romantic partner and my findings reveal that this pattern is also true for other relationships such as other-sex best friend and same-sex best friend.

There was a marginally significant interaction for attachment style and relationship type for the BSS. Secure, avoidant, and anxious-ambivalent individuals, all rated their romantic partner higher on Care compared to their same-sex and other-sex best friend. Secure and avoidant individuals also rated their same-sex best friend higher than their other-sex best friend. In contrast, anxious-ambivalent individuals rated their other-sex best friend higher than their same-sex best friend. The major difference was the ratings between the same-sex and other-sex best friend. It is suggested that anxious-ambivalent people rated their other-sex best friend higher than their same-sex best friend because they may perceive the other-sex best friend as a potential romantic partner. As stated earlier, anxious-ambivalent individuals perceive their romantic partner as being unreliable and unwilling to

commit to a relationship, therefore they may always be on the lookout for a future or potential romantic partner.

There were sex by relationship type interactions for Viability, Intimacy, Global Satisfaction, and Passion only for the WSS. Across three of the four relationship components, females had the highest ratings for their same-sex best friend. For males, their ratings varied depending on the relationship component. Both females and males rated their romantic partner higher on Passion compared to their same-sex and other-sex best friend.

Females had higher ratings for their same-sex best friend on Viability compared to their romantic partner. Females rated their same-sex best friend higher on Intimacy and Global Satisfaction than their romantic partner and their other-sex best friend. Females in the present study perceived their same-sex best friendship to be more trusting, respecting, accepting, confiding, understanding, enjoyable, successful, reciprocal than their other relationships.

It has been well documented that females consider their same-sex best friend as closer, as more supportive, as more intimate, confide in them more, trust them more, are more satisfied, and perceive that they understand them better than their romantic partner and other-sex best friend (e.g., Aries & Johnson, 1983; Caldwell & Peplau, 1982; Dickens & Perlman, 1981; Helgeson et al., 1987; Reisman, 1981). An explanation for this closeness between women may be that there is more societal acceptance and approval for the closeness and intimacy in women's same-sex friendships (Rose, 1985). This societal acceptance can also facilitate the closeness and intimacy in women's same-sex friendships, especially for these women in a new social milieu.

Males tended to have different ratings for the three relationship types depending on the relationship component. They rated their other-sex best friend higher on Viability compared to their same-sex best friend and their romantic partner. In contrast to previous findings, they rated their same-sex best friend higher on Intimacy than their romantic partner and their other-sex best friend. They rated their romantic partner and other-sex best friend higher on Global Satisfaction compared to their same-sex best friend. Males had higher ratings on trust, respect, and acceptance for the other-sex best friend which may support the notion that these other-sex best friends may be perceived as potential romantic partners. The high ratings for same-sex best friend on intimacy is contrary to previous findings that men were more intimate and confide more in their other-sex best friend (Komarovsky, 1974). It has been found that men tend to be closer and more intimate with their other-sex friend (e.g., Rubin, 1985). This different finding in the present study may be due to Davis and Todd's (1982, 1985) definition of Intimacy. Intimacy is defined as confiding and understanding. Other researchers (e.g., Wheeler, et al., 1983) have defined intimacy as closeness. Also, this finding may be a result of a cohort effect. In the present time, it is more acceptable for young men to be close to and confide in their same-sex best friend compared to a generation ago where this was considered to be not as common or not as accepted.

The findings above for males and females may be explained by their age group and social milieu. At least half of the sample population consisted of first year college students who may be living away from home for the first time. These individuals may be closer to their same-sex best friend because they know them better, or at least feel more comfortable

confiding in them for the present time, compared to their romantic partner. The romantic relationship may be new. Therefore an individual has too much to lose by confiding or getting too intimate with the other if there is no reciprocation. These young adults may also have more experience with friendships than with romantic relationships. Findings that men are more close and intimate with their romantic partner may come about at a later point in development where this relationship type is more secure and they feel more comfortable in them. Most first year college students live in the dormitories where they share living quarters with others of the same sex. This kind of environment promotes more interactions with others, especially individuals of the same sex. This may facilitate more understanding, comfortableness, and sharing of intimate details with roommates and floormates.

Both males and females had higher ratings on Passion for their romantic partner compared to their other-sex and same-sex best friend. This pattern suggests that the population in the present study was similar to other populations in previous studies because Passion is a romantic relationship variable and was rated higher for the romantic partner compared to the best friends. Interestingly, males rated their other-sex best friend higher than their same-sex best friend. In contrast, females did not differentiate their ratings between their same-sex best friend and other-sex best friend. Again, it is suggested that males may perceive their other-sex best friend as a 'potential romantic partner' whereas females did not make this perception. This supports males' higher rating on Passion for their other-sex best friend.

Sex Differences

Sex differences were also examined because previous research has not consistently examined this issue. Females were expected to have higher ratings on these relationship components compared to males. Sex differences were found for many of the variables. Overall, across attachment styles, females had higher ratings on Viability, Intimacy, Global Satisfaction, Care, and Passion compared to males. Although males had higher ratings for Conflict-Ambivalence across all three relationship types compared to females, the ratings were not significantly different. These findings support previous relationship literature findings in that females are more likely to have a more positive perception about relationships and tend to rate positive relationship variables higher. Relationships tend to be more central to women's self-definitions (Gilligan, 1982). Females have also been found to spend more time talking, sharing their feelings, helping, and supporting the other in their relationships (e.g., Aries & Johnson, 1983; Caldwell & Peplau, 1982; Weiss & Lowenthal, 1975). They also have a higher level of intimacy compared to males (e.g., Wright, 1982). Women have also had closer and more intimate friendships with each other compared to men (Bell, 1981). These findings support previous research on same-sex friendships in that females have been found to be closer, more understanding, more intimate, and more satisfied with their friends compared to males (e.g., Burda, Vaux, & Schill, 1984; Rands & Levinger, 1979; Wheeler et al., 1983).

Overall, women were more likely than men to have a romantic partner, have this person for a longer span of time, be closer to the partner, expect this person to be their romantic partner in the future for a longer span of time, and had a lower number of previous

romantic partners. This is consistent with the literature for women and relationships.

Among the three attachment styles, sex differences also appeared for relationship questions pertaining to relationship types. Responses to these questions revealed that more females had a romantic partner who was also their other-sex best friend compared to males. This finding is in contrast to the literature on romantic partner and best friend which showed that females were more likely to have a best friend who was not also their romantic partner while in a serious relationship or marriage, while the reverse was true for males. Males have been found to derive most of their intimacy needs from their romantic partner (e.g., Rubin, 1985). Again, the developmental stage of the participants may have created this finding. The romantic relationship may not be serious or intense enough for males to disclose and be intimate with the partner and to also associate this partner as the best friend. The numbers for the best friend also being the romantic partner for males should increase with time.

Comparing responses to relationship questions, sex differences occurred more with romantic relationships compared to best friendships. For length of Time, females had a longer time span with their partner compared to males. There were no differences for other-sex and same-sex best friends between males and females. For Closeness, females had a higher rating compared to males for both other-sex and same-sex best friends. Females and males did not differentiate in their ratings for their romantic partner. For Expectation of Future Togetherness, females had higher ratings than males only for other-sex best friends. There were no differences in the ratings for same-sex best friend and romantic partner for females and males. Males had a higher number of past romantic partner compared to

females. Males and females were similar in their past numbers of other-sex and same-sex best friends.

Best Friends as Attachment Figures

It is suggested here that for individuals during late adolescence/young adulthood, their best friend, mostly same-sex best friend, may serve as a major attachment figure for this transition period between adolescence and adulthood. Weiss (1991) has suggested that individuals may go through stages where their attachment figures may be different people depending on the age and developmental stage of the individual. In infancy and childhood, the attachment figure is most likely to be the parent or caregiver (e.g., Ainsworth et al., 1978; Bowlby, 1979). In adulthood, the attachment figure is most likely the romantic partner (e.g., Hazan & Shaver, 1987). Around college age, most individuals have relinquished their parents as attachment figures (Weiss, 1991). As individuals increase in age, there is a decrease in intimacy with parents (e.g., Hortaçsu, 1989; Wright & Keple, 1981). Furthermore, adolescents/young adults tend to be closer to their friends and confide in them more and perceive that their friends understand them more than their parents (e.g., Wright & Keple, 1981). Thus, best friends may play a prominent role at this stage of development because they are more likely to provide or be perceived to provide the essential functions to become an attachment figure (e.g., a secure base and a safe haven) (Hazan & Shaver, 1994). Coleman (1974) found that security is one of the most important properties of adolescents' relationships with their friends. This security can be linked to a secure base or safe haven which is provided by the attachment figure. Because these new attachment figures would be in the same environment and be within physical and

psychological proximity, individuals can further explore the environment knowing that safety and security are nearby.

Although some individuals have romantic partners, because of their short duration in this type of relationship, the relationship is not perceived to be as secure or as stable as the friendships. It is suggested that when individuals are older and/or more established in their romantic relationship, their romantic partner may become more important as an attachment figure. However, some individuals may always continue to have their best friend as one primary attachment figure; just as some individuals may always perceive their parent/caregiver to be an important attachment figure regardless of their age or developmental stage.

It was found that almost all individuals in the present study reported having a same-sex best friend while a majority reported having an other-sex best friend. Although a majority reported having a romantic partner, from this group over a third stated that their romantic partner was also their best friend. Individuals reported having their same-sex and other-sex best friend for 1-2 years. Those who had a romantic partner reported having this relationship for only 7-11 months. Same-sex best friend seems to be the predominant relationships for these undergraduates. These individuals have been found to be most likely to have a same-sex best friend and to have had them for a longer period of time. At this point in development, individuals may perceive parents to be important but their friends to be more important in their lives (e.g., Wright & Keple, 1981). Hortaçsu, Oral, and Yasak-Gültekin (1991) found that university students reported being closest to their same-sex best friend.

Limitations

There were several limitations to this study. First, almost all of the participants were between the ages of 18 and 22. Developmental issues faced by these young adults concerning relationships may have resulted in some findings not found in other age groups. One such finding is that these individuals did not differentiate much between romantic partner and best friends. Perhaps differences would occur in an older age group. Also, at least half of the sample consisted of freshmen and being a first year college student has its difficulties. The environment is new and the recent move away from home may bring about changes that affects relationships and/or perceptions of relationships. Some individuals may have separated from significant others while others developed new significant relationships. Thus, certain findings in this study may be specific to this developmental transition.

A second limitation involves the sample in this study which was comprised largely of mostly White individuals. However, this is a problem for many researchers conducting research with the college environment. Thus, the generalizability of these results is limited to Caucasians/Whites.

A third limitation is a problem that has been faced by many adult attachment researchers. This involves the adult attachment style measurements. A widely used scale is Hazan and Shaver's which is a single-item scale. Hazan and Shaver (1987) have expressed concern about this problem and have encouraged researchers to develop a new adult attachment scale with multiple items. In the present study, this problem was remedied using two methods. One, by combining two adult attachment scales, Hazan and

Shaver's and Bartholomew's scales, individuals' attachment style in the present study should be more valid and reliable. Several studies (e.g., Brennan et al., 1991) have employed this combination method to increase the accuracy of rating individuals' attachment style. Two, correlations were conducted on each attachment style and the equivalent 1-7 Likert ratings to demonstrate that the assumed differentiation did in fact exist.

Future Directions

A future direction for research would be to require best friends to participate in the study. The best friends would complete all measures just like the participants. Researchers can then examine the attachment styles and perceptions about relationships from the perspective of both the subjects and the significant others. It would be important to find out if best friends share similar expectations about relationships and if their attachment styles confirm the other's in terms of expectation of another in a relationship. Also, an individual's different levels of satisfaction and trust level in a relationship may depend on the other person's behavior and perception about the relationship. For example, Kirkpatrick and Davis (1994) found that the low level of satisfaction that the subjects had was caused by the romantic partner's behavior within the relationship.

Along this line, researchers can also examine whether the best friends have similar or complementary attachment styles compared to the participants. It would be important to know whether the perception of others and relationships extend out to best friends similarly to romantic partner. Past researchers (e.g., Kobak & Hazan, 1991;

Senchak & Leonard, 1992) have found that secure individuals tend to be in relationships with other secure individuals and that anxious-ambivalent and avoidant individuals tend to be attracted to each other. These individuals confirm the other's expectations of what significant others are like in relationships. It would be important to recognize and identify whether these processes are the same for best friendships and if they have similar results to those of romantic partners.

A second direction for future research should be to examine the relationship between attachment style, sex, and close interpersonal relationships with different age groups and developmental stages (e.g., 35-50 years old, middle-aged). This would extend our understanding about mental models to determine if perceptions of others and relationships remain constant across the different developmental stages and the lifespan.

A third future direction would be to study developmental issues using longitudinal studies. We would learn much from observing individuals throughout their lives and investigate what types and kinds of relationship individuals in different attachment establishes and how all this may be related or affected by attachment styles. Along the longitudinal line of future research, we could follow individuals from early adolescence to middle adulthood to examine how certain attachment styles develop and become involved in different types of relationships such as romantic relationships and friendships. This may help us answer or be more aware of the issue of changes in attachment styles through the life span and from one relationship to another. For example, researchers such as Kobak and Hazan (1991) and Senchak and Leonard (1992) found in their studies that there was a higher proportion of secure individuals in marital relationships compared to

the general population. Kobak and Hazan (1991) suggested that people who are insecure may become secure once they are in a relationship. Or that marital relationships attract secure people. Which ever the case may be, this presents a different issue to attachment style. To extend this line of reasoning, a question exists which states that “Could a person develop both a secure and an insecure attachment style depending on the situation and individual(s) involved?” In other words, could an avoidant person be a secure person in their marriage but when interacting with others outside of the marriage framework be an avoidant person? Could attachment style be situation-specific or be a variation of this concept?

Conclusion

The findings in this study are important because they show that attachment style impacts an individual’s perception of relationship components. This impact is apparent and consistent across the three different types of relationships examined here (i.e., romantic relationship, best friendships). Secure individuals had higher ratings on positive relationship components and lower ratings on negative relationship components compared to anxious-ambivalent and avoidant individuals. This pattern of findings extends our understanding beyond the impact of attachment style on romantic relationships to the impact of attachment style on other close relationships. This places adult attachment research into a broader interpersonal relationship matrix by expanding the generalizability of attachment style to different types of relationships. This generalizability of attachment style should shed new light in this area of research as well as support the theory of attachment. Bowlby did not set parameters on attachment as it

pertains to adult relationships and thus the present findings strengthen the theory by showing a generalization of results beyond the parameters of romantic relationships. I have replicated previous research on the impact of attachment style on relationship variables for romantic partner as well as showing that these patterns are also true for other close relationships. The findings here are potential starting points for many fruitful future inquiries.

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APPENDICES

APPENDIX A-1

CLOSE RELATIONSHIPS QUESTIONNAIRE Part 1

1) Following are descriptions of three general relationship styles that people often report. Read each of the three self-descriptions below (A, B, and C) and then place a check mark next to the letter corresponding to the style that best describes you or is closest to the way you are. (Note: The term "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 merge completely with another person, and this sometimes scares people away.
- _____ C. I find it relatively easy to get close to others and am comfortable depending on them and having them depend on me. 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	
2. Style A.	1	2	3	4	5	6	7
3. Style B.	1	2	3	4	5	6	7
4. Style C.	1	2	3	4	5	6	7

APPENDIX A-2

CLOSE RELATIONSHIPS QUESTIONNAIRE Part 2

5) Following are descriptions of four general relationship styles that people often report. Read each of the four self-descriptions below (A, B, C, and D) and then place a check mark next to the letter corresponding to the style that best describes you or is closest to the way you are. (Note: The term "close" and "intimate" refer to psychological or emotional closeness, not necessarily to sexual intimacy.)

- _____ A. It is 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 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 worry that I will be hurt if I allow myself to become 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 them depend on 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	
6. Style A.	1	2	3	4	5	6	7
7. Style B.	1	2	3	4	5	6	7
8. Style C.	1	2	3	4	5	6	7
9. Style D.	1	2	3	4	5	6	7

APPENDIX B-1

The Short Form of the DSHQ

Please circle the answer that applies to you for each item below.

10. Are you a first term Freshmen? (1). Yes (2). No
11. What is your sex? (1). Female (2). Male
12. Do you currently have a **romantic partner**? (1). Yes (2). No
(this is a person that you are dating or going out with)
13. If No, did you have a **romantic partner** a year ago or recently? (1). Yes (2). No
14. Do you currently have an **other-sex best friend**? (1). Yes (2). No
(this is a person whom you consider to be the primary and closest other-sex friend to you)
15. Is he or she your romantic partner? (1). Yes (2). No
16. If you do not currently have an **other-sex best friend**, did you have one a year ago or recently? (1). Yes (2). No
17. Do you have a **same-sex best friend**? (1). Yes (2). No
(this is a person whom you consider to be the primary and closest same-sex friend to you)
18. Is he or she your romantic partner? (1). Yes (2). No
19. If you do not currently have a **same-sex best friend**, did you have one a year ago or recently? (1). Yes (2). No
20. Do you have an **other-sex close friend**? (1). Yes (2). No
(this is a person whom you consider to be a close friend of the other-sex but not a best friend)
21. Is he or she your romantic partner? (1). Yes (2). No
22. If you do not currently have an **other-sex close friend**, did you have one a year ago or recently? (1). Yes (2). No
23. Do you have a **same-sex close friend**? (1). Yes (2). No
(this is a person whom you consider to be a close friend of the same-sex but not a best friend)
24. Is he or she your romantic partner? (1). Yes (2). No
25. If you do not currently have a **same-sex close friend**, did you have one a year ago or recently? (1). Yes (2). No

APPENDIX B-2

Demographic and Social History Questionnaire

Please circle the answer that applies to you for each item below.

1. How old are you? (1). 18 yrs old (2). 19 yrs old (3). 20 yrs old (4). 21 yrs old (5). 22+
2. What is your race? (1). White/Caucasian (2). Black/African-American
(3). Asian/Pacific Islander (4). Hispanic/Mexican American (5). Native American
3. What is your class level? (1). Freshmen (2). Sophomore (3). Junior (4). Senior (5). Other
4. What is your sex? (1). Female (2). Male
5. Do you have a **romantic partner**? (1). Yes (2). No
(this is a person that you are dating or going out with)
6. What is the sex of your **romantic partner**? (1). Female (2). Male
7. Have you had a **romantic partner**? (1). Always (2). Frequently (3). Sometimes
(4). Never

If you check Never - skip questions 8-13

8. How long has this particular person been your **romantic partner**?
(1). 1-3 months (2). 4-6 months (3). 7-11 months (4). 1-2 years (5). 3+ years
9. How close are you to your **romantic partner**? 1 2 3 4 5 6 7 8 9
Not at all Extremely
10. Do you expect to still have this person as your **romantic partner** in the future?
(1). 1-2 years (2). 3-4 years (3). 5-6 years (4). 7 years +
11. If you do not have a **romantic partner**, did you have one a year ago or recently?
(1). Yes (2). No
12. If Yes, how close were you to this person? 1 2 3 4 5 6 7 8 9
Not at all Extremely
13. How many **romantic partner(s)** have you had? 1 2 3 4 5 6 7 8 9
14. Do you have a **same-sex best friend**? (1). Yes (2). No
(this is a person whom you consider to be the primary and closest same-sex friend to you)
15. Is he or she your romantic partner? (1). Yes (2). No
16. What is your relation to this person? (1). Friend (2). Roommate (3). Mother/Father
(4). Sister\Brother (5). Another Relative

APPENDIX B-2 (cont'd)

17. Have you had a **same-sex best friend**? (1).Always (2).Frequently (3).Sometimes
(4).Never

If you check Never - skip questions 18-23

18. How long has this particular person been your **same-sex best friend**?
(1). 1-3 months (2). 4-6 months (3). 7-11 months (4). 1-2 years (5). 3+ years
19. How close are you to your **same-sex best friend**? 1 2 3 4 5 6 7 8 9
Not at all Extremely
20. Do you expect to still have this person as your **same-sex best friend** in the future?
(1). 1-2 years (2). 3-4 years (3). 5-6 years (4). 7 years +
21. If you do not have a **same-sex best friend**, did you have one a year ago or recently?
(1). Yes (2). No
22. If Yes, how close were you to this person? 1 2 3 4 5 6 7 8 9
Not at all Extremely
23. How many **same-sex best friend(s)** have you had? 1 2 3 4 5 6 7 8 9
24. Do you have an **other-sex best friend**? (1). Yes (2). No
(this is a person whom you consider to be the primary and closest other-sex friend to you)
25. Is he or she your romantic partner? (1). Yes (2). No
26. What is your relation to this person? (1). Friend (2). Roommate (3). Mother/Father
(4). Sister\Brother (5). Another Relative
27. Have you had an **other-sex best friend**? (1). Always (2). Frequently (3). Sometimes
(4).Never

If you check Never - skip questions 28-33

28. How long has this particular person been your **other-sex best friend**?
(1). 1-3 months (2). 4-6 months (3). 7-11 months (4). 1-2 years (5). 3+ years
29. How close are you to your **other-sex best friend**? 1 2 3 4 5 6 7 8 9
Not at all Extremely
30. Do you expect to still have this person as your **other-sex best friend** in the future?
(1). 1-2 years (2). 3-4 years (3). 5-6 years (4). 7 years +
31. If you do not have an **other-sex best friend**, did you have one a year ago or recently?
(1). Yes (2). No
32. If Yes, how close were you to this person? 1 2 3 4 5 6 7 8 9
Not at all Extremely

APPENDIX B-2 (cont'd)

33. How many **other-sex best friend(s)** have you had? 1 2 3 4 5 6 7 8 9
34. Among your romantic partner, same-sex best friend, and other-sex best friend, who do you consider yourself to be the closest to?
 (1). Romantic Partner (2). Same-sex Best Friend (3). Other-sex Best Friend
35. Do you have a **same-sex close friend**? (1). Yes (2). No
 (this is a person whom you consider to be a close friend of the same-sex but not a best friend)
36. Is he or she your romantic partner? (1). Yes (2). No
37. How close do you feel to this person? 1 2 3 4 5 6 7 8 9
 Not at all Extremely
38. If you do not have a **same-sex close friend**, did you have one a year ago or recently?
 (1). Yes (2). No
39. If Yes, how close were you to this person? 1 2 3 4 5 6 7 8 9
 Not at all Extremely
40. Do you have an **other-sex close friend**? (1). Yes (2). No
 (this is a person whom you consider to be a close friend of the other-sex but not a best friend)
41. Is he or she your romantic partner? (1). Yes (2). No
42. How close do you feel to this person? 1 2 3 4 5 6 7 8 9
 Not at all Extremely
43. If you do not have an **other-sex close friend**, did you have one a year ago or recently?
 (1). Yes (2). No
44. If Yes, how close were you to this person? 1 2 3 4 5 6 7 8 9
 Not at all Extremely
45. How many **female friends** do you have? 1 2 3 4 5 6 7 8 9+
46. How many **male friends** do you have? 1 2 3 4 5 6 7 8 9+

APPENDIX C

MICHIGAN STATE UNIVERSITY
Department of Psychology
DEPARTMENTAL RESEARCH CONSENT FORM #1

1. I have freely consented to take part in a scientific study being conducted by Carole N. Hodge under the supervision of Dr. Joel Aronoff and Dr. Ellen Strommen, Professors.
2. The study has been explained to me and I understand that I am being requested to complete three short questionnaires which will take about 5 minutes.
3. I understand that I am free to discontinue my participation in the study at any time without penalty.
4. I understand that the results of the study will be treated in strict confidence and that I will remain anonymous. Within these restrictions, results of the study will be available to me at my request.
5. I understand that my participation in the study does not guarantee any beneficial results to me.
6. I understand that at my request, I can receive additional explanation of the study after my participation is completed.
7. I understand that my participation today will give me a chance to participate in a future study which will take about 1 hour and 30 minutes later on in the semester. I can receive 3 extra credit points toward my psychology course for my participation in this future study.
8. I understand that in the event that I will not be able to participate in this experiment to earn extra credit points, there are alternative ways for me to earn extra credit points for my psychology class which will vary according to the instructor that I have. I can receive information about these alternative ways from my psychology instructor.

Title of study: The Social Relationship Study

Signed _____

Date: _____

Print Name here: _____

APPENDIX D

Future Participation Sheet

Please complete this sheet if you would like to participate in the Social Relationship Study for 3 extra credit points in your psychology class. This study will take place within the next few weeks. This study take one hour and 30 minutes to complete.

Student ID # _____

(please print)

Name: _____

Local phone number: _____

Best time to reach me by phone: (check all that apply)

_____ in the early morning (8am - 10am) _____ in the late morning (10am - 11:30am)
_____ in the afternoon (12pm - 5pm) _____ in the evening (6pm - 8pm)
_____ late at night (9pm - 11:30)

(check one)

I am in Prof. Henderson's Class _____

I am in Prof. D. Gerard's Class _____

I am in Prof. Jackson's Class _____

Other Professors: _____

I am in Prof. L. Gerard's Class _____

I am in Prof. Hyman's Class _____

APPENDIX E-1

Davis-Todd's Relationship Rating Form

Please complete this questionnaire with your **Same-Sex Best Friend** in mind.

Rate each item below on a scale of 1-9.

1 = Not at all	4 = Somewhat (not often)	7 = A great deal
2 = Very little	5 = A fair amount	8 = Strongly (almost always)
3 = Slightly (or rarely)	6 = Very much	9 = Completely or extremely

- _____ 1. Do you accept this person as she/he is?
- _____ 2. Are you willing to ignore this person's small sins because of the way you feel about her/him?
- _____ 3. Is it easy for you to forgive this person?
- _____ 4. Does this person disappoint you?
- _____ 5. Do you respect this person?
- _____ 6. Does this person make bad judgements on important matters?
- _____ 7. Does this person bring out the best in you?
- _____ 8. Is this person a good sounding board for your ideas and plans?
- _____ 9. Do you trust this person?
- _____ 10. Can you count on this person in times of need?
- _____ 11. Does this person ever forget your welfare?
- _____ 12. Does this person use things against you that she or he shouldn't?
- _____ 13. Do you and this person openly discuss person matters?
- _____ 14. Do you confide in this person?
- _____ 15. Do you feel that there are things about you that this person just would not understand?
- _____ 16. Do you feel some things about yourself are none of this person's business?
- _____ 17. Do you know what kind of person she/he is?
- _____ 18. Is this person's behavior surprising or puzzling to you?
- _____ 19. Do you know this person's faults and shortcomings?
- _____ 20. Do you know about this person's past?
- _____ 21. Does this person dominate your thoughts?
- _____ 22. Does it give you pleasure just to watch or look at this person?
- _____ 23. Do you think about this person even when you are not with him/her?
- _____ 24. Are there things that you do only with this person?
- _____ 25. Do you have feelings about this person that you couldn't have about others?
- _____ 26. Would you feel betrayed or hurt if this person had the same relationship with someone else that she/he has with you?
- _____ 27. Do you and this person have your own way of doing things?

APPENDIX E-1 (cont'd)

Rate each item below on a scale of 1-9.

- | | | |
|--------------------------|--------------------------|------------------------------|
| 1 = Not at all | 4 = Somewhat (not often) | 7 = A great deal |
| 2 = Very little | 5 = A fair amount | 8 = Strongly (almost always) |
| 3 = Slightly (or rarely) | 6 = Very much | 9 = Completely or extremely |
- _____ 31. Can you count on this person to lend you a substantial sum of money?
 - _____ 32. Can you count on this person to risk personal safety to help you if you were in danger?
 - _____ 33. Can you count on this person to give the utmost on your behalf?
 - _____ 34. Are you prepared to make a significant sacrifice on this person's behalf?
 - _____ 35. Can you count on this person to let you know how others feel about you?
 - _____ 36. Can you count on this person to support you in an argument or dispute with others?
 - _____ 37. Can you count on this person to champion your interests where there is a conflict between your interests and those of others?
 - _____ 38. Can you count on this person to come to your aid when you need help?
 - _____ 39. Can this person count on you for help when she/he is in need?
 - _____ 40. Can you count on this person to tell you what she/he really thinks about issues regardless of whether he or she agrees with you?
 - _____ 41. Do you tell this person exactly what you think about important issues regardless of whether he or she agrees with you?
 - _____ 42. Are you happy in your relationship with this person?
 - _____ 43. Has your relationship with this person satisfied your needs?
 - _____ 44. Has your relationship with this person been a success?
 - _____ 45. Do you enjoy doing things with this person more than with others?
 - _____ 46. Do you enjoy doing things with this person that you otherwise would not enjoy?
 - _____ 47. Do you enjoy this person's company?
 - _____ 48. Does your partner share the same feeling for you that you have for him/her?
 - _____ 49. Does this person really care about you as a person?
 - _____ 50. Do you feel that your partner cares for you as much as you care for him or her?
 - _____ 51. Does your partner make you feel worthwhile and special?
 - _____ 52. Does your partner make you feel proud of yourself?
 - _____ 53. Do you fight and argue with this person?
 - _____ 54. Does this person treat you in unfair ways?
 - _____ 55. Is there tension in your relationship with this person?
 - _____ 56. Are you confused or unsure of your feelings towards this person?
 - _____ 57. Do you feel that this person demands too much of your time?
 - _____ 58. Do you feel trapped in this relationship?
 - _____ 59. Do you talk with this person about your relationship?
 - _____ 60. Do you and this person try to work out difficulties that occur between you?
 - _____ 61. Are you trying to change things that you do to make the relationship better between the two of you.
 - _____ 62. Are you committed to staying in your relationship?
 - _____ 63. Does this person measure up to your ideals for a life partner?
 - _____ 64. How likely is it that your relationship will be permanent?
 - _____ 65. How committed is your partner in this relationship?
 - _____ 66. Has your partner ever forced you to do something that you did not want to do?
 - _____ 67. Have you ever forced your partner to do something that she/he did not want to do?
 - _____ 68. Is your relationship one of equals?

APPENDIX E-2

Davis-Todd's Relationship Rating Form

Please complete this questionnaire with your **Other-Sex Best Friend** in mind.

Rate each item below on a scale of 1-9.

- | | | |
|--------------------------|--------------------------|------------------------------|
| 1 = Not at all | 4 = Somewhat (not often) | 7 = A great deal |
| 2 = Very little | 5 = A fair amount | 8 = Strongly (almost always) |
| 3 = Slightly (or rarely) | 6 = Very much | 9 = Completely or extremely |

- _____ 1. Do you accept this person as she/he is?
- _____ 2. Are you willing to ignore this person's small sins because of the way you feel about her/him?
- _____ 3. Is it easy for you to forgive this person?
- _____ 4. Does this person disappoint you?
- _____ 5. Do you respect this person?
- _____ 6. Does this person make bad judgements on important matters?
- _____ 7. Does this person bring out the best in you?
- _____ 8. Is this person a good sounding board for your ideas and plans?
- _____ 9. Do you trust this person?
- _____ 10. Can you count on this person in times of need?
- _____ 11. Does this person ever forget your welfare?
- _____ 12. Does this person use things against you that she or he shouldn't?
- _____ 13. Do you and this person openly discuss person matters?
- _____ 14. Do you confide in this person?
- _____ 15. Do you feel that there are things about you that this person just would not understand?
- _____ 16. Do you feel some things about yourself are none of this person's business?
- _____ 17. Do you know what kind of person she/he is?
- _____ 18. Is this person's behavior surprising or puzzling to you?
- _____ 19. Do you know this person's faults and shortcomings?
- _____ 20. Do you know about this person's past?
- _____ 21. Does this person dominate your thoughts?
- _____ 22. Does it give you pleasure just to watch or look at this person?
- _____ 23. Do you think about this person even when you are not with him/her?
- _____ 24. Are there things that you do only with this person?
- _____ 25. Do you have feelings about this person that you couldn't have about others?
- _____ 26. Would you feel betrayed or hurt if this person had the same relationship with someone else that she/he has with you?
- _____ 27. Do you and this person have your own way of doing things?

APPENDIX E-2 (cont'd)

Rate each item below on a scale of 1-9.

- | | | |
|--------------------------|--------------------------|------------------------------|
| 1 = Not at all | 4 = Somewhat (not often) | 7 = A great deal |
| 2 = Very little | 5 = A fair amount | 8 = Strongly (almost always) |
| 3 = Slightly (or rarely) | 6 = Very much | 9 = Completely or extremely |
- ___ 31. Can you count on this person to lend you a substantial sum of money?
 - ___ 32. Can you count on this person to risk personal safety to help you if you were in danger?
 - ___ 33. Can you count on this person to give the utmost on your behalf?
 - ___ 34. Are you prepared to make a significant sacrifice on this person's behalf?
 - ___ 35. Can you count on this person to let you know how others feel about you?
 - ___ 36. Can you count on this person to support you in an argument or dispute with others?
 - ___ 37. Can you count on this person to champion your interests where there is a conflict between your interests and those of others?
 - ___ 38. Can you count on this person to come to your aid when you need help?
 - ___ 39. Can this person count on you for help when she/he is in need?
 - ___ 40. Can you count on this person to tell you what she/he really thinks about issues regardless of whether he or she agrees with you?
 - ___ 41. Do you tell this person exactly what you think about important issues regardless of whether he or she agrees with you?
 - ___ 42. Are you happy in your relationship with this person?
 - ___ 43. Has your relationship with this person satisfied your needs?
 - ___ 44. Has your relationship with this person been a success?
 - ___ 45. Do you enjoy doing things with this person more than with others?
 - ___ 46. Do you enjoy doing things with this person that you otherwise would not enjoy?
 - ___ 47. Do you enjoy this person's company?
 - ___ 48. Does your partner share the same feeling for you that you have for him/her?
 - ___ 49. Does this person really care about you as a person?
 - ___ 50. Do you feel that your partner cares for you as much as you care for him or her?
 - ___ 51. Does your partner make you feel worthwhile and special?
 - ___ 52. Does your partner make you feel proud of yourself?
 - ___ 53. Do you fight and argue with this person?
 - ___ 54. Does this person treat you in unfair ways?
 - ___ 55. Is there tension in your relationship with this person?
 - ___ 56. Are you confused or unsure of your feelings towards this person?
 - ___ 57. Do you feel that this person demands too much of your time?
 - ___ 58. Do you feel trapped in this relationship?
 - ___ 59. Do you talk with this person about your relationship?
 - ___ 60. Do you and this person try to work out difficulties that occur between you?
 - ___ 61. Are you trying to change things that you do to make the relationship better between the two of you.
 - ___ 62. Are you committed to staying in your relationship?
 - ___ 63. Does this person measure up to your ideals for a life partner?
 - ___ 64. How likely is it that your relationship will be permanent?
 - ___ 65. How committed is your partner in this relationship?
 - ___ 66. Has your partner ever forced you to do something that you did not want to do?
 - ___ 67. Have you ever forced your partner to do something that she/he did not want to do?
 - ___ 68. Is your relationship one of equals?

APPENDIX E-3

Davis-Todd's Relationship Rating Form

Please complete this questionnaire with your **Romantic Partner** in mind.

Rate each item below on a scale of 1-9.

- | | | |
|--------------------------|--------------------------|------------------------------|
| 1 = Not at all | 4 = Somewhat (not often) | 7 = A great deal |
| 2 = Very little | 5 = A fair amount | 8 = Strongly (almost always) |
| 3 = Slightly (or rarely) | 6 = Very much | 9 = Completely or extremely |

- _____ 1. Do you accept this person as she/he is?
- _____ 2. Are you willing to ignore this person's small sins because of the way you feel about her/him?
- _____ 3. Is it easy for you to forgive this person?
- _____ 4. Does this person disappoint you?
- _____ 5. Do you respect this person?
- _____ 6. Does this person make bad judgements on important matters?
- _____ 7. Does this person bring out the best in you?
- _____ 8. Is this person a good sounding board for your ideas and plans?
- _____ 9. Do you trust this person?
- _____ 10. Can you count on this person in times of need?
- _____ 11. Does this person ever forget your welfare?
- _____ 12. Does this person use things against you that she or he shouldn't?
- _____ 13. Do you and this person openly discuss person matters?
- _____ 14. Do you confide in this person?
- _____ 15. Do you feel that there are things about you that this person just would not understand?
- _____ 16. Do you feel some things about yourself are none of this person's business?
- _____ 17. Do you know what kind of person she/he is?
- _____ 18. Is this person's behavior surprising or puzzling to you?
- _____ 19. Do you know this person's faults and shortcomings?
- _____ 20. Do you know about this person's past?
- _____ 21. Does this person dominate your thoughts?
- _____ 22. Does it give you pleasure just to watch or look at this person?
- _____ 23. Do you think about this person even when you are not with him/her?
- _____ 24. Are there things that you do only with this person?
- _____ 25. Do you have feelings about this person that you couldn't have about others?
- _____ 26. Would you feel betrayed or hurt if this person had the same relationship with someone else that she/he has with you?
- _____ 27. Do you and this person have your own way of doing things?
- _____ 28. Are you sexually intimate with this person?
- _____ 29. Do you find this person sexually attractive?
- _____ 30. Do you enjoy being touched by this person and touching him/her?

APPENDIX E-3 (cont'd)

Rate each item below on a scale of 1-9.

- | | | |
|--------------------------|--------------------------|------------------------------|
| 1 = Not at all | 4 = Somewhat (not often) | 7 = A great deal |
| 2 = Very little | 5 = A fair amount | 8 = Strongly (almost always) |
| 3 = Slightly (or rarely) | 6 = Very much | 9 = Completely or extremely |
- _____ 31. Can you count on this person to lend you a substantial sum of money?
 - _____ 32. Can you count on this person to risk personal safety to help you if you were in danger?
 - _____ 33. Can you count on this person to give the utmost on your behalf?
 - _____ 34. Are you prepared to make a significant sacrifice on this person's behalf?
 - _____ 35. Can you count on this person to let you know how others feel about you?
 - _____ 36. Can you count on this person to support you in an argument or dispute with others?
 - _____ 37. Can you count on this person to champion your interests where there is a conflict between your interests and those of others?
 - _____ 38. Can you count on this person to come to your aid when you need help?
 - _____ 39. Can this person count on you for help when she/he is in need?
 - _____ 40. Can you count on this person to tell you what she/he really thinks about issues regardless of whether he or she agrees with you?
 - _____ 41. Do you tell this person exactly what you think about important issues regardless of whether he or she agrees with you?
 - _____ 42. Are you happy in your relationship with this person?
 - _____ 43. Has your relationship with this person satisfied your needs?
 - _____ 44. Has your relationship with this person been a success?
 - _____ 45. Do you enjoy doing things with this person more than with others?
 - _____ 46. Do you enjoy doing things with this person that you otherwise would not enjoy?
 - _____ 47. Do you enjoy this person's company?
 - _____ 48. Does your partner share the same feeling for you that you have for him/her?
 - _____ 49. Does this person really care about you as a person?
 - _____ 50. Do you feel that your partner cares for you as much as you care for him or her?
 - _____ 51. Does your partner make you feel worthwhile and special?
 - _____ 52. Does your partner make you feel proud of yourself?
 - _____ 53. Do you fight and argue with this person?
 - _____ 54. Does this person treat you in unfair ways?
 - _____ 55. Is there tension in your relationship with this person?
 - _____ 56. Are you confused or unsure of your feelings towards this person?
 - _____ 57. Do you feel that this person demands too much of your time?
 - _____ 58. Do you feel trapped in this relationship?
 - _____ 59. Do you talk with this person about your relationship?
 - _____ 60. Do you and this person try to work out difficulties that occur between you?
 - _____ 61. Are you trying to change things that you do to make the relationship better between the two of you.
 - _____ 62. Are you committed to staying in your relationship?
 - _____ 63. Does this person measure up to your ideals for a life partner?
 - _____ 64. How likely is it that your relationship will be permanent?
 - _____ 65. How committed is your partner in this relationship?
 - _____ 66. Has your partner ever forced you to do something that you did not want to do?
 - _____ 67. Have you ever forced your partner to do something that she/he did not want to do?
 - _____ 68. Is your relationship one of equals?

APPENDIX F

MICHIGAN STATE UNIVERSITY
Department of Psychology
DEPARTMENTAL RESEARCH CONSENT FORM #2

1. I have freely consented to take part in a scientific study being conducted by Carole N. Hodge under the supervision of Dr. Joel Aronoff and Dr. Ellen Strommen, Professors.
2. The study has been explained to me and I understand that I am being requested to complete a questionnaire packet on friendships and romantic relationships.
3. I understand that I am free to discontinue my participation in the study at any time without penalty.
4. I understand that the results of the study will be treated in strict confidence and that I will remain anonymous. Within these restrictions, results of the study will be available to me at my request.
5. I understand that my participation in the study does not guarantee any beneficial results to me.
6. I understand that at my request, I can receive additional explanation of the study after my participation is completed.
7. I understand that my participation will take about 1 hour and 30 minutes. At the conclusion of this study, I can receive 3 extra credit points toward my psychology course for my participation.

Title of study: The Social Relationship Study

Signed _____

Date: _____

Print Name here: _____

APPENDIX G

PARTICIPANT INFORMATION SHEET

This study is concerned with friendship and romantic relationships in the context of attachment style. The study is interested in examining how individuals in different attachment styles will rate their best friend and their romantic partner on certain relationship characteristics (i.e., viability, intimacy, and satisfaction).

Attachment refers to affectional bonds that individuals display toward others. An individual develops an attachment style from their early relationship with their primary caregiver. There are three attachment styles -- secure, anxious-ambivalent, and avoidant. Secure people have a positive view of relationships and others. They perceive others as good and trustworthy. Anxious-ambivalent people have a negative view of relationships. They want to be in a relationship and worry about being abandoned. They perceive others as being unreliable and unwilling to commit to a relationship. Avoidant individuals have a negative view of relationship and of others. They perceive others as being unreliable and overly eager to commit to a relationship. They try to become emotionally self-sufficient.

The relationship characteristics that I am interested in are viability, intimacy, and satisfaction. Viability measures the relationship characteristics of trust, respect, and acceptance/tolerance. Intimacy measures the relationship characteristics of confiding and understanding. Satisfaction measures the relationship characteristics of reciprocity, success, esteem, and commitment.

Individuals within different attachment styles are predicted to have different ratings for each of the relationship characteristics for their same-sex best friend, other-sex best friend, and their romantic partner.

For more information about this study, you can contact Carole Hodge at 353-5324 or at 410 Baker Hall. Thank you again for participating in today's study.

APPENDIX H-1

Research Script

Mass Testing during the first few days of classes

Hi, my name is Carole Hodge. I am a graduate student in psychology and I am working on my dissertation. I am here today to conduct part of my dissertation study. This is an interesting study. I am studying how people meet, get to know each other, and form relationships. I am looking to study people in all types of relationships. This study should be of interest to most people because humans are social creatures and we form some type of relationship with others. I need to have a large array of people in different relationships. This prescreening is a way of identifying a broad population for the study. I need your help and by completing these few short questions today, you can help me gather my prescreening data and have a chance to participate in the Social Relationship Study later on in the semester.

Now, I will be distributing three short questionnaires, a future participation sheet, and a consent form. As soon as you receive your questionnaire packet, please read and sign the consent form first, then complete the questionnaires. By completing these today, it will take you about 5 minutes, you will be eligible to participate in the Social Relationship Study later on in the semester for 3 extra credit points toward your psychology class. If you would like to participate in the Social Relationship Study for the 3 extra credit points, please complete the Future Participation Sheet which asks for your name, your phone number, the best time to reach you by phone, and the name of your Introductory Psychology instructor.

Please note that if you do not wish to participate in this study later on in the semester, you will be able to earn extra credit points for your psychology course through alternative ways. You can receive information about these alternative ways from your psychology instructor. Thank you again for your participation.

APPENDIX H-2

Research Script

Social Relationship Study

Hi, my name is Carole Hodge and I will be your experimenter. This is my dissertation and I would really like to thank you for coming to today's study. There are a few good things about participating in a study that is a dissertation: one, as a participant, you can feel that you are a part of something, a project; two, you helped a person, me, complete their Ph.D.; three, when I write this up, you can find yourself listed as a participant in the dissertation, there will be a copy at the library.

This study is called the Social Relationship Study. I am interested in your responses to questions about friendships and romantic relationships. The two friendships that I am particularly interested in are the other-sex best friend and the same-sex best friend. I am also interested in your responses to a few personality variables, as well as variables that are perceived as important to most relationships. More explanation about the study will be given at the end of the study and there is also a Participant Information Sheet for you to take home with you. Today's study will require you to complete a questionnaire packet which will take about 1 hour and 30 minutes. At the end of the study, please return your completed questionnaire packet to me. At that point, for your time and participation, you will receive three extra credit points toward your psychology class. Bring your psychology credit card up with you and I will stamp the card.

Okay, let's begin. I am now administering the consent form. Please read it and if you wish to participate in today's study, sign the consent form. After I collect the consent forms, I will administer the questionnaire packet. Each packet contains several questionnaires. All participants will receive the same number of questionnaires, however the order of the questionnaires is different for each of you. When everyone has a packet, I will go over some instructions with you. Please pay attention because you must follow these instructions carefully to complete the packet correctly. Remember to read the directions for each questionnaire before answering it and read each question carefully and respond to it appropriately. You have up to 1 hour and 30 minutes to complete all the questionnaires.

This part will not be read out to participants

After all the participants are finished, the experimenter will read out loud the Participant Information Sheet and answer any questions that any participants may have about the study.

[** If any participants say that they have two or more best friends of the same or opposite sex, they will be told to pick the person that they consider to be their primary best friend and answer the questionnaires thinking of this person.] [** If any participants say that they have two romantic partners, they will be told to pick the person that they consider to be their primary romantic partner and answer the questionnaires thinking of this person.]

FOOTNOTE

1 Similar results were found for parallel analyses conducted on the Between-Subjects Sample and the Within-Subjects Sample.

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