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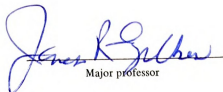
Facilitating Adjustment to Divorce
Through Time-Limited, Individual,
Self-Concept Based Psychotherapy

presented by

J. Keith Ostien

has been accepted towards fulfillment
of the requirements for

Ph.D. degree in Counseling,
Personnel Services and
Educational Psychology



Major professor

Date June 18, 1979



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FACILITATING ADJUSTMENT TO DIVORCE THROUGH
TIME-LIMITED, INDIVIDUAL, SELF-CONCEPT
BASED PSYCHOTHERAPY

By

J. Keith Ostien

A DISSERTATION

Submitted to
Michigan State University
in partial fulfillment of the requirements
for the degree of

DOCTOR OF PHILOSOPHY

Department of Counseling, Personnel Services
and Educational Psychology

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ABSTRACT

FACILITATING ADJUSTMENT TO DIVORCE THROUGH TIME-LIMITED, INDIVIDUAL, SELF-CONCEPT BASED PSYCHOTHERAPY

By

J. Keith Ostien

The purposes of this study were to examine the effects of time-limited, individual, self-concept based psychotherapy on the adjustment processes of divorcing individuals, and to explore the relationships among those aspects of the self-concept previously identified by researchers and authors as being significantly affected by the divorce experience. These aspects of the self-concept were self-esteem, self as a social being, self as having meaning and purpose in life, self as accepting of others, and self as manifested in life roles. The effects of treatment and the relationships among these aspects of the self-concept were observed in the larger contexts of level of anxiety, overall adjustment to divorce, and general personality adjustment.

The study was conducted in the field setting utilizing a pretest-posttest control group design, with random assignment of subjects to the experimental and

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control groups. Forty-two subjects were involved in the study, with 21 in each group. Subjects were divorcing persons in Ingham County, Michigan who were desirous of and voluntarily sought counseling to assist them in their adjustments to divorce.

The results of the study revealed that time-limited, individual, self-concept based psychotherapy improved particular aspects of the self-concept. The therapy experience led to the improvement of self-esteem, the reduction of social avoidance and distress, and an improvement in assessment of some life roles. The time-limited therapy also was shown to reduce anxiety and, perhaps most important of all the results, it was demonstrated that time-limited therapy significantly improved the overall adjustment processes of divorcing persons. By contrast, the hypotheses that time-limited therapy would improve acceptance of others and general personality adjustment were not supported.

The results revealed that divorcing persons not involved in the time-limited therapeutic experience tended to develop increasingly negative self-perceptions over time. It also was seen that those aspects of the adjustment process related to self in a social/interpersonal context seemed to be built on divorcing persons first having regained a sense of direction and meaning for their lives, and having begun to define themselves as single, separate individuals. These results provided the basis for the conclusion that

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adjustment to the divorce experience was a progressive, sequential process built upon revitalized self-functioning.

The analysis of data established that the aspects of the self-concept, with the exception of self as accepting of others, correlated in the predicted directions. The predicted correlations among measures of anxiety, overall adjustment to divorce, and the measured aspects of the self-concept also were supported. It was observed that divorcing persons seemed to turn most frequently to friends and family for support and assistance, and that divorcing persons turned to their former spouses for support and assistance less as they adjusted to the divorce experience.

Implications drawn from the results of the present study were: (a) further research needs to be conducted investigating the progressive, sequential model of the divorce adjustment process advanced in this study; (b) varying therapeutic approaches, using varying theoretical frameworks need to be observed and compared to determine the most appropriate treatment interventions for facilitating adjustment to divorce; (c) the Adjustment to Divorce Scale demonstrated preliminary merit as a measure of overall adjustment to divorce. Further research now needs to be conducted regarding the reliability and validity of this instrument.

DEDICATION

This work is dedicated to my parents, Bruce and Jean Ostien, who have given their love and support untiringly to me, and all of their children; and to my wife, Helen Ostien, who has so lovingly shared with me the peaks and valleys of our life together.

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ACKNOWLEDGMENTS

A project of this length and size necessarily is dependent on the contributions of many people. First and foremost I would like to thank my committee chairman, Dr. James Engelkes, and my dissertation committee, Dr. Herb Burks, Dr. John Hurley, Dr. Richard Johnson, and Dr. Eileen Thompson. Their guidance, suggestions, and criticisms always proved to be beneficial.

Dr. Ed Gibeau and Mr. Bill Griz served as the clinicians in this study, and their reliability, expertise, honesty, and friendship will never be forgotten.

Dr. John Osborne provided considerable assistance in identifying and validating the references found in the review of the literature.

Mr. James Pocock, Director, Friend of the Court, provided invaluable assistance and support throughout the entire life of this project. He dealt with practical and political problems, investigated certain legalities, and supported the project before the Circuit Court Judges. This research project simply would not have taken place without his involvement. Additionally, Ms. Neusbaum and Ms. Reed

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were very instrumental in keeping the project moving by their steady distribution of the brochures through Friend of the Court offices.

Ms. Carole Charon of Legal Aid, Ms. Robin Bohnert of the Domestic Assault Program through the Department of Social Services, Ms. Laing of the Women's Resource Center, and Mr. Barry Sterns of Lansing Community College all provided important help by coordinating the distribution of brochures through their respective offices.

A considerable amount of data was generated in the course of this project, and coding and preparing the raw data for entry into the computer was a monumental task. This task was made manageable, and almost pleasant, by the very generous involvement of a number of people. Mr. and Mrs. James Fox, Dr. and Mrs. David Roth, Dr. and Mrs. Ray Husband, Mr. and Mrs. Joe Pavona, Dr. Judith Taylor, Mr. Frank Jenkins, and Mrs. Helen Ostien worked diligently and accurately for long hours in preparing the data. I am most grateful for their help and friendship.

A major part of this project was the typing of the text. Ms. Lynn Shuster worked closely with me for many months in preparing the early drafts. Mrs. Fayann Lippincott typed the final copy of the dissertation. The assistance provided by Ms. Shuster and Mrs. Lippincott was consistently of a high quality, and made many potential problems easily resolvable.

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Dr. Judith Taylor provided much assistance in the analysis and interpretation of data. I am deeply grateful for her enthusiasm, expertise, support, and friendship throughout the project.

A special and heartfelt thanks must be given to Dr. Eileen Thompson. In addition to serving on my dissertation committee, she invested herself in this project to a remarkable extent. Her expertise in self-concept theory and measurement repeatedly improved portions of the text. Additionally, her expertise in statistical procedures and use of the computer were remarkable, and played a major role in the completion of this project. Most important, however, and for which I am most grateful, was Dr. Thompson's interest, support, and friendship throughout the course of this project.

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CHAPTER I

THE PROBLEM

Introduction

Divorce is a personal and social occurrence of major proportions in the United States. It is estimated that since the early 1970s over 40% of all new marriages are ending in divorce (Bronfenbrenner, 1975; Eisler, 1977; Fisher, 1976; Hetherington, Cox, & Cox, 1977; Levinger, 1976; Weiss, 1975). In Ingham County, Michigan, where the present study took place, almost six divorces for every 10 marriages occurred for each of the years 1976, 1977, 1978 (Ingham County Clerk's Office, Mason, Michigan--personal communication, January 18, 1979).

Glick (1973) observed that between 1960 and 1971 the divorce rate increased by more than 70%. Glick (1973) also noted that the United States had the highest divorce rate in the world. Weiss (1975) examined possible reasons for the high incidence of divorce in America, and in doing so concluded that because those causal factors were likely to remain a part of American society, the high incidence of divorce also was likely to remain. Other researchers and authors have concurred with this observation (Eisler, 1977;

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The high incidence of divorce in and of itself, however, is not what makes it such a widely discussed and important personal and social issue. It is the impact of divorce on individuals, families, and society that makes it such a significant issue in human experience (Bohannon, 1970; Edwards & Hoover, 1974; Epstein, 1974; Fisher, 1974; Gordon, 1976; Hetherington, Cox, & Cox, 1977; Kessler, 1975; Krantzler, 1974; Napolitane & Pellegino, 1977; Singleton, 1974; Weiss, 1975). Weiss (1976) noted that marital disruption almost universally gave rise to stress. Depending on the specifics of the individual and the situation, this stress varied in type and intensity. The myriad divorce-related programs which have been developed in communities throughout the country provide additional evidence of the severity of the impact of divorce, and persons' desires to respond to their personal traumas. In Ingham County, Michigan there are classes through the Community College, men's groups, women's groups, Parents Without Partners, a counseling program through the Prosecutor's Office, church programs, and professional services throughout the psychological community. These programs exist and are well attended because many divorcing people feel that they need support and assistance in coping with their divorce. Barringer (1974) found in a questionnaire sent out to

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members of Parents Without Partners that a large majority of those people sought some type of assistance. Others have observed this same readiness and need on the part of divorcing people to seek some type of assistance in their adjustment to divorce (Edwards & Hoover, 1974; Fisher, 1974; Krantzler, 1974).

Much of the divorce-related research that has been completed has sought to identify the characteristics of the impact of divorce on people. Many of these studies have implied or explicitly stated that the central point of impact was the individual's self-concept (Barringer, 1974; Fisher, 1976; Hackney, 1975; Hetherington, Cox, & Cox, 1977; Raschke, 1975; Weiss, 1975). In addition, the more subjective observations made by many authors of books written about divorce support this conclusion very strongly (Baguedor, 1972; Bohannon, 1970; Colgrove, Bloomfield, & McWilliams, 1976; Edwards & Hoover, 1974; Eisler, 1977; Frohlich, 1971; Fuller, 1973; Gettleman & Markowitz, 1974; Hunt, 1966; Kessler, 1975; Krantzler, 1974; Napolitane & Pellegino, 1977; Parker, 1973; Singleton, 1974).

The trauma to the self-concept caused by divorce seems to be manifested by various feelings and in various aspects of the self-concept. The studies cited above have suggested that the aspects of the self-concept most affected by the experience of divorce were self-esteem, self as accepting of others, self as having meaning and purpose in

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life, self as a social being, and self as manifested in the various roles of individual lives. The feelings most frequently associated with the trauma of the divorce experience were those of anxiety, apprehensiveness, fear, panic, sadness, regret, depression, loneliness, and hostility.

The observations of many researchers and authors regarding the eventual, healthy adjustments made by people to the divorce experience supported the conclusion that the primary impact of divorce was on an individual's perceptions and feelings of self. Hetherington, Cox, and Cox (1977) noted that healthy adjustment occurred when positive changes in the self-concept took place. They noted that, for the group of people they observed, "the most important factor in changing the self-concept two years after divorce was the establishment of a satisfying, intimate, heterosexual relationship" (p. 18). Weiss (1975) stated that two developments seemed to signal a healthy adjustment to separation and divorce. These developments were that the individual reestablished a coherent and stable identity, and he/she established a stable life pattern. Other authors' subjective observations supported this view (Bohannon, 1970; Edwards & Hoover, 1974; Kessler, 1975; Krantzler, 1974; Napolitane & Pellegino, 1977; Singleton, 1974).

Observations also have been made by many of the researchers and authors in the area of divorce regarding the length of time required for adjustment to the divorce

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experience. The considerable amount of time required for adjustment, as observed by these researchers and authors, provides further evidence of the severity of the divorce experience for many people. Hetherington, Cox, and Cox (1977) suggested that, for many people, a minimum of two years was required for successful adjustment to the divorce experience; Weiss (1975) estimated two to four years. Fisher (1976) estimated a minimum of two to four years to complete adjustment to the divorce experience, although a very few people were adjusted within a year. Napolitane and Pellegino (1977) concluded that final adjustment did not occur until four to seven years following the beginning of the divorce experience.

Despite the high incidence of divorce in America, and the many observations regarding both the degree of and types of impact divorce has on many people, very few research efforts have been completed which were designed to examine the impact of a treatment intervention on individuals' adjustments to divorce. Fisher's (1976) study was the only study identified in the review of literature which sought to examine the effects of a specific therapeutic model on individuals' adjustments to divorce. He developed the Divorce Adjustment Seminar. This seminar brought divorcing people together in a group in which they were involved in a variety of experiences designed to facilitate their adjustments to divorce. Fisher (1976) found that people involved

in the Divorce Adjustment than the experience. Fisher very cautiously began study and limitations possible changes in research efforts were designed to examine trends such as income, treatment, or time-varying theoretical

A review of systematic efforts relationships among shared particularly to examine the implications aspects of

Morris and article that there by the effects of adjustment to divorce treatment with one-sided considerable of the divorce process examine more rigorous experience. The

in the Divorce Adjustment Seminar did seem to show better adjustment than those people not involved in the seminar experience. Fisher's results, however, must be interpreted very cautiously because of weaknesses in the design of the study and limitations of the instruments used in examining possible changes in the subjects. No other controlled research efforts were identified in the review of literature designed to examine the effects of various therapeutic methods such as individual therapy, group therapy, extended treatment, or time-limited treatment in conjunction with varying theoretical orientations.

A review of the literature also revealed that no systematic efforts have taken place designed to examine the relationships among the aspects of the self-concept that seemed particularly traumatized by the divorce process, or to examine the impact of a treatment mode on those identified aspects of the self-concept.

Morris and Prescott (1975) concluded in their article that there existed a great need for research examining the effects of different types of treatment on people's adjustment to divorce and for comparing different modes of treatment with one another. Descriptive research has provided considerable preliminary data regarding many aspects of the divorce process. The time is now appropriate to examine more rigorously selected aspects of the divorce experience. The present study seeks to do just that.

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Purposes

The present study had two purposes. These purposes would seem to be the natural next steps in the progression of research regarding the impact of divorce, and adjustment to the divorce experience.

The primary purpose of the present study was to examine the effects of time-limited, individual, self-concept based psychotherapy on the adjustment processes of divorcing individuals. Although many previous researchers have emphasized the centrality of the self-concept in the divorce experience, no research has been conducted regarding the effects of a self-concept based treatment intervention on the adjustment processes of divorcing persons.

A second purpose in conducting the present study was to examine the relationships among those aspects of the self-concept previously identified by researchers as being significantly affected by the divorce experience. An attempt was made in the present study to bring together an assessment of these aspects of the self-concept in order to gain greater understanding of their relationships, and to understand more clearly their roles in the adjustment process. These aspects of the self-concept were self-esteem, self as a social being, self as having meaning and purpose in life, self as accepting of others, and self as manifested in the roles of people's lives.

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The effects of treatment and the relationships among these aspects of the self-concept were observed in the contexts of assessments of general personality adjustment, overall adjustment to divorce, and level of anxiety. It was expected that this comprehensive evaluation of divorcing persons and the effects of a therapeutic intervention on their adjustment processes would increase substantially our knowledge regarding the divorce experience and the process of adjustment to divorce.

Definition of Terms

For the purposes of the present study the following terms are operationally defined as:

Self-esteem: an aspect of the self-concept concerned with feelings and perceptions of self-acceptance as measured by Rosenberg's Self-Esteem Scale (see Appendix B).

Self as a social being: an aspect of the self-concept concerned with the functioning and perceptions of self in an interpersonal/social context as reflected by Watson and Friend's Social Avoidance and Distress Scale (see Appendix C).

Self as having meaning and purpose in life: an aspect of the self-concept concerned with perceptions of self as having meaning and purpose as measured by Good and Good's Existential Anxiety Scale (see Appendix E).

Self as accepting of others: an aspect of the self-concept concerned with perceptions of self as being accepting of others as reflected by Fey's Acceptance of Others Scale (see Appendix D).

Self as manifested in roles in life: an aspect of the self-concept concerned with perceptions of self in the contexts of life roles as measured by the Semantic Differential developed for the present study (see Appendix F).

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Anxiety: an affective state characterized by numerous terms reflecting stress, fear, and misgiving, as measured by Zuckerman's Anxiety Checklist (see Appendix G).

General personality adjustment: a broad, multifaceted assessment of an individual's personality structure as measured by Cattell's 16PF (see Appendix I).

Overall Adjustment to Divorce: the process of adjustment to divorce reflected in the functioning and perceptions of individuals in the various aspects of their lives as measured by the Adjustment to Divorce Scale developed for the present study (see Appendix J).

Research Hypotheses

1. Divorcing individuals who participate in time-limited, individual, self-concept based psychotherapy will demonstrate a more positive self-esteem, as measured by Rosenberg's Self-Esteem Scale, than those divorcing individuals who do not participate.
2. Divorcing individuals who participate in time-limited, individual, self-concept based psychotherapy will demonstrate a lesser degree of social avoidance and distress, as measured by Watson and Friend's Social Avoidance and Distress Scale, than those divorcing individuals who do not participate.
3. Divorcing individuals who participate in time-limited, individual, self-concept based psychotherapy will demonstrate a more positive acceptance of others as measured by Fey's Acceptance of Others Scale, than those divorcing individuals who do not participate.
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5. Divorcing individuals who participate in time-limited, individual, self-concept based psychotherapy will demonstrate a more positive assessment of roles, as measured by the Semantic Differential, than those divorcing individuals who do not participate.

6. Divorcing individuals who participate in time-limited, individual, self-concept based psychotherapy will demonstrate better general personality adjustment, as measured by Cattell's 16PF, than those divorcing individuals who do not participate.

7. Divorcing individuals who participate in time-limited, individual, self-concept based psychotherapy will demonstrate a better overall adjustment to divorce, as measured by the Adjustment to Divorce Scale, than those divorcing individuals who do not participate.

8. Divorcing individuals who participate in time-limited, individual, self-concept based psychotherapy will demonstrate a lesser degree of anxiety, as measured by Zuckerman's Anxiety Checklist, than those divorcing individuals who do not participate.

9. There will be positive relationships among self-esteem, assessment of roles, acceptance of others,

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10. There will be positive relationships among social avoidance and distress, the level of hopelessness and purposelessness, and anxiety.

11. Level of anxiety, social avoidance and distress, and level of hopelessness and purposelessness, will be inversely related to self-esteem, assessment of roles, acceptance of others, general personality assessment, and overall adjustment to divorce.

Overview

In Chapter II the literature related to divorce and adjustment to divorce will be reviewed. There have been no controlled studies regarding the use of time-limited, individual psychotherapy as a means of facilitating adjustment to divorce. A modest amount of descriptive research has been completed, however, identifying the ways in which the experience of divorce seems to affect people. Additionally, a great deal of literature has been published by authors with considerable variations in their credentials regarding almost every imaginable aspect of divorce. Some of this literature is prejudicial, unfounded, or irrelevant and will not be reviewed. Other publications, however, have much to say about the experience of divorce, and these will be included in the review of literature.

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In Chapter III the design of the study will be presented. This presentation will include a description of the sample and the population from which it was drawn, a description of the instruments used to examine the testable hypotheses, a description of the procedures followed in conducting the study, a description of the design of the study, a restatement of the hypotheses in testable form, and a description of the statistical procedures used to test the hypotheses.

In Chapter IV the results of the study will be presented. Following the presentation of the results a brief summary of the results will be provided.

In Chapter V a discussion of the results of the study will be provided, followed by a discussion of the limitations and implications of the study. Lastly, a brief conclusion will be provided.

An attempt has been made in Chapter I to establish the need for the present study and the purposes of the study. We now turn to an examination of the literature regarding divorce and adjustment to divorce.

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CHAPTER II

REVIEW OF THE LITERATURE

Introduction

The volume of literature addressing the issues of divorce and adjustment to divorce has grown considerably over the last fifty years. The quality and value of this body of literature have varied a great deal. Some publications addressed the legal aspects of divorce. Other publications examined divorce from various religious viewpoints. Many authors combined legal issues with discussions and advice about how to live and cope as a divorcing individual. Infrequently the suffering caused by the experience of divorce has been discussed, but it was not until the early 1970s that researchers and authors began addressing in a primary way the emotional and psychological impact of divorce on many individuals. This review of literature focuses on that portion of the body of literature that addresses the emotional and psychological impact of divorce and the possible ways of responding to the resulting turmoil. Also provided in this review of the literature is a review of those works which provide the theoretical bases

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The first portion of the review of literature examines the research which has been completed regarding the divorce experience. This is followed by a review of nonresearch-based publications that seem to provide insightful observations about the experience and impact of divorce, and the factors involved in adjusting to divorce. Following this is a synthesis and interpretation of the entire body of literature reviewed in the first two portions. The last sections of Chapter II review the literature regarding self-concept theory and time-limited, individual psychotherapy.

Research-based Literature

Almost all of the research which has been completed regarding the divorce experience and adjustment to divorce has been descriptive in nature. Researchers have sought to identify the ways divorce has impact on people, the major areas of struggle in people's adjustment processes, and the characteristics of those people for whom the divorce experience is particularly traumatic. Almost no research has been conducted regarding ways to facilitate expeditious and healthy adjustment to divorce. Kessler (1975) provided an astute, and disheartening, conjecture as to why this was the case. She suggested that to attempt to identify ways of improving individuals' adjustment to divorce was to condone and legitimize divorce, something which middle-class

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American society has been loath to do. Thus, few research efforts have yet been initiated in this area. Regardless of the reasons, the fact is that presently divorce-related research is largely descriptive in nature, and most of that research has been completed relatively recently. These studies are examined individually, with attention given to the type of study conducted, the general characteristics of the sample, and the observations made as a result of the study.

Blair (1970) surveyed women's adjustments to divorce as related to their attitudinal changes about life. She found that adjustment to divorce was most difficult for those individuals who were older at the time of divorce, had been married longer, had been divorced a shorter time, had lower self-concepts, had higher levels of anxiety, had been divorced at the instigation of their spouses, and who did not have their family's support. Blair confirmed the major hypothesis in her study, which was that constructive attitudinal changes about life positively affected adjustment to divorce. Blair also examined Waller and Hill's (1951) General Theory of Readjustment. Waller and Hill (1951) suggested that there were four socio-psychological stages involved in the adjustment process. In the order of occurrence these were: (1) breaking old habits, (2) beginnings of reconstruction of life, (3) seeking new love objects, and (4) readjustment completed. Blair found that, for the

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women involved in her study, breaking old habits was the most difficult stage of adjustment. The sequence of adjustment for her subjects was: (1) beginnings of reconstruction of life, (2) seeking new love objects, (3) breaking old habits, and (4) readjustment completed.

Barringer (1974) conducted a questionnaire survey of members of Parents Without Partners. He found that the biggest problems facing single parents who were members of Parents Without Partners were in facing the stigma of divorce, finding a new purpose in life, and dealing with depression. Of those people in his sample, a majority were seeing their clergyman in individual counseling in an effort to deal with their adjustments to divorce. Barringer also found that the quality of adjustment to divorce was not correlated significantly with the length of the marriage, education, occupation, number of children, or size of the community in which they lived. He did find that with his sample at least, the quality of the adjustments made by individuals did differ depending on the length of time since the separation between the spouses, the level of the dating activity going on for that individual, and his/her church attendance.

Hackney (1975) described the psychological adjustments of men and women in four different stages of marriage and divorce. These groups were the happily married, those in therapy for marital problems, those who had recently

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filed for divorce, and those who had been divorced six months to a year. From his data he described a three-stage emotional adjustment process to divorce. The first stage he termed the "traumatic phase," which showed a sharp rise in emotional disturbance between the happily married and the marital counseling states. He said this stage was manifested through anxiety, hostility, depression, self-devaluation, self-doubt, and general dissatisfaction with life. His second stage was the "prolonged phase" in which counseling and initiation of divorce took place. This period saw an extension of the symptoms manifested in stage one. Hackney's third stage was the "readjustment phase." This phase was completed seven to thirteen months following the divorce. He said that this phase was characterized by a drop in the individual's emotional disturbance to the level of happily married individuals. During this phase the individual also experienced some levels of depression and sensitive negative life attitudes. Adjustment, then, was marked by a decrease in anxiety, hostility, and depression, and an increase in the person's self-evaluation, positive self-perceptions and level of satisfaction with his/her life. Hackney found no differences between men and women in the adjustment patterns he observed.

Raschke (1975) also did a descriptive study of members of Parents Without Partners. She found that males had less post-divorce stress, people who knew each other longer prior

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to marriage had more stress at the time of divorce, males with higher occupational status had less stress, stress was less for those further away from the actual time of separation, older males had less stress, and males with more children had less stress than those with fewer children. Perhaps her most important observation was that social participation was by far the most influential variable in alleviating stress. She concluded from this observation that the social and psychological factors which led to increased social participation had a tendency to lead to less post-divorce stress. Other findings of Raschke's were that women economically independent of their spouses had less stress, religious involvement did not reduce stress, sexual receptivity seemed to reduce stress, and the more socially active were less stressed.

Hetherington, Cox, and Cox (1977) conducted a two-year longitudinal study from which they drew a tremendous amount of data. The results to be discussed at this time were presented in a paper at a symposium on divorce at Michigan State University in the summer of 1977. They found that the main areas in which change and stress were experienced were first, those related to practical problems in running a household; second, those associated with emotional distress and changes in self-concept and identity; and third, interpersonal problems in maintaining a social life, in the

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Hetherington, Cox, and Cox (1977) found that economic stress was correlated significantly with depression, a sense of incompetence, and a feeling of hopelessness.

In discussing the changes in self-concept Hetherington, Cox, and Cox (1977) noted that in the first year following divorce, divorced mothers and fathers seemed to feel more anxious, depressed, angry, rejected, and incompetent. They noted that "the flurry of social activity and self-improvement which occurred during the first year following divorce, particularly in divorced fathers, seemed to be an attempt to resolve some of the identity and loss of self-esteem problems experienced by the divorced parents" (p. 16). They suggested that men underwent greater initial changes in self-concept than women, but that the effects of change lasted longer in women. Hetherington, Cox, and Cox (1977) wrote that women "complained most often of feeling physically unattractive, of having lost the identity and status associated with being a married woman, and a general feeling of helplessness" (p. 15). By contrast, men "complained of not knowing who they were, of being rootless and of having no structure of home in their lives. The separation induced great feelings of loss, previously unrecognized dependency needs, guilt, anxiety, and depression. Changes in self-concept and identity problems were greatest in parents who

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Hetherington, Cox, and Cox (1977) also observed that the most important factor in changing the self-concept in her subjects was the establishing of a satisfying, intimate, heterosexual relationship. Hetherington emphasized (in personal communication, December 6, 1977) that she saw this developing of an intimate relationship as part of a larger resocialization process. The reinvestment of oneself in social interaction, according to Hetherington, was the integral factor in the overall adjustment process.

Fisher (1976) conducted the only study identified during this review of literature which examined the effects of a therapeutic intervention on individuals' adjustments to divorce. He developed the Divorce Adjustment Seminar. This was a group experience designed to provide support, information, sharing of feelings, and developing goals for the future. Fisher found that these seminars significantly improved adjustment to divorce in the following areas:

(1) self-acceptance of the divorce, (2) disentanglement of the relationship, (3) rebuilding of social relationships, (4) total divorce adjustment, and (5) self-concept. He observed that the experience of divorce very frequently had a major impact on people's self-esteem, sense of worthwhileness, and clarity of role definition in many aspects of their lives, and that adjustment to divorce was manifested by an improvement in each of these areas.

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Nonresearch Publications

Although divorce has been a frequently discussed topic in literature for many years, little of this literature, until relatively recently, has focused on the emotional impact of the divorce experience, or on facilitating adjustment to divorce. Several notable exceptions were Waller (1930) and Goode (1956). The present portion of this review of the literature is made up of an examination of the recent works which recognize and address, to varying degrees, the personal and social trauma of divorce and factors involved in adjusting to the divorce experience.

Krantzler (1974) raised the level of social consciousness regarding adjustment to divorce, and had a major impact on subsequent publications with his book, Creative Divorce. He wrote a very personal book that recognized the profound pain and upheaval that many people experienced during the divorce process. Beyond that, however, he urged people to see the experience of divorce as an opportunity for personal growth and, ultimately, enrichment of their post-divorce lives.

Krantzler (1974) suggested that the degree of stress experienced by people during the divorce process was in direct proportion to the part the marriage played in shaping people's identities. He observed that divorce led to disruption of habits and patterns within the marriage which previously had been ways in which individuals expressed

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Krantzler (1974) suggested that there was a pattern to the adjustment process for most people. This pattern had three general categories: recognizing that the relationship indeed had ended, mourning the loss, and emotional readjustment to single life. Krantzler strongly emphasized the mourning process. This is a complex process and is very different for different people, but essentially it serves to release the person from the influence of the past relationship, and begins to allow that person to develop new ways of perceiving and expressing himself or herself. This redefinition of the ways a person perceives and manifests self is the central component in the adjustment process, and, according to Krantzler, is a prerequisite for healthy adjustment to divorce. Personal growth begins to take

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This emphasis on the possibility of personal growth in the wake of divorce became a theme in many subsequent publications. Increased attention also began to be paid to the role of the self-concept in individuals' reactions and adjustments to the divorce experience.

Edwards and Hoover (1974), in an optimistic work, wrote that singleness was a state in which it was possible to make many discoveries about "self-identity" and to begin to make these discoveries part of one's life pattern. Prior to reaching that point of adjustment, however, many people experienced feelings of failure, guilt, anger, and hostility. Edwards and Hoover noted that "this mix of conflicting emotions often creates an all-pervasive sense of worthlessness that goes well beyond the initial sense of failure" (pp. 62-63). They suggested that a frequent response to this self-perception was social withdrawal. They recommended that divorcing individuals nurture themselves a great deal during this period, monitor their feelings and self-perceptions, actively seek social contact, and establish tentative goals for themselves.

Singleton (1974) repeated the theme of considerable self-nurturing during the initial stages of the divorce

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Fisher (1974) also focused on the impact of divorce on an individual's self-perceptions and on the possibility of personal growth in the aftermath of divorce. She saw the divorce experience extending from the pre-separation period, during which the couple's relationship was deteriorating, through the adjustment period following the final divorce decree. Fisher (1974), as Krantzler did, based her observations on extensive clinical involvement with divorcing individuals. She recommended counseling during each of these stages, and suggested the appropriate focuses for each stage. Pre-divorce counseling focused on helping the couple define the problem areas in the marriage, and arriving at an informed choice regarding the future of their marriage. Divorce counseling occurred during the period following separation, but prior to finalization of the divorce. The primary focus of counseling during this period, according to Fisher, needed to be on issues involving the children, custody, visitation, the continuing relationship between the spouses, and some preliminary concern with the future. She suggested that a final emotional disengagement from the former spouse was central to healthy adjustment, and that

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this did not occur until after finalization of the divorce. Thus post-divorce counseling sought to foster this emotional disengagement. Fisher (1974) wrote, "postdivorce adjustment included a variety of other goals; namely, a reduction in feelings of bitterness and hostility, more understanding and acceptance of self, children and ex-spouse, and of society generally; a return to work and social activity; and better management of personal affairs and the ability to handle the new problems that follow divorce" (p. 119). Fisher went on to suggest that post-divorce counseling should focus on self-growth, redefining roles, increasing problem-solving abilities, defining goals, and fostering self-awareness and self-acceptance. Fisher saw the optimal way of providing post-divorce counseling as involving a combination of individual therapy and group counseling in what she called counseling-education groups. She saw these groups as short-term experiences that provided structure and support, and sought to increase individuals' rational processes, eliminate self-defeating behaviors, and define roles in terms of the present circumstances of each individual's life.

Kessler (1975) published an important and insightful book, and based her expertise on clinical involvement and some descriptive research with divorcing individuals. Kessler (1975) discussed many aspects of the divorce experience, including stages of "emotional divorce," the incidence

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of divorce in America, possible personal and sociological explanations for both the incidence and degree of trauma associated with divorce by Americans, the process of adjustment to divorce, and ways to facilitate adjustment to the experience of divorce. Her observations regarding the sequence of the divorce process generally were consistent with those made by others. She saw the trauma of divorce as resulting from the disruption of roles and habits which were the expressions of an individual's self-concept within the context of the marital relationship. This disruption resulted in anxiety, guilt, and frequently feelings of passivity and impotence relative to the environment. She observed that women experienced greater stress during divorce when they defined themselves almost exclusively as wives and/or mothers. Those women who adjusted to divorce more quickly and positively seemed to have a more diverse and active set of self-perceptions which incorporated more effectively the disruptions caused by divorce.

Kessler (1975) saw the process of adjusting to the divorce experience as being characterized by establishing a stable self-definition, moving from a passive to an active involvement with one's environment, establishing new definitions of roles, and defining goals based on the realities of one's life. She suggested that counseling of varying formats should be used to facilitate the adjustment process. Kessler (1975) suggested that counseling could aid in the

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reduction of irrational thoughts, lead to resolution of feelings related to the former spouse, and facilitate the progress of the other components of the adjustment process.

Morris and Prescott (1975) published an article reviewing observations they made while conducting "Transition Groups" intended to facilitate adjustment to divorce. They observed that the by-products of divorce were loss of self-esteem, feelings of personal inadequacy, loneliness resulting from disturbance of roles, guilt, resentment, and confusion. They suggested that counseling could be an effective way of facilitating the process of adjustment, and recommended establishing "Transition Groups." Morris and Prescott established such groups and observed that the process of adjustment individuals experienced revolved around a change in time perspective. Initially people focused on the past, mourning the loss of the relationship, the loss of a way of life, and the loss of part of themselves. This was followed by a period of focusing on their present situation; increasing acceptance of themselves as individuals rather than as spouses, more acceptance of the realities of their lives; and the beginning of reinvestment in pursuing satisfaction of needs, clarifying values, and establishing goals. The last phase was a change to a future orientation in which fewer conflicts were experienced, individuals again felt like they were part of society, longer-range goals were established for their lives, and people

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began managing their lives more effectively. In their recommendations, Morris and Prescott (1975) suggested that these types of group experiences be co-led by a male and a female. They also strongly recommended that controlled research efforts be conducted examining the effects of different types of counseling interventions compared to no treatment, and also different types of counseling compared with one another.

Colgrove, Bloomfield, and McWilliams (1976) published a lovely book entitled How to Survive the Loss of a Love. It was made up of short summaries of frequently occurring feelings and self-perceptions among divorcing people, and others suffering losses. These summaries were juxtaposed with short poems which further focused on the affective components of people's experiences. Colgrove, Bloomfield, and McWilliams (1976) urged individuals to let themselves experience their feelings, accept the loss, be honest with themselves, and assume responsibility for the quality and direction of their lives. They suggested that by doing these things people would be able to develop new self-understanding, establish new ways in their lives for self-expression, and begin to gain, once again, satisfaction in social interaction.

Napolitane and Pellegino (1977) published a book based largely on Napolitane's observations of her own divorce experience. She also founded a self-help

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organization for divorced women called Nexus. Napolitane and Pellegino (1977) provided many practical suggestions and observations regarding women's experiences during the process of divorce. They also urged divorcing individuals to maintain an active social involvement. A rather detailed and extended adjustment process was reviewed by Napolitane and Pellegino in which they suggested that personal growth seemed to occur in two areas. Those areas were better recognition of one's needs, and greater assertiveness in meeting these needs. This growth became possible as the individual restabilized his/her self-definitions and accepted himself/herself as a single individual.

Weiss (1975) published the most authoritative book yet available. It already has been reviewed in some detail in Chapter I. Weiss reviewed the incidence of divorce, possible reasons for this high rate of divorce, common themes for why people seek divorce, the characteristics of love and attachment, the characteristics of the impact of marital separation and divorce on people, and factors involved in adjustment to divorce. As mentioned earlier, Weiss viewed the impact on an individual's self-concept as central to the separation and divorce experience. The impact on the self-concept of an individual manifested itself in many ways and many areas of his/her life, and resulted in feelings of apprehensiveness, anxiety, fear, panic, sadness, regret, depression, and loneliness. The

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consequences of this cumulative trauma were social isolation, a lack of acceptance of self or others, a lack of direction and purpose to life, and confusion regarding one's roles in life. Weiss (1975) then observed that eventual, healthy adjustment to the separation/divorce process was characterized by the individual reestablishing a coherent and stable identity, and establishing a stable life pattern. He noted that this life pattern included reinvestment in social interaction, a clarity of the individual's perceptions of his/her roles, an increased acceptance of self and others, and reestablishment of goals for one's life.

Summary of Divorce-Related Literature

The literature just reviewed was made up of research-based and nonresearch-based publications which addressed themselves to the issues of the impact of the divorce experience on people, and the factors involved in the processes of adjustment for those people.

It was observed that divorce was a common occurrence in American society, and that many people were deeply affected by the divorce experience. It was observed that, almost unanimously, researchers and authors concluded that the self-concepts of individuals were affected in a significant way. Further, it was observed that the trauma to the self-concepts of people involved in the divorce process seemed to be manifested in a number of important areas of people's lives. These areas were social participation,

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self-esteem, assessment of roles, acceptance of others, and a sense of direction and purpose in life. Many strong, persistent, and negative feelings were experienced by people during the divorce experience, and these feelings compounded the disruption in these areas of their lives.

Adjustment to the divorce experience, as observed in the review of literature, seemed to have as a central focus the reestablishment of healthy self-concepts within individuals. The literature suggested that this came about as the individual gained understanding about himself/herself, accepted the reality of his/her life situation, and began to incorporate that understanding and acceptance of self into his/her life. This seemed, then, to be manifested in the previously disrupted areas of his/her life.

A number of researchers and authors suggested that therapeutic interventions of varying kinds may well facilitate adjustment to the divorce experience and noted that no research yet has been completed examining the validity of many of the observations regarding the impact of divorce on the self-concepts of people, or the role of the self-concept in the adjustment-to-divorce process. Additionally it was recommended in the literature that research be conducted regarding the effects of varying types of therapeutic interventions in facilitating adjustment to divorce.

It is apparent from the review of literature that the self-concept is a central issue in the divorce

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experience, and in individuals' adjustment processes. The following discussion will examine the literature which defines more extensively the self-concept, and provides the basis for the theoretical position of this study.

Review of Self-Concept Theory

Self-concept is a term that has become so widely used, and misused, throughout the general population, as well as within the profession of psychology, that any precision or clarity regarding its meaning seems to have been lost. Wylie (1974) noted that researchers and clinicians, along with the general population, frequently presumed a common, obvious understanding of the term. In fact there are numerous theories regarding self, with important variations in their conceptualizations of the self-concept (Wylie, 1974). These differences seem to center around the issues of phenomenal (conscious) and nonphenomenal (unconscious) variables, motivational factors, and behavioral manifestations of the self-concept. Eventually, perhaps, these theoretical issues will be resolved, but for the present it seems imperative that researchers examining self-concept issues clearly and precisely identify their particular theoretical position.

Although consciousness and self have been philosophical concerns for centuries, present authors trace the first significant psychological attention regarding self to William James (Coopersmith, 1967; Horrocks & Jackson, 1972;

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Wylie, 1974). James (1952 ed. of 1890 publication) wrote, "a man's Self is the sum total of all that he can call his, not only his body and his psychic powers, but his clothes and his house, his wife and children, his ancestors and friends, his reputation and works, his lands and horses, and yacht and bank-account" (p. 188). He suggested that the self could be divided into its "constituents," self-feelings," and actions which were either "self-seeking" or "self-preservative." He postulated that the "constituents of the Self" were the material Self, the social Self, the spiritual Self, and the pure ego. James also concluded that these various constituents of the self, at any given point in time, were differentially affected by life experiences. He suggested that the impact of life experiences was determined by the value attached to the different constituents of the Self, and the ratio of achievement to aspiration in these valued areas. These observations laid the groundwork for later theorizing regarding ideal self and real self, self-consistency, and observation of different components of the self.

Lecky (1945) clarified and expanded much theorizing regarding the self-concept when he postulated his theory of self-consistency. He perceived people's behavior, particularly in the face of threat, as fundamentally being directed toward the maintenance and preservation of their self-perceptions. Conversely, he suggested that life events

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which were perceived by the individual as being inconsistent with their self-concepts, resulted in anxiety, defensiveness, and self-preservative withdrawal.

A proliferation of theoretical work regarding the self-concept took place during the 1940s and 1950s. Wylie (1961) wrote that "all the theories of personality which have been put forth, within the last two decades, assign importance to a phenomenal and/or nonphenomenal self-concept with cognitive and motivational attributes" (p. 6). Moustakas (1956) attempted to synthesize the theoretical work of that time through publication of a collection of papers by authors such as Kurt Goldstein, Gordon W. Allport, Andras Angyal, Erich Fromm, Otto Rank, Prescott Lecky, Carl G. Jung, A. H. Maslow, Carl R. Rogers, and Karen Horney. In his introductory chapter Moustakas presented a list of principles regarding the self which he felt accurately summarized the collective observations of the authors. These principles were as follows:

- "(1) The individual knows himself better than anyone else;
- (2) Only the individual himself can develop his potentialities;
- (3) The individual's perception of his own feelings, attitudes, and ideas is more valid than any outside diagnosis can be;
- (4) Behavior can best be understood from the individual's own point of view;
- (5) The individual responds in such ways as to be consistent with himself;
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of himself determines how he will behave; (7) Objects have no meaning in themselves. Individuals give meaning and reality to them. These meanings reflect the individual's background; (8) Every individual is logical in the context of his own personal experience; (9) As long as the individual accepts himself, he will continue to grow and develop his potentialities. When he does not accept himself, much of his energies will be used to defend rather than explore and actualize himself; (10) Every individual wants to grow toward self-fulfillment; (11) An individual learns significantly only those things which are involved in the maintenance or enhancement of self; (12) Concepts, ideas, symbols, and events can be denied or distorted but experience is experienced in the unique reality of the individual person and cannot be untrue to itself; (13) We cannot teach another person directly and we cannot facilitate real learning in the sense of making it easier. We can make learning for another person possible by providing information, the setting, atmosphere, materials, resources, and by being there; (14) Under threat the self is less open to spontaneous expression; that is, is more passive and controlled. When free from threat, the self is more open, that is, free to be and to strive for actualization" (pp. 9-11).

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Moustakas was greatly influenced by Carl Rogers, and the phenomenological theory of self Rogers was synthesizing. Rogers (1951), and other phenomenologists, placed a great deal of emphasis on the conscious process of the individual. He defined the self-concept as "an organized configuration of perceptions of the self which are admissible to awareness. It is composed of such elements as the perceptions of one's characteristics and abilities; the precepts and concepts of the self in relation to others and the environment; the value qualities which are perceived as associated with experiences and objects; and the goals and ideals which are perceived as having positive or negative valence" (pp. 136-137). Rogers (1951) stated that positive feelings about self existed as long as nothing occurred in the individual's experience which contradicted his or her self-perceptions. When contradictions occurred, however, incongruence set in between the individual's self-concept and reality. This incongruence resulted in tension, anxiety, and defensive behavior designed to restore congruency. Although Rogers assigned paramount importance to the phenomenal self, he acknowledged the existence of nonphenomenal factors in human motivation and behavior, but minimized their potency and value in shaping behavior. This conflict regarding nonphenomenal components of the self-concept has not yet been resolved. According to Wylie (1974), however, this lack of unity among theorists does not

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preclude scientific study of the self-concept. She wrote, "regardless of the type of construct preferred, from the point of view of theory building, the theoretical constructs or inferred variables of the personality theorist fulfill the same role as the theoretical constructs in other psychological theory. That is, these constructs are introduced to help explain behavior variations which occur under constant external stimulation, and similarities of behavior which occur under varying external stimulating conditions Observable behaviors of some kind, designed in some specifiable manner, must be the consequents in a scientific psychology, no matter what the school of thought" (p. 18).

Allport (1961) placed great emphasis on the phenomenological characteristics of the self and sought to specify the functions of the self. He stated strongly that the self defined the paths taken by people in pursuit of gratification of their needs and meaning for their lives. His efforts to specify the functions or aspects of the self further solidified the concept of multiple aspects to the self-concept in self theory. Allport's specifications of the functions of self consisted of: (1) sense of body; (2) self-identity; (3) self-esteem; (4) self-extension; (5) rational coping; (6) self-image; and (7) appropriate, or self, striving. These formulations, as well as the ones previously mentioned, were brought together in a theoretical model by Horrocks and Jackson (1972).

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Horrocks and Jackson (1972) conceptualized self as a process "by means of which the organism derives and constructs self-products which, taken together, represent the organism's interpretation and meaning of itself" (p. 7). They suggested that, of all man's interpretations, self-interpretation was the most central. These interpretations, the self-products, were the concepts of self which shaped individuals' affective/behavioral interaction with the world. Horrocks and Jackson (1972) defined self-concept "as a value-based cognitive-affective symbolization of the organism growing over time through maturation and accretion of experience The concepts are ideas of reference, images, beliefs, and attitudes the individual has cognitively organized, defined, redefined, and evaluated through application of and association with reality" (pp. 52-53). Critical factors for Horrocks and Jackson (1972) in the development of self-concepts were the meanings and values the individual came to attach to experiences and feelings. This coming together of self-concepts and meanings and values resulted in an identity, which was "how an individual defines himself when confronted by a given context and is called into being only when circumstances demand a self-reaction" (p. 58). An individual developed many concepts of self and many situation-related identities, and, according to Horrocks and Jackson (1972), an important developmental task was to "arrive at some integration of both his concepts

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Horrocks and Jackson (1972) postulated that the behavioral application of an identity was a role, and "for roles to be important to the self-process the roles a person takes must bear a functional relationship to his needs, his behavior style attributes, and his system of values. In other words, self-process can be made manifest through identities exemplified in role taking behavior" (p. 95).

Horrocks and Jackson (1972) presented self as a construct, an abstraction which was central to man's involvement and interaction with the world. Differentiation of self as object took place through maturation, experience, and cognitive development, resulting in concepts of self. The association of values and meanings with these concepts of self results in identities which were situationally defined, and which were behaviorally manifest through roles. From this sequence of postulates can be seen the relationship between observable behavior and the concepts of self in an individual holds, and the differential importance of concepts of self based on values and meanings held by the individual.

Horrocks and Jackson (1972) wrote that when life experiences occurred which provided evidence that a self-concept was erroneous, and which challenged the values and/

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or meanings attached to concepts of self, or caused diffusion of roles, anxiety resulted. The degree of impact of the life experience to those concepts of self which seemed to be involved was determined by the depth of value and meaning attached to the experiences, and the degree of disruption to the individual's roles, the behavioral manifestations of the self. Horrocks and Jackson cited Ausubel (1958) as describing this process as "a state of transitional anxiety occurring in the individual during periods of psychological transition. He sees this resulting from threats to self-esteem inherent in a situation in which a person moves from an accustomed state to one in which a new state of equilibrium is sought" (p. 99).

This review of self theory has sought to highlight the historical development of self theory, and to examine some of the important components of that theory. These components are: (1) that the self-concept can be observed by observing behaviors; (2) the self-concept has many aspects and manifestations which are differentially affected by the values and meanings attached to life experiences; and (3) that individuals strive to function in ways that are consistent with their self-concepts, and experience anxiety and disruption in their lives when this self-consistency is disrupted.

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Time-limited, Individual Psychotherapy

Time-limited, individual psychotherapy was selected for examination in this study for two reasons. The first reason is that it is an extremely widely used therapeutic intervention (Malan, 1976; Small, 1971), and the second reason is that it is suspected that time-limited, individual psychotherapy can be an effective way of facilitating an individual's adjustment to divorce, although there is no research regarding this issue.

Small (1971) conducted an extensive survey of literature regarding time-limited psychotherapy and concluded that three predominant factors accounted for the extensive use of this method of therapeutic intervention. Those factors were: (1) there was an ever-increasing demand for psychotherapeutic services which was not matched by a comparable increase in trained individuals to provide the services; (2) brief psychotherapeutic procedures had been demonstrated to have a preventive or limiting role in both acute and some chronic situations, and (3) crises and stresses characteristic of most human lives appropriately required quick intervention. These conclusions were supported by Klein and Lindemann (1961) and Wayne and Koegler (1966). Regarding the acceptance and use of time-limited psychotherapy by a great many clinicians, Bellak and Small (1965) wrote, "many people seek psychotherapy only in such Quick and effective help in such situations

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The supposition that time-limited psychotherapy can be an effective means of facilitating adjustment to divorce is based on the characteristics both of the life experience of divorce and of the therapeutic model. As has been described earlier, divorce is an experience for many people which is tremendously disruptive and painful in many aspects of their lives. It results in an alteration of many characteristics of people's life styles, social involvements, and ways of defining and expressing themselves. Many authors and researchers regard just such crises or turning points in people's lives as being effectively helped by time-limited psychotherapy (Bellak & Small, 1965; Klein & Lindemann, 1961; Mackey, 1968; Malan, 1976; Mann, 1973; Shlein, Mosak, Dreikiers, 1962; Small, 1971; Visher, 1959).

Klein and Lindemann (1961) described life alterations that seemed to be facilitated by time-limited psychotherapy as "any sudden alteration in the field of social forces within which the individual exists of such nature that the individual's expectations of himself and his relations with others change. Field alterations may arise from loss or threatened loss of a significant relationship, introduction of one or more new individuals into the

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In an authoritative work, Mann (1973) wrote that time-limited therapy must focus on the predominant crisis or conflict in the individual's life. This view was supported by many other authors (Barten, 1971; Bellak & Small, 1965; Levin, 1970; Malan, 1976; Phillips & Wiener, 1966; Polberg, 1965). Mann (1973) suggested that there were four basic universal conflict situations. The first was that of independence vs. dependence. The second conflict was activity vs. passivity. The third was adequate self-esteem vs. diminished or loss of self-esteem, and the fourth conflict situation was that of unresolved or delayed grief. Mann went on to indicate that each individual's life circumstances were different and therefore the specific therapy content would be different. In time-limited psychotherapy, when, one or more of these universal conflicts is addressed. Mann (1973) stated, "Each of the four basic universal conflicts expresses varying degrees of the capacity to tolerate and manage effectively object loss. In the group of patients suffering from diminished or loss of self-esteem, one usually finds that autonomous functioning is impeded as the result of the meaning to the patient of a real loss, or of a loss that was experienced in the patient's inner world without there having been a real loss or even a threatened loss" (p. 76). He went on to say that "the effects of loss

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are multiple in personality development but may be conceptualized operationally as consisting in feelings and ideas about the self that sabotage more effective functioning of the self" (pp. 26-27). These observations are consistent with the earlier descriptions of the impact of divorce on many individuals, and with the theoretical basis for this study regarding self.

In addition to the widely accepted method of focusing on the predominant, and current stresses in an individual's life during time-limited psychotherapy, a number of other general methodologies seem to be part of effective time-limited psychotherapy. These are: (1) a greater degree of activity on the part of the therapist in focusing the therapy, fostering insight and responsibility on the part of the client, and discouraging client dependence; (2) specification of the length of each session and the total number of sessions the therapeutic process will last; (3) the promotion and appraisal of the individual's resources rather than weaknesses; and (4) maintaining limited and realistic expectations regarding the extent of the impact of the therapeutic experience on global personality changes (Hochstadt, 1969; Bellak & Small, 1965; Hoch, 1965; Malan, 1965; Mann, 1973; Muench, 1964; Phillips & Johnston, 1954; Rennie, Mosak, & Dreikiers, 1962; Small, 1971; Stekel, 1965; Visher, 1959; Wolberg, 1965). Small (1971) noted that the following are general guidelines for conducting time-limited

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psychotherapy could be applied in conjunction with varying theoretical formulations, and that the guidelines were not intended to standardize or sterilize the critical therapeutic relationship.

The present study examined the effects of time-limited, individual psychotherapy, as conceptualized above, on individuals' adjustments to divorce, and the theoretical framework for the implementation of the psychotherapy experience was based on the theory of self presented earlier.

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CHAPTER III

EXPERIMENTAL DESIGN AND METHODOLOGY

Overview

The purpose of this chapter is to provide a description of the present study. Each of the relevant components in the design of the study is described. The subjects who comprise the sample for this study are described with respect to a number of demographic characteristics. The measures used to observe treatment effect are described in terms of their appropriateness, their reliability, and their validity. Additionally, the reliability coefficients obtained for this sample are reported. The procedures and components used in the actual conduct of the study are described in detail, with attention paid to those factors which arose requiring alterations in the original procedures. The possible implications of these required alterations are also discussed. The design of the study is discussed, with attention paid to the design over time, validity concerns, the design over measures. The research hypotheses are stated in testable form, followed by a description of methods of analysis to be used to test the hypotheses to provide ancillary analysis of the data.

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The subjects who comprised the sample for the present study were divorcing individuals from Ingham County, Michigan who voluntarily participated in a short-term counseling program between January, 1978 and January, 1979. An attempt was made to bring to the attention of almost all divorcing persons in Ingham County the availability of this counseling program designed to assist them in their adjustment processes. This was done by distributing brochures through the offices of Friend of the Court, Legal Aid, the Women's Resource Center, Lansing Community College, Parents Without Partners, and the Domestic Assault Program within the Department of Social Services which described the counseling/research program. There simply was no way to determine how many people actually read and considered the brochure. It is known that over the 12-month period approximately 2,500 brochures were distributed. Some individuals undoubtedly received the brochure more than once simply because these agencies provided their various services to the same finite population.

The final sample was made up of 42 individuals. Of the total sample, 31 were women and 11 were men. These 42 people were part of a group of 96 people who phoned in response to the brochure. Over 40 of those individuals were interested in counseling, but did not become subjects in this study because they were interested in marriage

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counseling with a goal of reconciliation. These people were referred to individuals in the professional community who provided those services. The remaining 12 people who were not included in the final sample were eliminated as viable subjects for the various reasons cited in the procedural sections of Chapter III. The final sample, then, was made up of 42 individuals who were in the process of divorcing, who perceived themselves as being in need of counseling, and who voluntarily agreed to participate in this project.

It is unknown whether or not the sample is representative of the entire population of divorcing persons. The most fundamental difference is that not all divorcing persons are in need of counseling services during their divorce experience, or do not perceive themselves as being in need of counseling. No effort was made in the present study, however, to make observations about the entire population of divorcing persons. Rather, the focus was on those people who were struggling in their lives as a result of the experiences of divorce they were undergoing, and who were willing to involve themselves in counseling in order to solve the problems. To that extent the researcher thinks that the sample for the present study is representative of the larger group of divorcing people who share those characteristics. It would seem safe to assume that nearly all divorcing people who involve themselves in some type of

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program designed to facilitate adjustment to divorce, do so voluntarily. Thus, the fact that the subjects in the present study participated voluntarily would not seem to isolate them from all other divorcing individuals, or make them unrepresentative of a great many divorcing people.

The complete demographic breakdown of the sample is provided in Table 3.1. These data were gathered by asking each subject to fill out a face sheet at the pretest (Appendix A). The total sample had a mean age of 31.28 years, a mean length of marriage of 8.26 years, and an average of 2.28 children. Nine of the 42 subjects had been married previously at least once. Four of the 42 subjects had no children. Thirty-one of the 38 subjects with children had custody of their children, while one subject had joint custody of his children.

A rather interesting characteristic of the sample was that 20 of the 42 subjects had initiated the divorce action, and yet were involving themselves in a counseling program. This would seem to provide contradictory evidence to the conventional, although largely undocumented, perception that the person initiating the divorce action is usually less likely to experience significant stress and disruption in his/her life than his/her spouse. This issue will be examined in greater detail in the Analysis of Data.

Data were obtained regarding two important time intervals. These intervals were the time between the final

Table 3.1.--Demog

Demographic Variables

Age: Mean in Years
Range in Years

Sex: Males
Females

Length of Marriage

Number of Previous
(Total Occurrences)
Subjects with
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Number of Children

Subjects with No

Custodial Parent:

Person Desiring Divorce

Interval between
and Filing Petition
Mean in Months
Range in Months
Number of Subjects

Interval between
for Divorce and
Mean in Months
Range in Months
Number of Subjects

Table 3.1.--Demographic Characteristics of the Sample.

Demographic Variable	Total Sample	Experimental Subjects	Control Subjects
Age: Mean in Years	31.28	31.38	31.19
Range in Years	21-44	22-43	21-44
Sex: Males	11	6	5
Females	31	15	16
Length of Marriage: Mean in Years	8.26	8.60	7.9
Range in Years	2-17	2-17	4-16
Number of Previous Marriages			
(Total Occurrence):	9/42	3/21	6/21
Subjects with 1 Previous Marriage	4	2	2
Subjects with 2 Previous Marriages	3	1	2
Subjects with 3 Previous Marriages	1	0	1
Subjects with 4 Previous Marriages	1	0	1
Number of Children: Mean	2.30	1.90	2.66
Range	0-8	0-5	0-8
Subjects with No Children	4	3	1
Custodial Parent: Subject	31	14	17
Spouse	6	3	3
Both	1	1	0
Person Desiring Divorce: Subject	20	8	12
Spouse	18	11	7
Both	4	2	2
Interval between Final Separation and Filing Petition for Divorce:			
Mean in Months	3.35	4.10	2.52
Range in Months	0-24	0-13	0-13
Number of Subjects with No Interval	13/42	6/21	7/21
Interval between Filing Petition for Divorce and Seeking Counseling:			
Mean in Months	1.30	1.60	1.00
Range in Months	0-8	0-8	0-5
Number of Subjects with No Interval	22/42	9/21	13/21

Table 3.1.--Continued

Demographic Variables

Referral Sources:

Number of Subjects

Each Source

Friend of the

Legal Aid

Domestic Assault

Law Enforcement

Annual Financial

Number of Females

In Parentheses

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10,001 - 15,000

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25,001 - 30,000

30,001 - 35,000

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Table 3.1.--Continued.

Demographic Variable	Total Sample	Experimental Subjects	Control Subjects
Referral Sources:			
(Number of Subjects from Each Source)			
Friend of the Court	21	11	10
Legal Aid	11	4	7
Domestic Assault Program	5	3	2
Lansing Community College	5	3	2
Annual Financial Resources:			
(Number of Female Subjects in Parentheses)			
\$5,000 - 10,000	25 (25)	12 (12)	13 (13)
10,001 - 15,000	5 (2)	4 (1)	1 (1)
15,001 - 20,000	7 (3)	3 (2)	4 (1)
20,001 - 25,000	1 (1)	0 (0)	1 (1)
25,001 - 30,000	1 (0)	0 (0)	1 (0)
30,001 - 35,000	0 (0)	0 (0)	0 (0)
35,001 - 40,000	2 (0)	1 (0)	1 (0)
40,001 - and up	1 (0)	1 (0)	0 (0)

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separation and the formal filing of the petition for divorce, and the time between the filing of the petition for divorce and when the individual sought counseling. The mean interval between the final separation and the filing of the petition for divorce was 3.35 months. Thirteen of the 42 subjects reported that the petition for divorce was filed within the first month following the final separation. The mean interval between filing the petition for divorce and when the person sought counseling was 1.3 months. Twenty-two of the 42 subjects sought counseling within the first month after the petition for divorce was filed. These observations will be discussed more fully in Chapter V.

Half of the sample, 21 subjects, was obtained through contact with Friend of the Court. Eleven subjects came from Legal Aid, five subjects came from Lansing Community College, and five subjects came from the Domestic Assault program. No subjects in the final sample had learned of the counseling program through Parents Without Partners or the Women's Resource Center. As can be seen in Table 3.1, over half of the sample was in the \$5,000 - \$10,000 range of Annual Financial Resources. These 25 subjects were all men. Five subjects had financial resources of \$20,000 or more. Four of these five subjects were men. Although male subjects dominated the lower end of the financial spectrum, and male subjects dominated the upper end, the middle range of financial resources was almost evenly shared

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A review of the demographic breakdown for the experimental and control groups revealed that the two groups were very similar across almost all dimensions. The dimension that showed the greatest apparent difference between groups was the "Person Desiring the Divorce." In this category 50% more control subjects than experimental subjects indicated that they had initiated the divorce action, while, conversely, 57% more experimental subjects indicated that their spouses had initiated the divorce action. Although this appeared to be a major difference, it did not prove to be significant in the analysis of data. In fact, there proved to be no initial differences between the experimental and control groups.

Instrumentation

Interview

The selection of the instruments used in the present study was based on previous research regarding the divorce experience, and the self-concept theory presented in Chapter II. It was observed that the divorce experience had a major impact in many people's lives, that this impact seemed to involve certain aspects of the self-concept, and that eventual adjustment to the divorce experience centered

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on these aspects of the self-concept. It also was observed that the historical development of self theory had resulted in a broadly based perception that the self-concept was composed of many aspects, or manifestations, of self. These aspects of the self were differentially affected by life experiences, based on the values and meanings attached to those life experiences by the individual. Thus, previous researchers and authors had suggested that the divorce experience was traumatizing to a great many people because of the important value and meaning attached to the marital relationship as a central means for definition, expression, and fulfillment of the self. With the ending of that relationship came the loss of that central means of self-definition.

The intent in the present study was to observe the possible effects of a time-limited, individual, self-concept based therapeutic intervention, provided during the divorce experience, on these aspects of the self-concept, on more general characteristics of the personality, and on the overall adjustment process. The broader measures of personality and the adjustment process provided a more comprehensive assessment of the subjects, in the context of which the self-concept measures could be understood more meaningfully.

It was noted earlier that previous researchers identified anxiety as a feeling state almost universally

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experienced by divorcing persons at some point in the divorce experience. These researchers also observed a dramatic increase in anxiety with disruption and trauma to the self-concept, and suggested that anxiety would decrease as divorcing persons made satisfactory adjustments to their divorce experiences. For these reasons it was decided that inclusion in the present study of an instrument designed to assess the degree of anxiety was integral to a comprehensive understanding of the treatment intervention and the adjustment process.

The final instrument included in the present study was used to assess the believability, or the degree of distortion of the subjects' responses on all of the measures. All of the instruments used in the study were self-report in nature, and thus, subject to the possibility of faking. Wylie (1974) wrote, "in order to index constructs involving S's phenomenal fields or phenomenal self, E must use some form of self-report response made by S as a basis for his inferences Despite their many limitations, these methods seem to be the only kinds appropriate to this type of construct" (p. 39). Wylie (1974) noted that one of the major limitations of self-report instruments was their susceptibility to distortion. She concluded that there was no satisfactory way of eliminating this concern and concluded that "the matter of deliberate deception of E is probably best handled by establishing testing conditions which

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maximize rapport with E and make it worthwhile from S's standpoint to be as honest as possible" (p. 59). Efforts were made to establish rapport with each subject prior to the administration of the pretest and posttest. In addition, however, it was decided to include an instrument sensitive to subject distortion. This procedure also had some limitations, for as Wylie (1974) wrote, "we must conclude that research thus far has been more useful in revealing blind alleys than paths to the goal of evaluating the distorting influence of tendencies to respond in a socially desirable way upon the validity of self-report instruments for evaluating the self concept" (p. 61).

Despite this limitation of possibly not being able to specify the manner in which subject distortion might affect the validity of the other instruments in the study, it seemed valuable to know if, in fact, subject distortion were a factor in the obtained results.

Instruments

Self-Esteem Scale. Rosenberg (1965) constructed the Self-Esteem Scale as a short, unidimensional measure of self-acceptance. The instrument was used in the present study to measure the degree of self-acceptance among divorcing people, and the treatment effect on these individuals' self-acceptance. It is a 10-item Likert instrument (Appendix B). Silber and Tippet (1965) reported that the

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instrument had high reliability and provided a thorough measurement of self-acceptance. A Guttman scale reproducibility coefficient of .92 was obtained, while a test-retest reliability coefficient of .85 was found for the instrument. Validation studies found that the scale correlated .59 with Coopersmith's Self-Esteem Inventory. An internal consistency reliability coefficient of .90 was obtained for the sample in the present study.

Social Avoidance and Distress Scale. Interaction with others is an important avenue for self-expression, and has been identified in previous research as an aspect of self-functioning that is dramatically affected by the divorce experience. Watson and Friend (1969) developed the Social Avoidance and Distress Scale as a measure of social participation, and of the individual's perceptions of himself/herself in the context of interpersonal relationships. This instrument was used in the present study to observe these aspects of self-functioning among the subjects involved in the time-limited therapy experience.

The Social Avoidance and Distress Scale is a 28-item true-false measure (Appendix C). Watson and Friend (1969) found that their instrument had a very high index of homogeneity. They derived a mean biserial correlation of .77. The product-moment correlation of the two subscales was .75. The Kuder-Richardson formula 20 reliability coefficient was .88 and the test-retest reliability coefficient was .68.

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A number of validation studies were conducted in which a correlation coefficient of .54 was obtained with the Taylor Manifest Anxiety Scale, and .45 with the Endler-Hunt S-R Inventory of Anxiousness. An internal consistency reliability coefficient of .94 was obtained for the sample in the present study.

Acceptance of Others. Previous researchers frequently observed a tendency among people traumatized by the divorce experience to be less accepting of others, and to perceive themselves as less acceptable to others. Fey (1955) discussed the possible relationship between acceptance of others and self-acceptance. He differentiated between the two processes, however, and defined them both as self-functions. Logically, it also would seem that acceptance of others would be closely related to social participation. The distinctions between these two aspects of self-perception center on the origin and function of the self-perceptions. Acceptance of others seems to be a self-function related to experiences and perceptions of vulnerability, trust, and fear of unacceptability to others (Fey, 1955). Divorcing people have demonstrated to past researchers perceptions of betrayal by their spouses, an inability during the divorce experience to accept and trust others, and an underlying self-perception that their own shortcomings and lack of acceptability brought about the divorce. The function, then, of not accepting others seems to be

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self-preservative in nature. By not accepting others the individual perceives himself/herself as being protected against the betrayals and rejections that such acceptance brings. Social interaction, by contrast, seems to be a self-function related to a context in which self-expression previously has taken place, but which has been altered by the divorce experience. The divorcing person is no longer part of a couple. Past activities, friendships, and social groups frequently seem no longer to fit. Thus, divorcing people have been observed pulling back, withdrawing from social interaction because of the incongruence they were experiencing.

Acceptance of Others was a scale devised by Fey (1955) to measure acceptance of others and feelings of acceptability to others (Appendix D). The instrument is a 25-item Likert scale in which the first 20 questions form the acceptance of others measure and the last five questions make up the acceptability to others measure. Fey (1955) reported a split-half reliability coefficient of .90 for the acceptance of others scale and, a split-half reliability coefficient of .89 for the acceptability to others subscale. Fey reported no validity data. Internal consistency reliability coefficients of .79 were obtained for the sample in the present study on both the acceptance of others scale and acceptability to others scale.

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Existential Anxiety Scale. Feelings of despair, lack of direction and purpose, and loss of meaning to their lives are frequently described by divorcing individuals. Previous researchers have documented the prevalence of this response. The Existential Anxiety Scale developed by Good and Good (1974) was used in the present study to measure this aspect of self. The scale is a 32-item true-false measure (Appendix E). Good and Good (1974) reported a point biserial coefficient of .49, and a Kuder-Richardson formula 20 coefficient of .89. No validation studies were cited. Good and Good (1974) argued that the instrument had face validity. They also suggested that as the instrument was used in research projects such validation would come. An internal consistency reliability coefficient of .94 was obtained for the sample in the present study.

Semantic Differential. Previous researchers have observed that the divorce experience frequently resulted in loss of role definition, and in immobilization in various aspects of daily functioning. In fact many researchers suggested that an integral part of adjustment to divorce was establishing clear and consistent self-perceptions in the differing contexts of each individual's life. No instrument was identified by this researcher that could provide a comprehensive measure of divorcing persons' self-perceptions across the various roles assumed in life. For that reason a Semantic Differential was constructed to provide this

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assessment for the present study (Appendix F). The Semantic Differential consisted of 16 roles to be rated on 16 bipolar scales. The roles were selected based on their general applicability to most people's lives, as well as several roles being unique to the circumstances of the lives of divorcing individuals. The 16 bipolar scales were constructed as unidimensional, mutually exclusive comparisons. The intention in this method of construction of the instrument was to make it possible for subjects to make very fine, discrete assessments of themselves in each role of their lives.

The semantic differential was originally developed by Osgood, Suci, and Tannenbaum (1957). Osgood, Suci, and Tannenbaum (1957) reviewed their efforts to establish reliability and validity for the instrument and presented the logic of why it was impossible and, in fact, unnecessary to establish reliability and validity for the semantic differential. They stated that "since the reliability of a concept meaning conceived as a point in the semantic space is completely dependent upon the reliabilities of the factors of which it is composed, no separate estimates can be given" (p. 140). Regarding validity Osgood, Suci, and Tannenbaum (1957) wrote: "the semantic differential is proposed as an instrument for measuring meaning. Ideally, therefore, it should correlate semantic differential scores with some independent criterion of meaning--but there is no commonly

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accepted quantitative criterion of meaning. In lieu of such a criterion, we have fallen back on what is usually called "face validity" (p. 140).

Anxiety Checklist. The Anxiety Checklist developed by Zuckerman (1960) was used in the present study to measure the degree of anxiety experienced by the subjects. The instrument is a list of 21 adjectives (Appendix G). The individual completing the checklist checks only those adjectives that describe how he/she is feeling either generally or at that moment. Zuckerman (1960) established separate reliability coefficients for the measure when used as a reflection of general feeling or a reflection of feeling at that moment. When used as a general statement of feeling a test-retest reliability coefficient of .68 and an internal consistency reliability coefficient of .72 were obtained. When used as a reflection of how an individual felt at that moment, an internal consistency coefficient of .85 and a test-retest reliability coefficient of .31 were obtained. Zuckerman advised using the "at that moment" instructions with the measure in test-retest situations of a month or more. Those were the instructions used in the present study. Zuckerman (1960) conducted a validation study with the Manifest Anxiety Scale and obtained a correlation coefficient of .58 using "at that moment" instructions, and a coefficient of .65 using "generally" instructions.

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An internal consistency reliability coefficient of .89 was obtained for the sample in the present study.

Social Desirability Scale. The Social Desirability

Scale was used in the present study to measure the believability of the subjects' responses. The instrument is made up of 33 true-false items (Appendix H). Crowne and Marlowe (1964) constructed the instrument to identify individuals who describe themselves in favorable, socially desirable ways. The instrument has two subscales: Deny Bad Qualities and Claim Good Qualities. The inclusion of this measure in the present study made it possible to monitor the presence of manipulation or distortion of responses by subjects.

Crowne and Marlowe (1964) obtained an internal consistency reliability coefficient of .88, and a test-retest coefficient of .88. Crowne and Marlowe (1964) reported that they validated their instrument by confirming several hypotheses in experimental settings. Correlational results, however, were not reported. An internal consistency reliability coefficient of .86 was obtained for the sample in the present study.

16PF. The 16PF was originally constructed in 1949 by Raymond Cattell. Since that time a number of revisions of the instrument have taken place, multiple forms have been developed, broadly based norms have been established, and numerous research projects have been conducted with the

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instrument. The instrument was originally designed to measure 16 different personality trait factors (Appendix I). These traits were hypothesized to be fundamental, stable features of the personality, as opposed to situationally-specific states the individual might exhibit. Each factor was expressed by means of a bipolar scale. A summary of the contrasts for each personality factor was developed by the Institute for Personality and Ability Testing (1972). These contrasts are presented in Appendix I.

The 16PF was used in the present study to measure the general personality features of the subjects, to measure the possible effects of the time-limited therapy on those general personality features, and to observe the possible relationships among the measures of aspects of the self-concept and these general personality features. Form B was used throughout the course of the study. The following test-retest reliability coefficients have been reported for each of the 16 personality factors:

Source Trait										
Form	N	A	B	C	E	F	G	H	I	L
B	958	.75	.54	.74	.80	.81	.77	.89	.79	.77
	M	N	O	Q ₁	Q ₂	Q ₃	Q ₄			
	.70	.60	.81	.70	.75	.62	.87			

attell, Eber, and Tatsuo (1970) examined the construct validity of the 16PF by correlating each scale with the pure

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Form	Source Trait									
	N	A	B	C	E	F	G	H	I	L
B	958	.78	.44	.66	.64	.79	.69	.87	.75	.63
	M	N	O	Q ₁	Q ₂	Q ₃	Q ₄			
	.73	.60	.81	.51	.70	.69	.59			

Cattell, Eber, and Tatsuoka (1970) acknowledged that "since the validation of a test against a source trait hinges also on the precision with which the simple structure resolution of the personality domain is first made, any full evaluation of the validity of the 16PF must include evaluation of this foundation" (p. 42). Citing research efforts regarding this issue, Cattell, Eber, and Tatsuoka (1970) noted that the 16PF covered the greater part of the factor space of both the Guilford-Zimmerman questionnaires and the Minnesota Multiphasic Personality Inventory (MMPI). Cattell, Eber, and Tatsuoka (1970) also noted that the 16PF "factor concepts reach higher simple structure hyperplane percentage counts than those of any other published resolutions" (p. 42). In other words, the 16PF seems to provide an assessment of personality features that is at least as comprehensive and valid as any other existing general personality measure.

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Cattell, Eber, and Tatsuoka (1970) also reviewed the eight second-stratum factors which presently have been identified in studies with the 16PF. Four of these second-stratum factors seemed to have particular relevance to the issues being examined in the present study, and for that reason these factors were included in the ancillary analysis of data. Cattell, Eber, and Tatsuoka (1970) wrote that "the second-stratum factors may be viewed as broader influences or organizers contributing to the primaries and accounting for their being correlated One gets a more complete picture by knowing the scores on the second order, in addition to those on the primaries. For this information helps to show how the primaries are organized within a particular person" (pp. 112-113).

The Invia vs. Exvia second-stratum factor examines the introversion vs. extroversion dimension. Cattell, Eber, and Tatsuoka (1970) wrote that the factor provided a measure of social inhibition rather than a measure of general inhibition. The second-stratum factor of Adjustment vs. Anxiety provides a measure of broadly-based adjustment vs. lack of adjustment and its ensuing anxiety. Pathemia vs. Cortertia is a second-stratum factor which measures cortical alertness, cheerfulness, and a readiness to handle problems at cognitive, objective level on the Cortertia pole. The pathemia pole is reflected by frustration, depression, moodiness, and a tendency to respond to problems in

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affective ways rather than cognitive ways. The last second-stratum factor examined in the present study was that of Subduedness vs. Independence. Cattell, Eber, and Tatsuoka (1970) wrote that the Independence pole reflected not only a perceptual independence, but a general, temperamental independence. The Subduedness pole reflected submissive-ness, acquiescence, and passivity.

Reliability coefficients were not determined for the sample in the present study. This course of action was taken because of the extensive efforts to establish the reliability of the 16PF by the Institute for Personality and Ability Testing (IPAT). Dr. David Madsen, a research consultant with IPAT, stated that the sample for the present study was too small to obtain reliability estimates with any particular merit or meaning (Madsen, personal communication, November 1978).

Adjustment to Divorce Scale. The Adjustment to Divorce Scale was constructed by this researcher for use in the present study because no existing instrument was identified which provided a measure of general adjustment to the divorce experience. The focus and intent of the present study was not one of a comprehensive investigation of the merits of the Adjustment to Divorce Scale. Its inclusion in this study, however, provided the opportunity to obtain some preliminary impressions of its reliability and validity as a measure of adjustment to divorce.

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General Overview

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The Adjustment to Divorce Scale was constructed as a 37-item Likert instrument (Appendix J). Subjects were asked to assess their behavior and feelings in many different contexts of their lives. Questions contained in the scale addressed areas such as eating and sleeping habits, personal hygiene and maintenance of living quarters, involvement with one's children, involvement with one's former spouse, functioning in the employment setting, use of and involvement with friends, and feelings regarding being a single person. The questions were written in the present tense, thus reinforcing an assessment of themselves as they were currently functioning. The selection of the questions that made up the scale was based on the observations of previous researchers regarding the ways in which divorce-related trauma was manifested in people's lives. The instrument was designed to be a reasonably short measure of the overall divorce adjustment process. An internal consistency reliability coefficient of .89 was obtained for the sample in this study.

Procedures

General Overview

The decision to conduct this study in a field setting placed some limitations on the scope of the investigation, and understandably resulted in myriad real-life

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contingencies throughout the course of the study. The potential benefits, however, in terms of understanding the divorce adjustment process as it was occurring, observing the effects of a therapeutic intervention during the initial stages of the divorce experience, and the potential for generalizing the results and observations, certainly justified selecting such a methodology.

The design of the present study was that of a field experiment utilizing a pretest-posttest control group model with random assignment of subjects to the experimental and control groups. Random assignment of subjects to the two clinicians involved in the study also occurred. Within the random assignment of subjects, an equal distribution of males and females between groups was maintained.

The time-limited psychotherapy program, the effects of which the present study sought to examine, was made available through the Psychological Evaluation and Treatment Center, Inc. This facility was a private clinic in Lansing, Michigan with which the researcher and the two clinicians involved in the project were associated. The subjects in the study each originally sought participation in the counseling program in order to resolve a stressful real life problem. Thus, they had dual roles as both subjects and clients. For that reason issues regarding client confidentiality, client autonomy, and the primacy of the therapeutic

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relationship were closely monitored. These issues will be dealt with in greater detail in a later section.

As subjects entered the study they were administered the pretest, assigned to the experimental or control group and a clinician, and informed of their first appointment with their therapist. The experimental group subjects began their six weekly sessions the same week as the pretest administrations, while the control group subjects had no further contact until six weeks after the pretest. The experimental group subjects were administered the posttest during the week of, but following, the sixth clinical session. The control group subjects were administered the posttest six weeks after the administration of the pretest. The control group subjects were then provided the therapy they had requested six weeks previously.

Procuring Subjects

The intent of the study was to examine the effects of time-limited psychotherapy on the adjustment processes of divorcing persons. Thus, a program was developed that provided access to a very large percentage of all divorcing people in Ingham County. Mr. James Pocock, the head of the Friend of the Court, Ingham County, agreed to have his two re-investigation staff members distribute a brochure (Appendix K) describing the counseling program and concurrent research project being conducted by this researcher. Both parties of all divorce actions initiated in Ingham County

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in which children are involved are required to have one appointment with a member of the pre-investigation staff. Thus, it was expected that the project would be brought to the attention of approximately 200 people a month, thus resulting in a reasonably rapid procurement of subjects.

In the original design of the study it was decided that this procedure involving the Friend of the Court would be the only community resource used to make contact with those people currently involved in the divorce process. It was recognized that only divorcing people who had children would thus be involved in the project, thereby limiting the generalizability of the results. Because divorcing people with children made up such a large majority of all divorcing persons in Ingham County, 77% (Ingham County Clerk's Office, Mason, Michigan, personal communication, August 18, 1977), it was felt that this limitation was acceptable, particularly in the face of the tremendous complexities involved in gaining support of and participation in the project by community agencies. Additionally, it was thought that involving other community resources would result in an unnecessary duplication of contact with the same population of individuals.

The project was initiated on January 23, 1978, and proceeded in the manner just described until October, 1978, at which time the researcher and his committee decided that it would be advisable to attempt to involve other community

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resources in distributing the brochures. This decision was made following close observation of the project during the first seven months. During that period of time approximately 1,400 brochures were distributed by Friend of the Court, out of which 15 people responded and became involved in the program. This response rate (1%) seemed unacceptably low, and it was felt that it would result in an extremely prolonged period of time required to gain the necessary number of subjects. (A more detailed discussion of the possible factors involved in this low response rate will be provided in a later section.) For that reason, contact was made with a number of community resources which had contact with people at some point shortly after a divorce action was initiated. This decision was made after concluding that increasing the number of community resources involved in the project would not in any way adversely affect the intent or design of the study. To the contrary, it was anticipated that by broadening the base of potential referral sources, it would be possible to make the program available to childless divorcing people, thus increasing the probability that the sample would approximate more closely the characteristics of the population of divorcing people in Ingham County.

Surprisingly, none of the anticipated reservations and political problems originally experienced in setting up the project with Friend of the Court came to pass in the contacts with Legal Aid, the Domestic Assault Program through

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the Department of Social Services, the Counseling Center of Lansing Community College, the Women's Resource Center, or Parents Without Partners. The staff members of each of these organizations had come to some degree of awareness of the program, and were eager to participate in distributing brochures to their clients. They were asked to present the brochures and describe the counseling program in the same manner, and with the same safeguards and limitations, as the Friend of the Court staff. Thus, beginning in the end of October, 1978, these additional community organizations became resources for obtaining subjects for the project. Their addition to the project, coupled with Friend of the Court's continued active involvement, resulted in an acceleration of subjects entering the project. With this increased subject response the desired sample of at least 40 people was obtained by the end of January, 1979, 12 months following the inception of the project.

Issues Regarding Research in a Clinical Setting

A chronic problem experienced by researchers in the field setting is the inability to control all of the factors affecting the project and the subjects. This certainly held true in the present study. The range of experiences, complications, and factors to be dealt with was considerable. Some people reconciled with their spouses. Thus, they were dropped from the study but continued in therapy. Several

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people moved or lost contact for undetermined reasons. Two other people took the pretest, and later expressed a desire to be involved in the therapy, but asked to be dropped from the study. One of these two individuals indicated that she felt that the test battery focused too much on issues about herself, and that her purpose in life was to be concerned with matters of religion. The other individual simply felt that the time required to complete the test battery was too fatiguing for her to go through again. The final sample for the study was made up of only those people who voluntarily participated in the entire project through the completion of the posttest. Other individuals were eliminated as subjects, but not as clients, whenever intervening factors warranted that action.

Another important factor in the completion of this project was the co-status of client/subject. It was this researcher's judgment that the role of client took precedence over that of subject, and this was rigorously enforced at all times. In fact, this resulted in several secondary, but very interesting, avenues of data collection being eliminated from the project. These discarded methods of data collection were the administration of the test battery six weeks following the posttest, a written summary by the clinicians regarding the course of therapy for each of their clients, and mandatory termination of therapy at the end of six sessions.

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An extremely surprising development in the course of the study was the near-unanimity with which both experimental and control subjects requested not to be involved in the third testing session. Of the 42 subjects in the sample, only six completed the test battery three times. For most of the rest of the experimental subjects the primary reason for not completing the test battery a third time was that they were six weeks removed from any involvement in treatment or the study, and their focus, energy, and investment were channeled elsewhere. The control group subjects also very frequently indicated that completing the test battery twice was enough. This was in spite of the fact that many people expressed the feeling that taking the tests had made them focus on themselves in new and interesting ways. There is no question that the test battery administered to each of the subjects was rigorous, both physically and mentally. From the experience in this study it might be appropriate to conclude that follow-up contact with subjects who have been involved in an intense and concentrated experience needs to be shorter and less demanding on them than attempted in this study. Certainly the chances of people participating in a time-consuming and demanding experience diminish as their investment in the experience is diminished over time.

The completion of a written summary by the clinicians about each of their clients also had been seen as a

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source of additional, although more subjective, data. The manner in which this might be done went through several revisions because of both clinician and client discomfort with the proposed formats. Finally it was decided that the clinicians would not write any additional summary evaluation about their subjects. Rather, each clinician reviewed his case notes with the researcher and provided an oral summary to the researcher. This was done in order to maximize client confidentiality, and to maintain the clarity regarding the clinicians' authority and power to safeguard their clients' rights--an issue raised by two client/subjects early in the course of the study. A summary of the clinicians' reviews regarding the subjects' progress is presented in Appendix Q.

Originally, the intent had been to conclude the therapeutic relationship after the sixth session. It was thought that this would result in greater consistency in the clinical process at the time of the posttest. In the actual course of the study, however, it was decided that it was clinically inappropriate in certain circumstances to terminate a client. Very early in the study it also became apparent to the researcher that it was more appropriate to indicate to the subjects that the counseling program would be approximately six weeks long, but that the decision regarding when to terminate would be the subject's and his/her clinician. For these reasons the study was conducted such that the subjects entered the counseling program fully aware that they were involved in a short-term experience of

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approximately six weeks, but that the actual time of termination would be mutually determined by the client and his/her clinician. In reality, only three subjects continued in therapy beyond the sixth session. The subjective observations of the researcher and the clinicians, however, were that having some say as to when their clinical involvement would end was important to the client/subjects.

The manner in which this short-term counseling program and research project was made known to the population of divorcing persons in Ingham County also was seriously affected by constraints placed on the project by the involved parties. Circuit Judge Warren detailed the conditions under which contact could be made with clients of Friend of the Court (Appendix L). These conditions were designed to protect people from harassment, coercion, deception, and badgering. In addition to protecting the individuals, however, this researcher thinks that the manner in which the counseling program was able to be presented to individuals partially accounted for the 1% response rate. Based on Judge Warren's stipulations, both written and verbal, the two pre-investigation staff members were allowed to hand the brochure to the individuals, along with a sizable packet of other Friend of the Court literature, and to indicate that the brochure described a counseling program which that individual might want to consider. The brochure could not be highlighted, nor could the individuals be

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urged to consider participating in the program. Additionally, no follow-up contact with the individuals who had been given the brochures was allowed. Thus, although it was known that the brochures were being placed in the hands of many individuals, there was no way of determining how many people actually examined the brochure.

Brochure

The brochure used in this study was conceived of and designed by this researcher specifically for the present study (Appendix K). The short-term counseling program was called "New Directions," and an attempt was made in the brochure to summarize the many different feelings and experiences that divorcing people might have. It was suggested that the trauma a person might be experiencing did not have to be a permanent condition, and that counseling was one possible way of coping with that trauma. A brief description of the fee structure and the availability of insurance billing was provided, followed by a disclaimer of any responsibility or liability on the part of the Friend of the Court. Finally, the name and phone number of the researcher were provided so that anyone interested in this counseling program could make contact whenever he/she desired.

Clinicians

The clinicians who conducted the time-limited therapy for the present study were experienced and clinically

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skilled. Their resumé's can be found in Appendix M. Both clinicians were staff members at the clinic where the clinical services were provided. As can be seen by reviewing their resumé's, both men had extensive educational training and clinical experience prior to this study, and both men were certified by the State of Michigan well before the study was started. Additionally, and of great importance, both clinicians had a theoretical orientation and therapeutic style consistent with that of the present study.

A vitally important feature of this study for the researcher was to have clinically experienced and talented people conducting the therapy. This was important because the researcher wanted to keep the focus of the study on the possible effects of a therapeutic involvement at a critical time in divorcing persons' lives. The researcher wanted to avoid, as much as possible, having the focus of the study blurred by concerns with whether or not the clinicians were doing what they purported to be doing.

Selecting the clinicians proved to be a major problem in getting the study started. The many problems encountered in finding two clinicians for the study were resolved when one of the clinicians joined the clinic where the therapy was conducted. Prior to his arrival, however, it was proving to be extremely difficult to find a way to resolve issues such as clinician qualifications, clinician willingness, fees, liability problems, program identity,

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stable and consistent clinical settings for the two clinicians, and theoretical and therapeutic compatibility with the study.

Both clinicians agreed to serve as the clinicians in the study after comprehensive discussions with the researcher regarding many of the above-mentioned issues. In addition to speaking at length with both men, the researcher also met with their clinical and professional supervisor. This was done with the approval of the clinicians and was done in order to get as comprehensive and intimate an evaluation as possible of the level of sophistication, complexity, and effectiveness of their therapeutic skills. Their clinical supervisor very strongly praised the clinical knowledge and clinical skills of both men, and only then were both men finally selected to serve as the clinicians in the study.

The preparation of the clinicians for conducting the time-limited therapy used in the study consisted of a series of joint discussions with both men. Both clinicians were experienced in the use of time-limited therapy, and as mentioned earlier, both clinicians had a theoretical orientation and therapeutic style compatible with those presented in Chapter II. The general sequence of the therapeutic process, within the context of self-concept theory, as discussed, but both clinicians were urged to conduct their therapy sessions in their own particular styles, and

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in ways to best serve the needs of each client. The clinicians were made aware that the instruments used in the study were generally concerned with the self-concept, but they were not advised as to what the specific instruments were, or the specific aspects of the self-concept that were to be observed.

It also was decided during the preparatory discussions that each clinician would manage his involvements with the client/subjects himself, and only involve the researcher when it seemed that the intent of the study was being violated. Thus, issues such as isolated missed appointments, phone calls, possible emergencies, etc. were routinely resolved by the clinicians. It was agreed that if circumstances did develop with certain clients that ruled them out as viable subjects for the study, those people would nevertheless continue to be involved in therapy as long as was appropriate.

Initial Contacts with Subjects

All of the subjects involved in the study had their initial contact with the researcher. This initial contact was by phone. During this initial conversation the usual sequence was as follows: introductions were made; the client/subject related personal factors which had led to the decision to seek assistance with his/her adjustment process; the researcher clearly restated that a study was being conducted in conjunction with the counseling program which

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was totally voluntary on the subject's part; the researcher reviewed issues of confidentiality, fees, and the general parameters of the counseling experience the individual was entering; miscellaneous questions or concerns were discussed; an appointment time for the administering of the pretest was arranged; and directions to the facility were provided. Only one individual indicated during the initial contact that she did not want to participate in the study. Thus, she was assigned to a clinician and immediately began therapy. All other individuals were quite willing to participate in the research component of the counseling program.

Pretest and Random Assignment
of Subjects to Clinician
and Group

When the subject arrived for the pretest, the researcher again reviewed the voluntary nature of the subject's participation in the study, specifying that the subject had the authority to terminate participation in either the counseling or the study at any time. Issues of confidentiality and general client/subject rights also were reviewed. The researcher notified each subject that he/she had an equal chance of being asked to wait six weeks before he/she began the counseling program. Three individual individuals indicated that they felt they could not wait that long, and thus were eliminated as subjects, and referred to a clinician for therapy. A short time was taken establishing rapport and then the instructions for the pretest were

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reviewed. The pretest was then completed by the subject, with this process usually requiring about two hours. Interestingly, no potential subjects were eliminated based on an inability to read the material. Following the completion of the pretest, the subject was given an appointment card with the name of his/her clinician and the time of the first appointment.

If the subject had been assigned to the control group, the appointment card indicated that he/she would be seeing the researcher in six weeks, for the posttest, followed by the appointment time with the clinician.

The random assignment of subjects to groups was done by flipping a coin to determine the group to which the first subject was assigned. Each subject thereafter was alternately assigned to the control and experimental groups. As men entered the program, they too were randomly alternately assigned to the control and experimental groups. The same procedure was followed in assigning subjects to the two clinicians. At the time the first subject entered the experimental and control groups a coin was flipped to determine the clinician who would be assigned to that subject. Thereafter, the clinicians were alternately assigned subjects within each of the groups.

Therapeutic Process

The experimental group subjects began the time-limited therapy the same week as, but following, the pretest.

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The control group subjects had no further contact for six weeks, at which time they completed the posttest, and then began therapy with their clinician. All subjects were involved in an individual, time-limited therapy based on the formulations regarding self-concept theory and time-limited therapy specified in Chapter II. No rigid set of techniques or procedures was used by either of the clinicians in the conduct of the therapeutic sessions. Rather, the clinicians sought to establish a supportive, trusting relationship with their clients. In the context of that relationship the client and clinician then sought to explore and understand the specific crises and situations in that person's life that seemed to traumatize that person. A focus was maintained on the individual's self-perceptions, and how the events of the divorce process affected those perceptions. As these links were established, and new self-perceptions emerged or were defined, the clinician took the focus of therapy from a past tense, conflict-based mode to one of beginning to define and manifest oneself as a single individual. For many people this was a difficult conceptual leap because of the necessity of letting go of some longstanding ways of functioning and perceiving oneself. As these difficulties were experienced, the clinician, again in the context of the supportive, trusting relationship, encouraged the client to try desired new self-perceptions and behaviors.

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Lastly, the clinician worked to have the client begin to think about his/her future and to begin to define a direction for his/her life based on these clearer awarenesses of past events, their past impact on how that person saw himself/herself, and the newly developing self-perceptions and ways of functioning.

Certainly that was all a considerable task to complete in six weeks, and no effort could be or was made to do so. Rather, the focus was to foster some awareness of the impact of the divorce experience on the individual's self-perceptions, to gain greater awareness of how that individual would like to function and perceive himself/herself, and to redefine a direction for his/her life.

The six-week therapeutic intervention came at a time in each subject's life when that person perceived himself/herself as needing and wanting assistance in understanding and coping with the divorce experience. Each individual's circumstances were unique, and each individual sought assistance at different points in the adjustment process. The common bond, however, was that becoming a divorced person was a painful, confusing, and stressful experience. The time-limited therapy sought to focus on his pain and confusion, to understand the impact of the divorce experience on the individual's self-perceptions, and to initiate the process of defining a positive direction for that person based on a realistic and improved awareness

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of the circumstances of his/her life. The individual, as a result of the short-term therapeutic intervention at a significant time in his/her life, would then have a clearer awareness of himself/herself and be able to continue a healthier and more rapid adjustment to the divorce experience. The present study focused only on attempting to determine whether or not such a time-limited therapeutic intervention did, in fact, have the hypothesized effects in people's lives. Observing the longer term impact of such a therapeutic intervention on individuals' final adjustments to their divorce experiences was not the intent of, or within the scope of, this study. It certainly would prove to be a relevant and timely follow-up study to the present study.

Posttesting of Subjects

The experimental subjects were administered the posttest by the researcher the same week as, but following, the sixth clinical session. This was coordinated between the clinicians and the researcher. Each clinician discussed the continuing voluntary nature of the study with each of his clients, and based on each individual's agreement to take the posttest, the clinician then made an appointment for the client to take the posttest.

The control group subjects were given an appointment for the posttest six weeks from the date of the pretest. This appointment was set at the pretest, along with that individual's first clinical appointment. No further contact

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took place with control subjects after the pretest until the posttest appointment time. At the time of the posttest the researcher again met with the subject, administered the posttest, and confirmed the time of the first clinical appointment. In several instances individuals did not keep their appointment. When that happened the researcher called the individual by phone to determine the reason for the missed appointment. If the person simply had forgotten the time of the appointment, but wanted to continue in the project, then another appointment time was made for the same week. If, however, the person had decided not to continue in the project, then he/she was dropped from the study.

Termination of Therapy

The termination of the therapeutic relationship between the clinician and client was decided upon solely by those two people. At the time of the initial contacts with prospective client/subject the researcher informed him/her that the counseling experience was time-limited in nature, approximately six weeks in length. Each person also was informed that the precise time of the completion of the counseling experience would be decided by himself/herself and the clinician. The clinicians also restated this when they met with the clients for the first session. In the actual conduct of the study only three subjects continued therapy beyond the sixth session. These individuals were all experimental group subjects, and the decision to

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continue the therapeutic relationship was a joint one between the clinician and client. The clinicians indicated to the researcher during the oral summary of their therapeutic experience with each client that the primary reason each client continued in therapy beyond the sixth session was that that person's former spouse was continuing to have extremely disruptive contact with the client. Because of that continued contact it seemed advisable to continue the therapy in an effort to better understand the client's continued attachment, and the roles the former spouse played in the client's self-perceptions. Two clients were in therapy for a total of 10 sessions, while the third client terminated after 12 sessions.

An important observation regarding client behavior was derived from the control group subjects. Despite these individuals' demonstrated continued interest and desire to be involved in the counseling experience, their actual investment in and participation in the counseling experience was dramatically less than the experimental group subjects. Evidence supporting this observation came from two sources. The clinicians strongly made this observation regarding many of the control group subjects, and many of the control group subjects did not continue in the counseling for six sessions. Five of the 21 control subjects completed six sessions. The other 16 subjects terminated counseling after the third, fourth, or fifth sessions.

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No clearly defined set of reasons seems adequate to explain this behavior on the part of the control subjects. Each individual seemed to have a unique set of circumstances that played a role in his/her decision to terminate counseling. The one obvious common characteristic among these subjects was that they were all asked to wait for six weeks before they began the counseling they had sought initially. Perhaps the needs of divorcing people are such that a critical element in the therapeutic value of a counseling experience is the immediacy with which it is provided when an individual does seek it. This area needs considerably more attention if a comprehensive understanding of the needs and characteristics of divorcing people is to be gained.

Research Design

Design Over Time

The experimental design over time:

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as a randomized pretest-posttest control group design. It is a true experimental design (Campbell & Stanley, 1963) since subjects were randomly assigned to the experimental and control groups. One treatment factor was used in the design. No blocking variables were used in the selection and assignment of subjects, but within the random assignment

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Experimental Treatment

The single experimental factor examined in the present study was a time-limited, individual, self-concept based psychotherapy experience of six weeks duration. The theoretical basis for this treatment model was presented in Chapter II, and a description of the manner in which the treatment was presented was contained in the procedures section of Chapter III.

Validity Concerns

The true experimental nature of the present study controls for the eight possible sources of internal invalidity (Campbell & Stanley, 1963). The key factor in controlling for these sources of invalidity is the procedure of random assignment of subjects to the experimental and control groups. This procedure greatly increases the confidence that any observed differences between the experimental and control groups can be attributed to the effects of treatment.

An issue of greater importance in the present study concerned the possible effects of the pretest on the subjects. This is an issue of external validity (Campbell & Stanley, 1963). Obviously the population of divorcing persons is not exposed to an extensive battery of

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Another possible concern with the external validity, the generalizability of the present study, was with the selection of the sample. Subjects for the study were those individuals who voluntarily sought participation in a counseling experience to facilitate their adjustments to the divorce experience. Thus, the sample was different from the population of divorcing persons in general on this dimension. It would seem logical to assume that the sample was different in life-circumstances and/or self-perceptual ways from the population of divorcing persons. Factors that are presently impossible to specify led certain people to seek therapeutic assistance, and certain other people not to seek it. The results of the present study, then, appropriately should be generalized to that sub-population

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A final possible source of external invalidity, reactive arrangements, would seem to be of minimal concern in the present study. The study was conducted in the field setting, and except for the pretest and posttest experiences, the arrangements for the therapeutic experience were in no way contrived or artificial.

Design Over Measures

The study employed a repeated measures design with multiple dependent measures. The design is illustrated in figure 3.1.

The dependent variables were:

1. Self-esteem.--Measured by Rosenberg's Self-Esteem Scale. The scale is reproduced in Appendix B.
2. Self as a socially interacting being.--Measured by Watson and Friend's Social Avoidance and Distress Scale. The scale is reproduced in Appendix C.
3. Self as accepting of and acceptable to others.--Measured by Fey's Acceptance of Others Scale. The scale is reproduced in Appendix D.
4. Self as having meaning and purpose in life.--Measured by Good and Good's Existential Anxiety Scale. The scale is reproduced in Appendix E.
5. Self as manifested in typical life roles.--Measured by a Semantic Differential constructed for this study. The instrument is reproduced in Appendix F.
6. Degree of anxiety present in subjects.--Measured by Zuckerman's Anxiety Checklist. The checklist is reproduced in Appendix G.

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Self-Esteem Scale								
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Soc. Avoid. & Distress Scale								
Acceptance of Others								
Anxiety Checklist								
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Figure 3.1.--Design

Figure 3.1.--Design Over Measures.

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7. Degree of distortion of responses by subjects.-- Measured by Crowne and Marlowe's Social Desirability Scale. The scale is reproduced in Appendix H.
8. General personality adjustment.--Measured by Cattell's 16PF. The instrument is reproduced in Appendix I.
9. Overall adjustment to divorce.--Measured by the Adjustment to Divorce Scale, an instrument constructed by this researcher for the present study. The instrument is reproduced in Appendix J.

Research Hypotheses Stated in Testable Form

The primary purpose of the present study was to examine the effects of time-limited, individual, self-concept based psychotherapy on the adjustment processes of divorcing individuals. Specifically, it was hypothesized that improvement of self-functioning in certain aspects of the self-concept would be associated with a good divorce adjustment process. These hypotheses may be stated as:

H_1 :

The ANOVA, using a measure of self-esteem as a dependent variable, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the control group over time.

H_2 :

The ANOVA, using a measure of social avoidance and distress as a dependent variable, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the control group over time.

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The ANOVA, using a measure of acceptance of others as a dependent variable, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the control group over time.

H₄:

The ANOVA, using a measure of hopelessness and purposelessness in life as a dependent variable, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the control group over time.

H₅:

The ANOVA, using a measure of assessment of roles as a dependent variable, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the control group over time.

Additionally, it was hypothesized that treatment effects would be observed in general personality adjustment and overall adjustment to the divorce experience. These hypotheses may be stated as:

H₆:

The ANOVA, using a measure of general personality adjustment as a dependent variable, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the control group over time.

H₇:

The ANOVA, using a measure of overall adjustment to divorce as a dependent variable, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental

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An hypothesis regarding anxiety during the divorce experience was formulated because of the research evidence that it was an important component in the adjustment process. The hypothesis may be stated as:

H_8 :

The ANOVA, using a measure of anxiety as a dependent variable, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the control group over time.

The second purpose of the present study was to examine the possible relationships among the aspects of the self-concept, anxiety, general personality adjustment, and overall adjustment to divorce. Hypotheses formulated regarding these expected relationships are as follows:

H_9 :

The Pearson product-moment correlation coefficient will show positive relationships among measures of self-esteem, assessment of roles, acceptance of others, general personality adjustment, and overall adjustment to divorce.

H_{10} :

The Pearson product-moment correlation coefficient will show positive relationships among measures of social avoidance and distress, hopelessness and purposelessness in life, and anxiety.

H_{11} :

Measures of self-esteem, assessment of roles, acceptance of others, general personality adjustment, and overall adjustment to divorce will be inversely correlated with measures of social avoidance and distress,

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Methods of Analysis

Tests of Hypotheses

Hypotheses 1 through 8 were tested using a two (pretest/posttest) by two (experimental/control) repeated measures analysis of variance (ANOVA) with repeated measures on the pretest/posttest factor. The three assumptions underlying this statistical procedure were judged to have been met based on the design, random assignment, and equal cell sizes. These assumptions are: (1) normality of the population from which the sample is drawn; (2) independence between observations; and (3) homogeneity of variance across independent variables. The three F-ratios of interest, the two main effects and their interaction, were considered statistically significant when found to be larger than the tabled F-value for $\alpha = .05$.

The 2 x 2 repeated measures ANOVA was selected as the method of analysis for the first eight hypotheses rather than the gain score model, the t-test procedure, analysis of covariance (ANCOVA), or multivariate analysis of variance (MANOVA). This selection was based on the characteristics of the statistical model, which provided a more complex and sensitive examination of the data over groups and over time than did any of the other models. This was particularly

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true in the cases of the t-test procedure and the ANCOVA. The gain score model was not used, as well, for the above-mentioned reason. Additionally, this model has other limitations in that there are possible ceiling effects, it does not control for initial differences, and one of the assumptions of the model is perfect reliability of the instruments.

The MANOVA procedure was not considered appropriate because of the small sample size and the number of dependent measures involved. It should be noted that the scores on the various dependent measures were not considered to be independent. In fact, hypotheses 9, 10, and 11 predict relationships among these measures. In addition to the inappropriateness of the MANOVA procedure because of the sample size and the number of dependent measures, the 2 x 2 repeated measures ANOVA was thought to be the best procedure to follow because of the opportunity it provided for an assessment of the differential effects of treatment among the various measures.

Hypotheses 9, 10, and 11 investigated the relationships among the aspects of the self-concept, general personality adjustment, overall adjustment to divorce, and anxiety. These hypotheses were tested using a Pearson product-moment correlation statistic. Correlations were considered significant if the resultant probability for each was less than .01 (one-tailed).

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Ancillary Analysis of Data

Considerable demographic and descriptive data were obtained during the course of the study. These data were gathered in order to understand the composition of the sample, to allow some comparison of this sample with descriptive data gathered in earlier studies, and lastly to make preliminary observations about an issue regarded by other researchers as important to the divorce adjustment process, but one which had received very little attention. This issue dealt with the resources used by divorcing persons for support and assistance during the adjustment process.

The Pearson product-moment correlation statistic was used to examine the relationships among the demographic variables. This same statistical procedure was used to examine the relationships among the demographic variables and the measures of the aspects of self-concept, general personality adjustment, overall adjustment to divorce, and anxiety.

Previous research efforts have provided conflicting information regarding the impact of divorce on individuals who had initiated the divorce action compared to those people whose spouses had initiated the divorce action. The sample for the present study was almost evenly divided between subjects who had initiated the divorce action, and subjects whose spouses had initiated the divorce action. Thus, an ideal opportunity was provided for a detailed

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examination of these two categories of individuals. Additionally this assessment of the two categories of individuals was seen as important, because the random assignment of subjects had not resulted in an even distribution of these subjects between the experimental and control groups. An assessment of initial differences on this dimension thus provided important information regarding its possible role as a covariate in the analysis of data.

The t-test procedure was used to determine whether or not there were initial differences between these two groups of subjects on the measures of the aspects of self-concept, general personality adjustment, overall adjustment to divorce, and anxiety. Differences were considered statistically significant if the resultant t-values were larger than the tabled t-value at $\alpha = .10$ (two-tailed). This alpha level was specified in order to guard against neglecting evidence of differences based on too stringent a criterion for acceptance of such differences.

Cattell, Eber, and Tatsuoka (1970) reported that research projects had identified eight second-stratum factors within the sixteen primary trait factors of the F. Four of these seemed particularly relevant to the issues being examined in this study. For that reason these four factors were included in the ancillary analysis of data. Appropriate weights and constants were applied to the data to derive the four second-stratum factors. The

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x 2 repeated measures ANOVA procedure was used to observe the effects of treatment on these second-stratum factors within the 16PF. The F-ratios were considered statistically significant when found to be larger than the tabled F-value for $\alpha = .05$. Lastly, Pearson product-moment correlations were obtained for each of these four second-stratum factors and the measures of the aspects of self-concept, general personality adjustment, overall adjustment to divorce, and anxiety. Correlations were considered significant if the resultant probability for each was less than .05.

Fey (1955) included in his Acceptance of Others Scale a short, five-item, measure of self-perceptions of being acceptable to others. He derived reliability coefficients for this short but separate measure. These data were reported earlier in Chapter III. The five items which make up this scale were attached, by Fey, as the last five items in the Acceptance of Others Scale. His instrument was administered intact in this study and data were gathered on this short measure. These data were analyzed in the same way as the first eight hypotheses. The 2 x 2 repeated measures ANOVA was used to observe the effects of treatment on this measure of self-perceptions of acceptability to others. The F-ratios were considered statistically significant when found to be larger than the tabled F-value for $\alpha = .05$. Additionally the Pearson product-moment

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correlation statistic was used to examine the relationships between this measure of acceptability to others, the other measures of aspects of the self-concept, general personality adjustment, overall adjustment to divorce, anxiety, and the demographic dimensions. Correlations were considered significant if the resultant probability for each was less than .01.

The final area of data analysis was concerned with the subjects' reports of resources available and resources used by them. Subjects were asked to indicate which resources they used for support and assistance during their adjustment processes. Additionally, they were asked to identify which of those same resources they thought were available to them for support and assistance. This was done in order to observe the differences, if any, between the subjects' perceptions of available resources, and their actual use of resources for support and assistance. The mean score for each of the ten resources was computed for each category, resources available and resources used, for both the pretest and the posttest. These mean scores were then rank ordered for each category for both the pretest and posttest. Additionally, the t-test procedure was used to identify initial differences between the pretest and posttest means for the experimental group, and posttest differences in the mean scores between the experimental and control groups. Differences were considered statistically

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Missing Data

Forty-eight thousand six hundred pieces of data were compiled in the course of this study. Of that number, 110 pieces of data were missing. Thus, only two-tenths of one percent of the data was missing. The missing data were dealt with by computing the mean for each item and substituting that mean score for the missing data. This procedure was not used with the Adjustment to Divorce Scale. The missing data for this instrument were the result of certain items not being applicable to certain subjects, i.e., subjects with no children did not answer parent-child related items. For this instrument, the mean score for the entire instrument was computed for that subject, and that score was then substituted for the missing data.

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CHAPTER IV

ANALYSIS OF RESULTS

Results of the Tests of the Hypotheses

The results of the analysis of data are presented in this chapter. Each of the hypotheses is restated, followed by a presentation of the results obtained by testing the hypothesis. A presentation of the results of the ancillary analysis of data follows the main results section.

The effects of treatment on the self-concept related variables, general personality adjustment, overall adjustment to divorce, and anxiety were assessed using a 2 (pretest/posttest) by 2 (experimental/control) repeated measures analysis of variance (ANOVA), treating pretest/posttest as the repeated measures factor on each of the scores (hypotheses one through eight).

For each of these hypotheses it was hypothesized that the treatment group would "exceed" the control group (considering all variables from their positive pole) over time. Thus, it was expected that the ANOVAs would show an experimental/control by pretest/posttest interaction, with means falling in the expected direction. The results for each hypothesis are as follows:

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The ANOVA, using the Rosenberg Self-Esteem Scale as a measure of self-esteem, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the mean score of the control group over time.

1 was supported based on the results of the ANOVA statistical procedure performed. The group means, F values, and associated probabilities are reported in Table 4.1. These results showed that there was a significant pretest/posttest main effect, and a significant pretest/posttest by experimental/control interaction effect. The interaction effect was in the predicted direction, as seen by inspection of the mean scores. These results thus strongly support the hypothesis that time-limited, individual, self-concept based psychotherapy facilitates improvement of self-esteem in struggling individuals.

H₂:

The ANOVA, using Watson and Friend's Social Avoidance and Distress Scale as a measure of self as a social being, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the mean score of the control group over time.

was supported based on the results of the ANOVA statistical procedure performed. The group means, F values, and associated probabilities are reported in Table 4.2. These results showed that there was a significant pretest/posttest effect, and a significant pretest/posttest by

Table 4.1.1.--Summary of ANOVA for Test of Hypothesis 1 Using Rosenberg's Self-Esteem Scale as a Measure of Treatment Effect on Self-Esteem (High Score Reflects Low Self-Esteem).

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	14.10	.001*
Pretest/Posttest by Experimental/Control Interaction	1,40	13.28	.001*
Experimental/Control Main Effect	1,40	.109	.743
----- Mean Scores -----			
Experimental Group		Control Group	
Pretest	23.95		
Posttest	20.76	22.90	
		22.85	

*Significant at an Alpha level of .05.

Table 4.2.--Summary of ANOVA for Test of Hypothesis 2 Using Watson and Friend's Social Avoidance and Distress Scale as a Measure of Treatment Effect

Table 4.2.--Summary of ANOVA for Test of Hypothesis 2 Using Watson and Friend's Social Avoidance and Distress Scale as a Measure of Treatment Effect on Self as a Social Being (High Score Reflects Low Social Avoidance and Distress).

Sources of Variance			
	d.f.	F	P
Pretest/Posttest Main Effect	1,40	5.86	.020*
Pretest/Posttest by Experimental/Control Interaction	1,40	4.09	.050*
Experimental/Control Main Effect	1,40	2.92	.095

Mean Scores			
Experimental Group		Control Group	
Pretest	45.23		43.23
Posttest	49.28		43.60

*Significant at an Alpha level of .05.

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xperimental/control interaction. The interaction effect was in the predicted direction, as seen by a review of the mean scores. These results thus support the hypothesis that time-limited, individual, self-concept based psychotherapy facilitates improvement of self-perceptions as a socially interacting person in divorcing individuals.

H₃:

The ANOVA, using Fey's Acceptance of Others scale as a measure of others will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the mean score of the control group over time.

was not supported based on the results of the ANOVA statistical procedures performed. The group means, F values, and associated probabilities are reported in Table 4.3. The results showed that on the acceptance of others dimension, there was a significant pretest/posttest main effect, a non-significant pretest/posttest by experimental/control interaction, and a significant experimental/control main effect. Lack of a significant interaction effect, coupled with inspection of the mean scores which revealed a less systematic movement toward increased acceptance of others by control group subjects, made it impossible to attribute experimental group change to the effects of treatment. Additionally, the significant experimental/control main effect indicated that the experimental group initially was

Table 4.3.--Summary of ANOVA for Test of Hypothesis 3 Using Key's Acceptance of Others Scale as a Measure of Treatment Effect on Self as Accepting of Others (High Score Reflects Low Acceptance of Others)

Summary of ANOVA for Test of Hypothesis 3 Using Fey's Acceptance of Others Scale as a Measure of Treatment Effect on Self as Accepting of Others (High Score Reflects Low Acceptance of Others).

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	10.21	.003*
Pretest/Posttest by Experimental/Control Interaction	1,40	3.94	.054
Experimental/Control Main Effect	1,40	5.72	.022*
Mean Scores			
Experimental Group		Control Group	
Pretest	58.20		61.14
Posttest	53.71		60.09

*Significant at an Alpha level of .05.

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more accepting of others, thus further blurring any causality regarding the pretest/posttest main effect.

H₄:

The ANOVA, using Good and Good's Existential Anxiety Scale as a measure of self-perceptions of hopelessness and purposelessness, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the mean score of the control group over time.

H₄ was supported based on the results of the ANOVA statistical procedures performed. The group means, F values, and associated probabilities are reported in Table 4.4. These results showed that there was a significant pretest/posttest main effect and a significant pretest/posttest by experimental/control interaction. The interaction effect was in the predicted direction, which illustrated a considerable reduction in existential anxiety as seen by reviewing the mean scores in existential anxiety over time. These results strongly support the hypothesis that time-limited, individual, self-concept based psychotherapy facilitates the reduction of self-perceptions of hopelessness and purposelessness in divorcing persons.

H₅:

The ANOVA, using a semantic differential as a measure of self-perceptions in life roles, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the mean score of the control group over time.

Table 4.4. --Summary of ANOVA for Test of Hypothesis 4 Using Good and Good's
 Existential Anxiety Scale as a Measure of Treatment Effect on Self
 as Having Hope and Purpose in Life (High Score Reflects Low Extent of

Table 4.4.--Summary of ANOVA for Test of Hypothesis 4 Using Good and Good's Existential Anxiety Scale as a Measure of Treatment Effect on Self as Having Hope and Purpose in Life (High Score Reflects Low Existential Anxiety).

Sources of Variance			
	d.f.	F	p
Pretest/Posttest Main Effect			
Pretest/Posttest by Experimental/Control Interaction	1,40	24.72	<.0005*
Experimental/Control Main Effect	1,40	18.54	<.0005*
-----	1,40	1.12	.296
Mean Scores			
		Experimental Group	Control Group
Pretest		50.14	50.76
Posttest		57.13	51.26

*Significant at an Alpha level of .05.

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H₅ was not supported based on the results of the ANOVA statistical procedures performed. The 2 x 2 repeated measures ANOVA was performed on each of the 16 roles contained in the Semantic Differential. The pretest/posttest experimental/control interaction F-values and associated probabilities for all 16 roles are presented in Table 4.5. A complete presentation of group means, F-values, and associated probabilities for the Semantic Differential is contained in Appendix N. Inspection of the pretest/posttest experimental/control interaction F values contained in Table 4.5, revealed that 11 of the 16 roles contained in the Semantic Differential were significant. Furthermore, examination of the mean scores presented in Appendix N, showed that the interaction effects for each of these 11 roles were in the predicted direction. The five role categories which did not show a significant interaction were "employee," "meeting expenses," "how I was in the past with my former spouse," "host/hostess," and "sportsperson." Examination of the experimental/control main effect F-values, and the group means contained in Appendix N showed that the experimental group had a more positive assessment of themselves as a "host/hostess" at the pretest than the control group. Thus, this initial difference confounded the effect, even though the experimental group mean score increased by 7.86 while the control group mean score declined by 6.

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Table 4.5.--Summary of ANOVA Interactions for Test of Hypothesis 5 Using the Semantic Differential as a Measure of Treatment Effect on Assessment of Self in Life Roles.

Pretest/Posttest by Experimental/ Control Interaction	<u>F</u>	<u>P</u>
Role Categories:		
Intellectually	11.85	.001*
Single Person	25.62	<.0005*
Goal Setter	9.30	.004*
Sexually	4.60	.038*
Spiritually	5.04	.030*
Employee	3.40	.072
Host/Hostess	2.88	.097
Sportsperson	.13	.721
Friend	8.75	.005*
Disciplinarian	5.20	.028*
Homemaker	7.80	.008*
Now with Former Spouse	4.56	.039*
Parent	11.94	.001*
Was with Former Spouse	.86	.361
Social Situations	9.58	.004*
Meeting Expenses	3.25	.079

*Significant at an Alpha level of .05.

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Examination of the F-values and group means also revealed that there was a significant pretest/posttest main effect for the role category "meeting expenses." The mean scores indicated that the control group also moved in a positive direction over time, thus confounding the interaction effect.

Inspection of the results regarding the role category "how I was in the past with my former spouse" showed that the perceptions of the subjects changed very little over time. This seemed to provide indirect evidence of the straightforwardness of subjects' responses on the self-report measures by demonstrating a willingness to exhibit change on this dimension, even though improvement was neglected on other measures.

Of particular interest were the results concerning the role category "how I am in social situations." Inspection of the F-values and mean scores indicated that there was a nonsignificant pretest/posttest main effect. The significant pretest/posttest by experimental/control interaction was the result of a modest improvement by the experimental group subjects coupled with a continued deterioration over time by the control group subjects. These results suggested that the treatment had the effect of reversing a continuing negative self-evaluation in a social context, and eliciting a modest, slowly developing, positive self-evaluation on this dimension.

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The role most significantly affected by the treatment intervention was that of "how I am as a single person." Examination of the F-values revealed a significant pretest/posttest main effect and a significant pretest/posttest by experimental/control interaction. The mean scores showed that the experimental group mean score improved by 13.96 over time while the control group mean score declined by 3.29 over time. These results suggested that the treatment intervention facilitated the development of a self-perception of being single, rather than part of a two-person, couple-based self-definition. It was seen in the review of literature that this was considered to be an integral component of the overall adjustment process.

An extremely interesting pattern was observed in examining the mean scores for the experimental and control groups on each of the 16 role categories. It was observed that, for 13 of the 16 categories, the control group mean scores showed continued deterioration over time, compared to varying degrees of improvement in the experimental group mean scores over time. This seemed to indicate that divorcing persons experienced a sustained deterioration in assessments of the manifestations of self in many areas of their lives. This process perhaps contributes to the prolonged adjustment period described by previous researchers. By contrast, the time-limited, individual therapeutic experience seemed to facilitate the adjustment process by reversing this assessment of

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oneself in many, although not all, role manifestations of self. Additionally, these results suggested that not all areas of divorcing individuals' lives were equally affected by the divorce experience, or equally affected by a therapeutic intervention.

H₆:

The ANOVA, using Cattell's 16PF as a measure of general personality adjustment, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the mean score of the control group over time.

was not supported, based on the results of the ANOVA statistical procedures performed. The 2 x 2 repeated measures ANOVA was performed on each of the 16 primary trait factors contained in the 16PF. The pretest/posttest experimental/control interaction F values and associated probabilities for all 16 factors are presented in Table 4.6. Complete presentation of group means, F values, and associated probabilities for the 16PF is contained in Appendix O.

Examination of the pretest/posttest by experimental/control interaction F values revealed that only two of the sixteen primary factors were significant. These were factors A and O. The results concerning these two factors indicated that the short-term treatment intervention led to greater degree of outgoingness and a reduction in apprehensiveness, self-reproaching, and guilt-proneness.

Table 4

Pretest

Table 4.6.--Summary of ANOVA Interactions for Test of Hypothesis 6, Using Cattell's 16PF as a Measure of Treatment Effect on General Personality Adjustment.

Pretest/Posttest by Experimental/ Control Interaction	<u>F</u>	<u>P</u>
Factor A	7.33	.010*
B	1.08	.305
C	3.04	.089
E	1.58	.216
F	3.34	.075
G	1.26	.268
H	3.41	.072
I	.01	.917
L	.05	.827
M	1.66	.205
N	.06	.805
O	5.38	.026*
Q ₁	.17	.682
Q ₂	.52	.473
Q ₃	3.61	.065
Q ₄	2.75	.105

*Significant at an Alpha level of .05.

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Examination of the group means and F-values presented in Appendix O, however, demonstrated that time-limited therapy did not significantly affect general personality adjustment. These results and implications will be more fully explored in Chapter V.

H₇:

The ANOVA, using the Adjustment to Divorce Scale as a measure of overall adjustment to divorce, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over time when compared to the mean score of the control group over time.

was supported based on the results of the ANOVA statistical procedure performed. The group means, F values, and associated probabilities are reported in Table 4.7. These results showed that there was a significant pretest/posttest in effect and a significant pretest/posttest by experimental/control interaction. The interaction was in the predicted direction, as seen by reviewing the mean scores. These results thus strongly support the hypothesis that time-limited, individual, self-concept based psychotherapy facilitates the adjustment processes of divorcing persons. The implications of these results, will be discussed in Chapter V.

H₈:

The ANOVA, using Zuckerman's Anxiety Checklist as a measure of anxiety, will show a pretest/posttest by experimental/control interaction. The interaction will take the form such that the experimental group mean score will have moved in a more positive direction over

Table 4.7.---Summary of ANOVA for Test of Hypothesis 7 Using the Adjustment to Divorce Scale as a Measure of Treatment Effect on Overall Adjustment to Divorce (High Score Reflects Good Adjustment).

Sources of Variance			d.f.	F	p
<hr/>					
Pretest/Posttest Main Effect			1,40	17.912	<.0005*
Pretest/Posttest by Experimental/Control Interaction			1,40	12.431	.001*
Experimental/Control Main Effect			1,40	.454	.504
<hr/>					
Mean Scores					
<hr/>					
			Experimental Group	Control Group	
Pretest					
			125.43	126.91	
Posttest			137.27	128.02	
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*Significant at an Alpha level of .05.

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time when compared to the mean score of the control group over time.

H_8 was supported based on the results of the ANOVA statistical procedure performed. The group means, F values, and associated probabilities are reported in Table 4.8. These results showed that there was a significant pretest/posttest main effect and a significant pretest/posttest by experimental/control interaction. The interaction was in the predicted direction, as seen by examining the mean scores. These results thus support the hypothesis that time-limited, individual, self-concept based psychotherapy reduces the anxiety experienced by divorcing individuals, and would seem to provide very supportive evidence regarding one of the prime utilities of time-limited therapy.

The results obtained for hypotheses 1 through 8 would not appear to be the consequence of distortion or faking by the subjects. The Social Desirability Scale was used as a measure of such subject behavior. The results of the 2 x 2 repeated measures ANOVA used to analyze the data regarding this instrument are presented in Table 4.9. These results showed that there was a significant pretest/posttest by experimental/control interaction. Inspection of the group means, however, indicated that this interaction took the form such that the experimental group subjects dropped in their level of social desirability over time,

Table 4.8.---Summary of ANOVA for Test of Hypothesis 8 Using Zuckerman's Anxiety Checklist as a Measure of Treatment Effect on Level of Anxiety (High Score Reflects Low Anxiety).

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	44.017	<.0005*
Pretest/Posttest by Experimental/Control Interaction	1,40	23.403	<.0005*
Experimental/Control Main Effect	1,40	2.530	.120
----- Mean Scores -----			
Experimental Group		Control Group	
Pretest	7.00	8.42	
Posttest	14.90	9.66	

*Significant at an Alpha level of .05.

Table 4.9.--Summary of ANOVA for Analysis of Crowne and Marlowe's Social Desirability Scale as a Measure of Social Approval Seeking Responses (High Score Reflects High Social Desirability).

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	.006	.939
Pretest/Posttest by Experimental/Control Interaction	1,40	6.451	.015*
Experimental/Control Main Effect	1,40	1.592	.214
----- Mean Scores -----			
	Experimental Group	Control Group	
Pretest	47.08		47.64
Posttest	45.29		49.33

*Significant at an Alpha level of .05.

while the control group subjects increased in their levels of social desirability over time. In other words, the experimental group subjects tended to respond more straightforwardly and with less concern about their appearance to others at the posttest. By contrast, the control group subjects tended to respond at the posttest out of a greater desire to deny bad qualities and claim good qualities. These results would seem to enhance the results obtained regarding the effects of the treatment intervention on the measured aspects of the self-concept and on overall adjustment to divorce.

Hypotheses 9, 10, and 11 were tested by means of the Pearson product-moment correlation statistic procedure. Correlations were considered significant if the resultant probability for each pair-wise correlation was less than .01 (one-tailed).

H_9 :

Pearson product-moment correlation coefficients will show positive relationships among measures of self-esteem, assessment of roles, acceptance of others, general personality adjustment, and overall adjustment to divorce.

H_9 was partially supported based on the results of the Pearson product-moment correlation procedures performed. All of the predicted relationships were demonstrated except those regarding acceptance of others and general personality adjustment. The correlations are presented in Tables 4.10 through 4.15. Inspection of the correlations contained in

Table 4.10.--Pearson Product-Moment Correlations among Measures of Social Desirability, Acceptance of Others, Self-Esteem, Existential Anxiety, Social Avoidance and Distress, Anxiety, and Overall Adjustment to Divorce.

	SOCDES	ACO	S-E	EXANX	SADS	ANX	ADS
SOCDES		.351	.26	-.10	-.03	.04	.24
ACO			.37*	-.36*	-.23	-.16	.43*
S-E				-.82*	-.355*	-.59*	.61*
EXANX					-.40*	.67*	-.59*
SADS						.14	-.33
ANX							-.47*
ADS							

*Significant at an Alpha level of .01.

Legend

SOCDES = Social Desirability Scale
 ACO = Acceptance of Others Scale
 S-E = Self-Esteem Scale
 EXANX = Existential Anxiety Scale
 SADS = Social Avoidance and Distress Scale
 ANX = Anxiety Checklist
 ADS = Adjustment to Divorce Scale

Table 4.11.--Pearson Product-Moment Correlations of Measures of Aspects of the Self-Concept, Anxiety, and Overall Adjustment to Divorce with a Measure of General Personality Adjustment.

	SOCDES	ACO	S-E	EXANX	SADS	ANX	ADS
PF A	.22	.34	.14	-.13	-.016	-.02	.20
B	-.23	.22	.09	-.16	-.26	-.05	.23
C	.28	.31	.66*	-.55*	-.37*	-.40*	.59*
E	-.05	-.05	.355*	-.30	-.40*	-.140	.16
F	.05	.17	.23	-.26	-.55*	-.10	.23
G	.33	.27	.01	.02	.06	.18	.02
H	.25	.31	.43*	-.41*	-.71*	-.14	.44*
I	-.12	.09	-.28	.11	.001	.25	-.11
L	-.40*	-.42*	-.22	.14	.09	.07	-.24
M	.02	.04	.21	-.29	-.41*	-.08	.26
N	-.01	.07	-.07	.06	.10	-.03	.02
O	-.20	-.23	-.78*	.73*	.58*	.55*	-.56*
Q ₁	-.23	-.07	.04	-.03	-.24	.04	.05
Q ₂	-.18	-.28	-.07	.03	.10	.06	-.04
Q ₃	.07	-.04	.32	-.21	-.10	-.26	.36*
Q ₄	-.23	-.25	-.60*	.54*	.36*	.41*	-.39*

*Significant at an Alpha level of .01.

Legend

SOCDES:= Social Desirability Scale
 ACO = Acceptance of Others Scale
 S-E = Self-Esteem Scale
 EXANX = Existential Anxiety Scale
 SADS = Social Avoidance and Distress Scale
 ANX = Anxiety Checklist
 ADS = Adjustment to Divorce Scale
 PFA through PFQ₄ = 16PF Personality Factors

Table 4-12.--Pearson Product-Moment Correlations of Measures of Aspects of the Self-Concept, Anxiety, and Overall Adjustment to Divorce with a Measure of Perceptions of Self in Life Roles.

SD Roles	SOCDES	ACO	S-E	EXANX	SADS	ANX	ADS
Intellectually	.32	.33	.74*	-.69*	-.40*	-.40*	.63*
Single Person	.42*	.28	.63*	-.53*	-.44*	-.32	.63*
Goal Setter	.34	.17	.69*	-.62*	-.41*	-.29	.57*
Sexually	.20	.27	.53*	-.56*	-.33	-.31	.44*
Spiritually	.37*	.25	.63*	-.63*	-.23	-.29	.56*
Employee	.17	.15	.37*	-.27	-.006	-.24	.33
Host/Hostess	.38*	.32	.31	-.35	-.49*	-.22	.59*
Sportsperson	.37*	.20	.46*	-.28	-.31	-.12	.43*
Friend	.35	.46*	.63*	-.56*	-.02	-.41*	.57*
Disciplinarian	.44*	.31	.49*	-.38*	-.24	-.22	.42*
Homemaker	.29	.02	.55*	-.51*	-.37*	-.37*	.41*
Now with Former Spouse	.06	.19	.18	-.35	-.23	-.17	.358*
Parent	.15	.17	.62*	-.52*	-.44*	-.34	.57*
Was with Former Spouse	.12	.16	.07	-.11	-.24	-.03	-.03
Social Situations	.42*	.33	.57*	-.47*	-.69*	-.16	.53*
Meeting Expenses	.21	.33	.47*	-.41*	-.28	-.36*	.31

*Significant at an Alpha level of .01.

Legend

SOCDES = Social Desirability Scale
 ACO = Acceptance of Others Scale
 S-E = Self-Esteem Scale
 EXANX = Existential Anxiety Scale
 SADS = Social Avoidance and Distress Scale
 ANX = Anxiety Checklist
 ADS = Adjustment to Divorce Scale
 D Roles = Semantic Differential Role Categories

Table 15. Pearson Product-Moment Intercorrelations of the 16PF.

PF A	B	C	E	F	G	H	I	L	M	N	O	Q ₁	Q ₂	Q ₃
B	.33													
C	.20	.08												
E	.16	.06	.32											
F	.34	.18	.04	.25										
G	.14	.01	.07	-.19	-.17									
H	.44*	.03	.51*	.24	.46*	.09								
I	-.16	-.005	-.352	-.34	-.05	.11	-.15							
L	-.06	.08	-.29	.05	.12	-.15	-.20	-.11						
M	.006	.28	.17	.38*	.30	-.29	.26	.07	-.10					
N	-.11	-.18	.24	-.13	-.44*	.33	-.02	.12	-.18	-.48*				
O	-.16	-.11	-.67*	-.47*	-.30	.13	-.59*	.28	.25	-.34	.10			
Q ₁	.13	.06	.06	.46*	.04	-.49*	-.02	-.17	.20	.12	-.08	-.14		
Q ₂	-.20	.02	.08	.37*	-.25	-.358*	-.28	-.07	.05	.21	-.09	-.05	.42*	
Q ₃	.11	.08	.51*	.22	-.22	.05	.11	-.25	-.12	.05	.27	-.44*	.15	.07
Q ₄	-.03	.07	-.73*	-.33	.05	-.03	-.352	.351	.37*	-.08	-.20	.71*	-.19	-.46*

*Significant at an Alpha level of .01.

Legend: PF A through PF Q₄ = 16PF Personality Factors

Table 4.14.--Pearson Product-Moment Correlations between a Measure of General Personality Adjustment and a Measure of Perceptions of Self in Life Roles.

SD Roles	PF A	B	C	E	F	G	H	I	L	M	N	O	Q ₁	Q ₂	Q ₃	Q ₄
Intellectually	.12	-.003	.56*	.23	.27	-.08	.51*	-.18	-.16	.29	-.22	-.72*	.03	-.09	.37*	-.59*
Single Person	.10	-.02	.36*	.10	.31	-.04	.43*	-.07	-.15	.23	-.22	-.57*	.05	-.06	.31	-.42*
Goal Setter	.26	.04	.61*	.42*	.11	.07	.49*	-.19	-.13	.31	-.12	-.65*	.10	.02	.38*	-.51*
Sexually	.07	.007	.47*	.03	.09	.16	.42*	-.01	-.16	.21	.12	-.50*	-.06	-.07	.33	-.46*
Spiritually	.16	-.07	.53*	.23	.13	.11	.55*	-.01	-.23	.31	-.03	-.61*	-.12	-.03	.33	-.42*
Employee	.06	-.16	.31	-.07	.02	.08	.10	-.05	-.07	-.09	.02	-.24	.003	.17	.15	-.36*
Host/Hostess	.20	-.11	.37*	.05	.34	.12	.61*	.03	-.24	.16	.02	-.48*	.003	-.13	.11	-.33
Sportsperson	.007	-.22	.43*	.30	.02	-.03	.47*	-.40*	-.22	.08	-.11	-.44*	.22	.13	.18	-.50*
Friend	.11	-.13	.33	-.12	.25	.11	.51*	-.16	-.27	.08	-.16	-.50*	-.11	-.19	.07	-.30
Disciplinarian	.10	.19	.42*	.21	.17	.09	.37*	-.23	-.03	.10	-.17	-.54*	.003	-.09	.39*	-.47*
Homenaker	.11	-.18	.42*	.09	.02	.15	.27	-.17	-.36*	.10	.02	-.40*	-.08	-.04	.23	-.46*
Now with Former Spouse	-.02	-.05	.34	-.05	.03	.09	.29	.05	-.29	.29	.03	-.20	-.11	.02	.13	-.27
Parent	.26	.03	.32	.19	.43*	-.02	.52*	-.14	-.11	.22	-.32	-.62*	.05	-.20	.28	-.33
Was with Former Spouse	.03	-.06	.17	-.03	-.20	.002	.20	.03	-.14	.02	.23	-.15	-.10	-.23	.15	-.14
Social Situations	.21	.01	.46*	.34	.36*	.03	.74*	-.11	-.20	.33	-.16	-.67*	.21	-.07	.25	-.46*
Meeting Expenses	.07	-.006	.32	-.02	.04	.25	.31	.03	-.356*	.03	.21	-.27	-.18	-.15	.06	-.30

*Significant at an Alpha level of .01.

Legend: PF A through PF Q₄ = 16PF Personality Factors; SD Roles = Semantic Differential Role Categories.

Table 4.15.--Pearson Product-Moment Intercorrelations of the Semantic Differential.

SD Roles	Intellectually	Single Person	Goal Setter	Sexually	Spiritually	Employee	Host/Hostess	Sportsperson	Friend	Disciplinarian	Homemaker	Now With Former Spouse	Parent	Was with Former Spouse	Social Situations	Meeting Expenses
Intellectually																
Single Person	.61*															
Goal Setter	.62*	.71*														
Sexually		.49*	.57*													
Spiritually		.48*	.55*	.64*												
Employee			.72*	.43*	.49*											
Host/Hostess			.58*	.42*	.53*	.61*										
Sportsperson			.58*	.27	.46*	.47*	.61*									
Friend			.58*	.354	.48*	.32	.36*	.55*	.45*	.30	.32	.10	.30	.33	.13	.07
Disciplinarian			.58*	.22	.58*	.36*	.351	.40*	.58*	.46*	.30	.25	.49*	.05	.61*	.15
Homemaker			.58*	.22	.58*	.36*	.351	.40*	.58*	.46*	.30	.25	.49*	.05	.61*	.15
Now with Former Spouse			.58*	.22	.58*	.36*	.351	.40*	.58*	.46*	.30	.25	.49*	.05	.61*	.15
Parent			.58*	.22	.58*	.36*	.351	.40*	.58*	.46*	.30	.25	.49*	.05	.61*	.15
Was with Former Spouse			.58*	.22	.58*	.36*	.351	.40*	.58*	.46*	.30	.25	.49*	.05	.61*	.15
Social Situations			.58*	.22	.58*	.36*	.351	.40*	.58*	.46*	.30	.25	.49*	.05	.61*	.15
Meeting Expenses			.58*	.22	.58*	.36*	.351	.40*	.58*	.46*	.30	.25	.49*	.05	.61*	.15

*Significant at an Alpha level of .01.

Legend: SD Roles = Semantic Differential Role Categories

these tables revealed that measures of self-esteem, assessment of roles, and overall adjustment to divorce were positively related. Thirteen of the sixteen role categories of the semantic differential correlated positively with both self-esteem and overall adjustment to divorce. A measure of acceptance of others was correlated positively with self-esteem and overall adjustment to divorce, but showed minimal relationships with assessment of roles or general personality adjustment. Somewhat surprisingly, general personality adjustment showed little relationship with the measures of self-esteem, assessment of roles, and overall adjustment to divorce. Measures of self-esteem and overall adjustment to divorce were correlated significantly with only five of the 16 factors of the 16PF. The measure of acceptance of others correlated significantly with only one of the factors of the 16PF, and the 16 role categories of the semantic differential correlated significantly with the 16PF factors only sporadically. These results will be examined more fully in discussing the results of hypothesis 11.

The correlations among the role categories of the semantic differential showed a pattern of consistent relationships among 12 of the 16 roles. The four role categories which were not correlated with the other role categories were "employee," "meeting expenses," "now with your former spouse," and "was in the past with your former

spouse." The role categories regarding self in relation to the former spouse are particularly interesting and suggest that assessment of self-functioning in these areas is a distinct and separate process from assessment of self-functioning in the other observed role categories.

The overall results regarding hypothesis 9 seemed to provide evidence that these measures of aspects of the self-concept generally were positively correlated with each other and with the measure of overall adjustment to divorce, but not with a measure of general personality development. Thus, it would seem that the trauma of the divorce experience does not necessarily result in significant disruption to divorcing individuals' general personality structures, even when those individuals are manifesting significant disruption in different aspects of their self-concepts and in their adjustments to the divorce experience.

H_{10} :

Pearson product-moment correlation coefficients will show positive relationships among measures of social avoidance and distress, hopelessness and purposelessness, and anxiety.

H_{10} is largely supported based on the results of the Pearson product-moment correlation procedures performed. The correlations are presented in Tables 4.10 through 4.15. Examination of these correlations showed that all of the predicted relationships occurred except one. Anxiety was not significantly correlated with social avoidance and distress.

This, in itself, is a very interesting "nonrelationship" and will be discussed more fully in Chapter V.

These results indicated that, as predicted, measures of anxiety and hopelessness and purposelessness were significantly related, and that hopelessness and purposelessness was positively related with social avoidance and distress. Thus, the two aspects of the self-concept listed in this hypothesis were significantly related in the predicted direction, but anxiety was only positively related with hopelessness and purposelessness.

H_{11} :

Measures of self-esteem, assessment of roles, acceptance of others, general personality adjustment, and overall adjustment to divorce will be inversely correlated with measures of social avoidance and distress, hopelessness and purposelessness in life, and anxiety, when tested with the Pearson product-moment correlation coefficient procedure.

H_{11} was only partially supported based on the results of the Pearson product-moment correlation procedures performed because all of the predicted pair-wise correlations were not found. The correlations are presented in Tables 4.10 through 4.15. Examination of these correlations revealed that four specific factors of the measure of general personality adjustment tended to correlate significantly in the predicted directions with the measures of aspects of the self-concept, anxiety, and overall adjustment to divorce. These four factors were factor C, factor H, factor O, and factor Q_4 . Factor C is an assessment of low ego strength vs. high ego



strength. Factor H is an assessment of timidity and threat-sensitiveness vs. uninhibitedness and social boldness. Factor O is an assessment of untroubled adequacy vs. apprehensiveness, insecurity, and guilt-proneness. Factor Q_4 is an assessment of relaxed, tranquil, unfrustrated functioning vs. tense, frustrated, driven functioning. It should be noted that a measure of acceptance of others did not correlate significantly with any of these four factors. The consistency of the significant correlations of the other measures with one another and these four factors of the 16PF, however, points strongly to the direction of the impact of the divorce experience in people's lives, and also to the limits of that impact. These results suggested that, however painful and traumatic the divorce experience was for some people, that trauma was manifested in particular and limited components of the general personality structure, and that those components were strongly related with certain aspects of the self-concept. Examination of the correlations showed that, except for the measure of acceptance of others, the other measures of aspects of the self-concept generally were significantly correlated. All of the role categories of the semantic differential did not significantly correlate with all of the other measures, but the patterning and consistency of the correlations made it appropriate to conclude that assessment of roles tended to correlate

significantly with the other measures of aspects of the self-concept, and with overall adjustment to divorce.

The predicted correlations regarding anxiety were not fully demonstrated. A measure of anxiety did not correlate significantly with measures of acceptance of others, social avoidance and distress, assessment of roles, or general personality adjustment. The predicted correlations were obtained between measures of anxiety and self-esteem, hopelessness and purposelessness in life, and overall adjustment to divorce. Interestingly, the Anxiety Checklist did correlate significantly with three of the four factors in the 16PF just discussed (factors C, O, and Q_4). These results suggested that anxiety did seem to be an important component in the adjustment to divorce process, in individuals' level of self-esteem, and in individuals' sense of direction, purpose, and meaning in life. Anxiety, however, did not seem to be a major component in social participation, acceptance of others, assessment of roles, or general personality adjustment.

The correlations found in Table 4.10 provided strong evidence of the relationship between overall adjustment to divorce and the aspects of the self-concept observed in the course of the present study. The Adjustment to Divorce Scale correlated significantly with all of the measures of aspects of the self-concept, and with the Anxiety Checklist. Although the Adjustment to Divorce Scale did not tend to

correlate significantly with many of the factors of the 16PF, as seen in Table 4.11, the measure did correlate significantly with the four previously discussed factors (C, H, O, Q₄).

The results just reported regarding the research hypotheses of the present study will be discussed in greater detail in Chapter V. An attempt will be made at that time to synthesize and integrate the meaning and implications of the results of this study. Prior to such an effort, however, the results concerning the ancillary analysis of data will be presented. These results provide a more comprehensive examination of a number of issues, in the context of which the synthesis of the results of the study can take place more meaningfully.

Results of the Ancillary Analysis of Data

The Pearson product-moment correlation coefficient procedure was used to observe the relationships among the demographic variables, and among the demographic variables and the dependent measures. Correlations were considered significant if the resultant probabilities were less than .01 (one-tailed). These correlations are presented in Table 4.16.

Examination of the results presented in Table 4.16 revealed very few unexpected relationships. The results showed that age was significantly correlated with length of marriage, number of previous marriages, number of children,



[illegible]

Table 4.16.--Continued.

	AGE	SEX	MARL	PREMAR	CHILD	CUST	DIVD	INT 1	INT 2	CLIN	REFS	FIN
SOCDSES	-.16	.19	.01	-.16	.11	-.16	-.20	.01	.10	.05	.12	-.15
ACO	-.01	.09	-.08	.11	-.29	.01	.05	.09	.20	-.15	.05	.01
S-E	-.07	-.12	.18	-.45*	-.30	.05	-.21	.20	.08	-.07	-.10	.34
EXANX	.10	.08	-.06	.43*	.47*	.009	.09	-.26	-.14	.07	.06	-.23
SADS	-.04	.20	-.16	.17	.27	-.21	.20	-.12	-.02	.006	-.11	-.18
ANX	.18	-.10	-.07	.33	.32	.19	.06	-.30	-.04	.18	.18	-.11
ADS	-.22	.16	-.009	-.27	-.20	-.06	-.08	.31	-.08	-.10	.14	.04
PF A	.13	.05	.05	.17	.01	.01	-.08	.03	.09	.16	.03	.11
B	-.10	-.25	-.04	-.10	-.31	.16	.009	.10	.12	.07	.03	.19
C	-.08	-.18	.14	-.29	-.24	.15	-.02	.02	.15	-.04	-.08	.47*
E	-.14	-.30	.05	-.28	-.30	.15	-.09	.16	-.02	-.18	.06	.357*
F	-.007	-.05	.29	-.29	-.14	.05	-.06	.007	-.15	-.02	.02	.01
G	.07	-.03	-.04	.29	.15	.03	.06	-.07	.12	-.13	-.08	.17
H	.10	-.003	.13	-.04	-.06	.16	-.12	.04	-.06	.05	-.05	.10
I	.13	.10	-.12	.05	-.08	.06	-.01	-.21	.03	-.26	-.10	-.24

Table 4.16.--Continued.

	AGE	SEX	MARL	PREMAR	CHILD	CUST	DIVD	INT 1	INT 2	CLIN	REFS	FIN
L	-.10	.02	.06	.01	-.07	-.14	-.10	-.11	-.20	.28	.10	.03
M	.06	-.18	.16	-.31	-.11	.13	-.09	.31	-.11	.01	-.02	-.05
N	.05	.10	-.05	.17	-.07	-.04	.19	-.36*	.26	-.13	-.15	.22
O	.24	.009	-.06	.39*	.33	.004	.13	-.27	.07	.11	.009	-.19
Q ₁	.10	-.12	.04	-.003	-.19	.16	-.07	.06	.12	.26	.13	.15
Q ₂	-.25	-.07	-.22	.01	-.12	-.12	.06	.21	-.04	.21	.32	.01
Q ₃	.04	.22	.18	.006	.09	-.16	-.08	.06	-.01	0	-.18	.13
Q ₄	.06	.19	-.23	.33	.26	-.04	-.08	-.18	-.19	-.01	.08	-.41*

Table 4.16.--Continued.

SD Roles	AGE	SEX	MARL	PREMAR	CHILD	CUST	DIVD	INT 1	INT 2	CLIN	REFS	FIN
Intellectually	-.10	.02	.15	-.42*	-.18	-.002	-.22	.22	-.12	.06	-.05	.08
Single Person	-.08	.22	.21	-.31	-.08	-.22	-.38*	.20	-.18	.14	.06	-.08
Goal Setter	-.003	-.16	.13	-.21	-.04	.16	-.25	.03	-.12	.16	-.15	.22
Sexually	.06	.09	.14	-.09	-.01	-.04	-.13	.20	.19	-.05	.09	.04
Spiritually	-.07	.15	.15	-.20	-.09	-.09	-.13	.12	-.08	.10	-.05	-.01
Employee	-.19	.10	.07	-.26	-.10	-.07	.15	.23	-.10	.05	-.005	.03
Host/Hostess	-.16	.30	.08	-.13	-.04	-.05	-.06	.23	-.14	-.02	-.03	-.20
Sportsperson	-.06	-.02	.06	-.15	-.05	-.09	-.16	.29	-.05	.23	.12	.08
Friend	.06	.16	.11	-.02	.02	-.20	-.12	.25	.05	-.04	-.004	.02
Disciplinarian	-.13	.18	-.05	-.009	-.02	-.08	-.14	.32	-.17	-.15	.22	-.07
Homemaker	.07	.13	.36*	-.12	.12	-.18	-.21	.12	-.19	.04	-.16	.12
Now with Former Spouse	.26	.05	.02	.17	.10	-.13	-.08	.10	.07	-.08	.01	.03
Parent	-.03	.11	.16	-.13	.03	-.04	-.09	.17	-.34	-.09	-.15	-.004
Was with Former Spouse	.20	.04	-.22	.16	-.05	-.01	-.23	-.08	.28	-.18	.14	.10
Social Situations	-.03	.07	.13	-.12	-.11	.004	-.31	.13	-.03	.10	.11	.007
Meeting Expenses	.12	-.03	-.001	-.04	-.18	-.06	-.18	-.03	.17	-.20	.08	.30

*Significant at an Alpha level of .01.

Legend for Table 4.16

AGE = Age of Subjects
SEX = Sex of Subjects
MARL = Length of Marriage
PREMAR = Number of Previous Marriages
CHILD = Number of Children
CUST = Custodial Parent
DIVD = Person Desiring Divorce
INT 1 = Interval between Date of Final Separation and Date of Filing
Petition for Divorce
INT 2 = Interval between Date of Filing Petition for Divorce and Date
of Seeking Counseling
CLIN = Clinician
REFS = Referral Sources
FIN = Individual Financial Resources
SOCDES = Social Desirability Scale
ACO = Acceptance of Others Scale
S-E = Self-Esteem Scale
EXANX = Existential Anxiety Scale
SADS = Social Avoidance and Distress Scale
ANX = Anxiety Checklist
ADS = Adjustment to Divorce Scale
PF A through PF Q_4 = 16PF Personality Factors
SD ROLES = Semantic Differential Role Categories

length of time between final separation and filing the petition for divorce, and referral source. The last two categories were the only less-than-obvious correlates with age. These results suggested that younger people tended to wait a longer period of time than older individuals, following the final separation, before filing a petition for divorce. Additionally, it seemed that older subjects were more likely than younger subjects to have become aware of the present counseling program/research project through Friend of the Court or Legal Aid, than through Lansing Community College, the Domestic Assault Program, or the Woman's Resource Center.

Other significant correlations revealed that women most frequently had custody of their children, men made more money than women, individuals with a number of previous marriages tended to have more children than individuals with fewer or no previous marriages, and individuals who sought counseling soon after the filing of the petition for divorce tended to have more children than those individuals who waited a longer period of time.

Examination of the correlations among the demographic variables and the dependent measures revealed very few significant correlations. Following are those relationships which appear to have particular relevance. Individuals with more previous marriages tended to have lower self-esteem, demonstrated a greater sense of

hopelessness and purposelessness, and perceived themselves as less intellectually capable than individuals with fewer or no previous marriages. Individuals with more children demonstrated a greater sense of hopelessness and purposelessness than people with fewer children. People who had been married longer tended to see themselves as better homemakers than did people married a shorter period of time. Individuals who were seeking the divorce tended to see themselves as single persons more positively than did individuals whose spouses were seeking the divorce. These relationships all seemed to be rather predictable and supportive of general observations. Of particular interest, however, were some of the relationships that did not prove to be significant in this study. Previous researchers have gathered conflicting data regarding these issues. The results obtained in this study suggested that length of marriage, sex, age, number of children, person desiring the divorce and financial status were not correlated significantly with self-esteem, acceptance of others, assessment of roles, general personality adjustment, hopelessness and purposelessness in life, social participation, level of anxiety, or overall adjustment to divorce. In other words, these results suggested that people traumatically affected by the divorce experience did not come from particular categories of the human spectrum. These results will be discussed further in chapter V.

Although the results provided by the Pearson product-moment correlations indicated that there were no significant relationships between the person desiring the divorce (subject or spouse) and the dependent measures, additional analysis of this variable was conducted using the t-test procedure to compare the two groups at the time of the pre-test. The sample was almost evenly divided between subjects who were desiring the divorce (20), and subjects whose spouses were desiring the divorce (18). The other four subjects in the study were seeking the divorce in conjunction with their spouse. Unfortunately, the random assignment procedure had not resulted in an even distribution of these two groups between the experimental and control groups. Thus, it seemed appropriate to examine the sample on this dimension in order to identify possible initial differences which might then have needed to be dealt with as a covariate. The results of the t-test procedure are summarized in Table 4.17. Differences were considered statistically significant if the resultant t-values were larger than the tabled t-value at $\alpha = .10$ (two-tailed).

Inspection of the t-values in Table 4.17 revealed that there were only two significant differences on any of the dependent measures between subjects desiring the divorce and subjects whose spouses were desiring the divorce. The results showed that subjects who were desiring the divorce tended to perceive themselves as parents and homemakers

Table 4.17.--Summary of the t-test Procedure with the Demographic Variable, "Person Desiring Divorce."

	Mean Scores		t-value	<u>P</u>
	Subject	Spouse		
SOCDES	47.69	48.43	-.39	.699
ACO	60.45	58.51	.83	.410
S-E	22.15	24.50	-1.35	.185
EXANX	51.73	48.79	1.02	.316
SADS	45.28	44.42	.32	.752
ANX	8.20	7.11	.71	.485
ADS	128.39	123.95	.72	.477
PF A	5.05	5.05	-.01	.993
B	5.35	4.88	.86	.396
C	3.85	4.00	-.29	.775
E	5.70	5.61	.11	.909
F	5.70	5.16	.86	.398
G	5.20	5.55	-.66	.515
H	4.90	4.94	-.08	.939
I	5.05	5.16	-.18	.858
L	6.50	5.44	1.59	.120
M	5.25	4.88	.70	.485
N	4.95	6.00	-1.57	.126
O	6.90	7.22	-.52	.603
Q ₁	6.25	6.05	.27	.786
Q ₂	6.10	6.27	-.28	.781
Q ₃	5.05	4.38	1.03	.308
Q ₄	6.95	6.50	.83	.415



Table 4.17.--Continued.

S.D. Roles	Mean Scores		t-value	p
	Subject	Spouse		
Intellectually	73.42	79.61	-1.16	.253
Single Person	74.80	77.52	-.48	.636
Goal Setter	69.33	77.62	-1.41	.166
Sexually	74.28	74.42	-.02	.982
Spiritually	65.09	69.23	-.62	.541
Employee	91.38	86.95	.82	.416
Host/Hostess	86.23	78.33	1.39	.171
Sportsperson	75.33	74.42	.12	.902
Friend	83.76	86.80	-.61	.548
Disciplinarian	75.33	79.66	-.69	.496
Homemaker	71.52	83.90	-1.81	.078*
Now With Former Spouse	59.47	59.04	.07	.941
Parent	78.19	91.95	-2.27	.028*
Was With Former Spouse	68.71	77.52	-1.40	.170
Social Situations	74.19	78.66	-.78	.441
Meeting Expenses	77.38	79.28	-.27	.789

*Significant at an Alpha level of .10.

Legend

SOCDES = Social Desirability Scale
 ACO = Acceptance of Others Scale
 S-E = Self-Esteem Scale
 EXANX = Existential Anxiety Scale
 SADS = Social Avoidance and Distress Scale
 ANX = Anxiety Checklist
 ADS = Adjustment to Divorce Scale
 PF A through PF Q₄ = 16PF Personality Factors
 SD Roles = Semantic Differential Role Categories

more negatively than did subjects whose spouses were desiring the divorce. Generally, however, these results, combined with the results of the correlational analysis, provided a strong counter-argument to the commonly held view that divorcing individuals who were seeking the divorce were different from divorcing individuals who were not seeking the divorce action, and were less affected by the divorce experience.

The Acceptability to Others scale was a five-item scale included in Fey's overall Acceptance of Others scale. The data obtained from the inclusion of this scale were analyzed by means of the 2 x 2 repeated measures ANOVA and the Pearson product-moment correlation coefficient procedures. The group means, F values, and associated probabilities for the ANOVA are presented in Table 4.18. Inspection of the results revealed that there was a significant pretest/posttest by experimental/control interaction. Examination of the mean scores indicated that the experimental group subjects developed more positive self-perceptions of acceptability to others over time, while the control group subjects developed less positive self-perceptions of acceptability to others over time. Thus, it seemed that the treatment intervention had the effects of reversing a negative self-evaluation, and facilitating a modest movement in the direction of more positive self-perceptions of acceptability to others.

Table 4.18.--Summary of ANOVA for Test of Acceptability to Others Scale as a Measure of Treatment Effect on Perceptions of Self as Acceptable to Others (High Score Reflects Low Acceptability to Others).

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	1.80	.187
Pretest/Posttest by Experimental/Control Interaction	1,40	7.20	.011*
Experimental/Control Main Effect	1,40	.954	.335

Mean Scores			
		Experimental Group	Control Group
Pretest	13.57		11.80
Posttest	12.28		12.23

*Significant at an Alpha level of .05.

The Pearson product-moment correlation coefficients between the Acceptability to Others scale and the demographic variables are presented in Table 4.19. Examination of these results indicated that there were no significant correlations. Thus, it would seem that self-perceptions of acceptability to others are not likely to be positive or negative based on age, sex, length of marriage, etc. The Pearson product-moment correlations of the Acceptability to Others scale with the other dependent measures are presented in Table 4.20. Examination of these results indicated that the Acceptability to Others scale was positively correlated with measures of self-esteem, acceptance of others, assessment of roles, and overall adjustment to divorce. The Acceptability to Others scale was inversely correlated with measures of hopelessness and purposelessness, and social avoidance and distress. The Acceptability to Others scale correlated significantly with only six of the factors in the 16PF. Four of these factors, however, were factors C, H, O, and Q₄. These four factors were observed earlier to correlate consistently with the other measures of the aspects of the self-concept and overall adjustment to divorce. These results seemed to indicate that self-perceptions of being acceptable to others were related to other aspects of the self-concept and certain components of general personality structure. Additionally, it appeared that self-perceptions of being acceptable to others became

Table 4.19.--Pearson Product-Moment Correlations of Acceptability to Others Scale and Second-Stratum 16PF Factors with Demographic Variables.

	ATO	EXVIA	PFANX	CORTERTIA	INDEP
AGE	.06	.06	.10	-.25	-.13
SEX	.03	-.07	.12	-.18	-.23
MARL	.10	.22	-.16	.15	.07
PREMAR	-.04	-.15	.34	-.37*	-.30
CHILD	.02	-.08	.26	-.16	-.32
CUST	.02	.15	-.07	.02	.11
DIVD	-.11	-.16	.03	-.09	-.13
INT 1	.09	.04	-.22	.17	.27
INT 2	-.04	-.10	-.08	-.25	-.07
CLIN	-.15	.05	.03	.15	.25
REFS	-.06	-.03	.06	.09	.14
FIN	.12	.11	-.34	.18	.22

*Significant at an Alpha level of .01.

Legend for Table 4.19

ATO = Acceptability to Others
EXVIA = Invia vs. Exvia Second-Stratum Factor of 16PF
PFANX = Adjustment vs. Anxiety Second-Stratum Factor of 16PF
CORTERTIA = Pathemia vs. Cortertia Second-Stratum Factor of
16PF
INDEP = Subduedness vs. Independence Second Stratum Factor
of 16PF
AGE = Age
SEX = Sex
MARL = Length of Marriage
PREMAR = Number of Previous Marriages
CHILD = Number of Children
CUST = Custodial Parent
DIVD = Person Desiring Divorce
INT 1 = Interval between Date of Final Separation and Date of
of Filing Petition for Divorce
INT 2 = Interval between Date of Filing Petition for Divorce
and Date of Seeking Counseling
CLIN = Clinician
REFS = Referral Source
FIN = Individual Financial Resources

Table 4.20.--Pearson Product-Moment Correlations of Acceptability to Others Scale and Second-Stratum 16PF Factors with Dependent Measures.

	ATO	EXVIA	PFANX	CORTERTIA	INDEP
SOCDES	.44*	.19	-.25	-.06	-.15
ACO	.42*	.29	-.26	-.21	-.11
ATO		.53*	-.60*	.18	.11
S-E	.64*	.36*	-.70*	.38*	.33
EXANX	-.49*	-.34	.64*	-.31	-.34
SADS	-.42*	-.64*	.51*	-.34	-.46*
ANX	-.28	-.08	.48*	-.30	-.18
ADS	.47*	.32	-.57*	.18	.21
PF A	.37*				
B	-.14				
C	.58*				
E	.17				
F	.32				
G	.14				
H	.66*				
I	-.19				
L	-.41*				
M	.15				
N	-.06				
O	-.58*				
Q ₁	-.05				
Q ₂	-.26				

Table 4.20.--Continued.

	ATO	EXVIA	PFANX	CORTERTIA	INDEP
Q ₃	.25				
Q ₄	-.49*				

*Significant at an Alpha level of .01.

Legend

ATO	= Acceptability to Others Scale
EXVIA	= Invia vs. Exvia Second-Stratum Factor
PFANX	= Adjustment vs. Anxiety Second-Stratum Factor
CORTERIA	= Pathemia vs. Cortertia Second-Stratum Factor
INDEP	= Subduedness vs. Independence Second-Stratum Factor
SOCDES	= Social Desirability Scale
ACO	= Acceptance of Others Scale
S-E	= Self-Esteem Scale
EXANX	= Existential Anxiety Scale
SADS	= Social Avoidance and Distress Scale
ANX	= Anxiety Checklist
ADS	= Adjustment to Divorce Scale
PF A through PF Q ₄	= 16PF Personality Factors
SD Roles	= Semantic Differential Role Categories

Table 4.20.--Continued.

S.D. Roles	ATO	EXVIA	PFANX	CORTERTIA	INDEP
Intellectually	.59*	.38*	-.68*	.36*	.32
Single Person	.48*	.33	-.51*	.25	.22
Goal Setter	.56*	.37*	-.64*	.30	.43*
Sexually	.46*	.18	-.51*	.11	.09
Spiritually	.55*	.33	-.57*	.21	.23
Employee	.32	-.02	-.29	.005	.01
Host/Hostess	.52*	.41*	-.43*	.14	.09
Sportsperson	.38*	.20	-.54*	.40*	.32
Friend	.63*	.13	-.47*	.07	.05
Disciplinarian	.69*	.358*	-.39*	.14	-.03
Homemaker	.41*	.28	-.50*	.20	.13
Now with Former Spouse	.28	.04	-.31	.008	.004
Parent	.68*	.54*	-.48*	.31	.26
Was with Former Spouse	.18	-.001	-.18	-.12	-.03
Social Situations	.65*	.54*	-.62*	.37*	.41*
Meeting Expenses	.46*	.13	-.31	-.042	-.12

*Significant at an Alpha level of .01.

more positive as people made more positive adjustment to their divorce experiences, and that time-limited, individual, self-concept based psychotherapy facilitated the development of these more positive self-perceptions.

The second-stratum factors of the 16PF were statistically analyzed using the 2 x 2 repeated measures ANOVA and the Pearson product-moment correlation coefficient procedures. The weights and constants applied to the sixteen primary trait factors of the 16PF which derived the four second-stratum factors are presented in Appendix P. The means, F values, and associated probabilities for the ANOVA procedure are presented in Table 4.21. Examination of the results of the ANOVAs indicated that two of the factors warranted close evaluation. The Invia vs. Exvia factor assesses people on the introversion-extroversion dimension. The results of the ANOVA indicated that there was a significant pretest/posttest main effect, but that the pretest/posttest by experimental/control interaction was not significant. Examination of the mean scores showed that the experimental group moved in the direction of extroversion over time, but that the control group also moved, although much more modestly, in the same direction. This movement by the control group blunted the argument that the differences found in the experimental group over time could be attributed to treatment effect.

Table 4.21.--Summary of ANOVAs for Second-Stratum Factors of 16PF.

Sources of Variance	d.f.	F	p
Factor: Invia vs. Exvia (Introversion) (Extroversion) Sociability			
Pretest/Posttest Main Effect	1,40	11.24	.002*
Pretest/Posttest by Experimental/Control Interaction	1,40	3.95	.054
Experimental/Control Main Effect	1,40	.004	.952
----- Mean Scores -----			
Experimental Group		Control Group	
Pretest	4.82	5.21	
Posttest	5.78	5.45	

*Significant at an Alpha level of .05.

Table 4.21.--Continued.

Sources of Variance			d.f.	F	P
Factor: Adjustment	Sten Score		Anxiety		
	1	10			
Pretest/Posttest Main Effect			1,40	17.70	<.0005*
Pretest/Posttest by Experimental/Control Interaction			1,40	6.96	.012*
Experimental/Control Main Effect			1,40	.064	.802

			Mean Scores		

			Experimental Group		

			Control Group		

Pretest	7.14			6.83	
Posttest	5.97			6.56	

*Significant at α level of .05.

Table 4.21.--Continued.

Sources of Variance			d.f.	F	p
Factor:	Pathemia	Sten Score	Cortertia	cheerfulness, alertness, handles problems at cognitive level	
	moody, frustrated, depressed, feels rather than thinks	10			
Pretest/Posttest Main Effect			1,40	.056	.814
Pretest/Posttest by Experimental/Control Interaction			1,40	.142	.708
Experimental/Control Main Effect			1,40	1.037	.315

Mean Scores					
Experimental Group			Control Group		
Pretest			5.42		5.95
Posttest			5.53		5.92

Table 4.21.--Continued.

Sources of Variance			d.f.	F	p
Factor:	Subduedness	Sten Score		Independence	
		1	10		
Pretest/Posttest Main Effect				1,40	3.43 .071
Pretest/Posttest by Experimental/Control Interaction				1,40	2.10 .155
Experimental/Control Main Effect				1,40	.026 .874
----- Mean Scores -----					
Experimental Group			Control Group		
Pretest	5.32				5.48
Posttest	5.94				5.56



The results regarding the Adjustment vs. Anxiety second-stratum factor indicated a significant pretest/post-test main effect and a significant pretest/posttest by experimental/control interaction. Examination of the mean scores showed that the interaction effect was in the direction of reduction of anxiety and movement toward adjustment over time. These results seemed to provide strong supportive evidence regarding the earlier identified effects of treatment on level of anxiety. Additionally, however, these results suggested that time-limited, individual, self-concept based psychotherapy not only reduced anxiety in divorcing persons, but also facilitated a movement toward adjustment in those persons.

The results of the ANOVA procedure performed indicated that no treatment effect seemed to be involved in either the Pathemia vs. Cortertia factor or the Subduedness vs. Independence factor. Interestingly, examination of the mean scores indicated that the subjects involved in the present study did not differ from the theoretical mean of the total population ($sten = 5.5$). Thus, it may be that these factors of personality structure are not involved in the upheaval caused by the divorce experience.

Examination of the Pearson product-moment correlations between the second-stratum factors of the 16PF and the demographic variables (presented in Table 4.20) revealed a consistent pattern of nonsignificant relationships.

The only significant correlation was between the number of previous marriages and the Pathemia vs. Cortertia factor. This inverse relationship suggested that people who had been previously married a number of times tended to be more moody, frustrated, and depressed than people who had not been previously married. The lack of significant relationships between the second-stratum factors and the demographic variables suggested that those factors reflected personality traits characteristic of most people, rather than subgroups of individuals.

The Pearson product-moment correlation coefficients between the second-stratum factors of the 16PF and the other dependent measures were presented in Table 4.20. Correlations were not computed between the second-stratum factors of the 16PF and the primary trait factors of the 16PF because the second-stratum factors were derived from the primary factors in the first place.

Examination of the Pearson correlations obtained between the second-stratum factors of the 16PF and the dependent measures indicated that the Adjustment vs. Anxiety factor correlated significantly with measures of overall adjustment to divorce, anxiety, and all of the aspects of the self-concept except acceptance of others. The Invia vs. Exvia factor correlated significantly with measures of self-esteem, social avoidance and distress, acceptability to others, and only six of the 16 role categories of the

semantic differential. This second-stratum factor, concerned with introversion-extroversion, did not seem to be related to level of anxiety, acceptance of others, hopelessness and purposelessness in life, or overall adjustment to divorce. The Pathemia vs. Cortertia factor and Subduedness vs. Independence factor were seen to be correlated significantly with almost none of the other dependent measures. Of passing interest were the correlations between the role categories "intellectually" and "sportsperson" and the Pathemia vs. Cortertia factor. Cattell, Eber, and Tatsuoka (1970) indicated that this factor was concerned with "cortical alertness," and the degree to which people responded cognitively rather than affectively. These results suggested that individuals who perceived themselves in favorable ways, either intellectually or as sportspersons, also tended to be more cortically alert; that is, cognitively interacting with their environment.

The results just reviewed indicated that the Adjustment vs. Anxiety factor was highly correlated with the other dependent measures, the Invia vs. Exvia factor was significantly correlated with a number of the measures, and the other two factors were correlated significantly with almost none of the other measures. These results suggested that the Subduedness vs. Independence factor and the Pathemia vs. Cortertia factor had very little relationship with aspects of the self-concept, or with the divorce adjustment process.

These results were supported by the lack of treatment effects regarding these dimensions. The limited number of correlations of the Invia vs. Exvia factor with the other dependent measures suggested that this dimension, although related to self-esteem and social participation, was not related to the overall adjustment process. This seemed to be a rather interesting result, and suggested that extroverted people did not necessarily have an easier adjustment process than did introverted people. These results will be discussed in more detail in Chapter V.

The results obtained regarding the Adjustment vs. Anxiety factor suggested that this factor was reflective of many of the same constructs observed by the other dependent measures. It would seem to be significant that this factor, which was purported to be a single factor assessment of broadly based adjustment, correlated significantly with the measure of overall adjustment to divorce, and also reflected significant improvement as the result of treatment.

The final issue to be addressed in the analysis of data focuses on the resources used by divorcing persons for support and assistance. Subjects were asked to indicate on the face sheet of the pretest (Appendix A) which resources they used for support and assistance during their adjustment processes. Additionally, they were asked to identify which of those same resources they thought were available to them for support and assistance. This was done in order to

observe the differences, if any, between the subjects' perceptions of available resources, and their actual use of those resources. The inclusion of this aspect of data collection was based on the desire to identify the extent to which divorcing individuals drew support and assistance from resources external to themselves, and to identify those resources most frequently used.

The t-test procedure was used to compare the experimental group subjects with control group subjects both at the pretest and the posttest. The mean scores, t-values, and associated probabilities are presented in Table 4.22. Additionally the t-test procedure was used to compare the experimental group subjects over time. The mean scores, t-values and associated probabilities are presented in Table 4.23. Differences were considered statistically significant if the resultant t-values were larger than the tabled t-value at $\alpha = .10$. Examination of the results indicated that the control group subjects tended to see relatives as being more available than did experimental group subjects at the pretest. Additionally, control group subjects tended to see bars as being more available for support and assistance than did experimental group subjects at the posttest. The results also indicated that there were no significant differences between the experimental group subjects and control group subjects in their use of any of the resources, either at pretest or posttest. The

Table 4.22.--Summary of t-test Procedure for Comparing Experimental and Control Group Subjects' Reports of Availability and Use of Resources for Support and Assistance, Both at the Pretest and Posttest.

	Pretest				Posttest			
	Means		t-value	p	Means		t-value	p
	Experimental Group	Control Group			Experimental Group	Control Group		
RAV								
Former Spouse	.476	.428	.30	.764	.428	.428	0	1.00
Family	.857	.714	1.12	.270	.761	.761	0	1.00
Relatives	.428	.714	-1.91	.064*	.476	.619	-.92	.365
Friends	.857	.857	0	1.00	.952	.904	.59	.560
Fellow Employees	.381	.333	.31	.755	.476	.428	.30	.764
Employer	.238	.142	.77	.444	.238	.238	0	1.00
Social Organizations	.142	.285	-1.12	.270	.190	.333	-1.04	.304
Clubs	.142	.238	-.77	.444	.142	.285	-1.12	.270
Bars	.095	.238	-1.24	.224	.142	.381	-1.78	.083*
Church	.285	.476	-1.26	.213	.333	.571	-1.56	.127

Table 4.22.--Continued.

	Pretest			Posttest		
	Means		t-value	Means		t-value
	Experimental Group	Control Group		Experimental Group	Control Group	
RU						
Former Spouse	.285	.238	.34	.190	.190	0
Family	.619	.571	.31	.666	.714	-.33
Relatives	.190	.381	-1.36	.381	.285	.64
Friends	.809	.761	.37	.857	.666	1.45
Fellow Employees	.381	.285	.64	.333	.238	.67
Employer	.190	.095	.87	.142	.142	0
Social Organizations	.047	0	1.00	.095	.047	.59
Clubs	.047	0	1.00	.047	0	1.00
Bars	.047	.142	-1.04	.095	.047	.59
Church	.190	.381	-1.36	.190	.333	1.04

*Significant at an Alpha level of .10.

Legend: RAV = Resources Available for Support and Assistance

RU = Resources Used for Support and Assistance

Table 4.23.--Summary of t-test Procedure for Comparing
 Pretest/Posttest Differences in Experimental
 Group Subjects on Their Reports of Resources
Available and Used for Support and Assistance.

	Pretest Means	Posttest Means	t-values	p
RAV				
Former Spouse	.476	.428	.30	.764
Family	.857	.761	.77	.444
Relatives	.428	.476	-.30	.764
Friends	.857	.952	-1.04	.305
Fellow Employees	.381	.476	-.61	.544
Employer	.238	.238	0	1.00
Social Organizations	.142	.190	-.40	.688
Clubs	.142	.142	0	1.00
Bars	.095	.142	-.47	.644
Church	.285	.333	-.33	.746
RU				
Former Spouse	.285	.190	.71	.481
Family	.619	.666	-.31	.755
Relatives	.190	.381	-1.36	.180
Friends	.809	.857	-.40	.688
Fellow Employees	.381	.333	.31	.755
Employer	.190	.142	.40	.688
Social Organizations	.047	.095	-.59	.560
Clubs	.047	.047	0	1.00
Bars	.047	.095	-.59	.560
Church	.190	.190	0	1.00

Legend

RAV = Resources Available for Support and Assistance

RU = Resources Used for Support and Assistance

results also indicated that the experimental group subjects did not differ significantly on any of the observed dimensions over time. Thus, it would seem that overall adjustment to the divorce experience, which was demonstrated earlier to have been facilitated by time-limited therapy, was not manifested by an increased use of community and interpersonal resources. The implications of these results will be discussed in the broader context of all of the results in Chapter V.

The resources available (RAV) and resources used (RU) were rank ordered from most frequently to least frequently cited. These results are presented in Table 4.24. Inspection of the results revealed that the categories "friends" and "family" were seen most frequently as resources available and used by both experimental group subjects and control group subjects. This pattern held for both the pretest and posttest. Both groups of subjects tended to see all of the categories as being more available to them at the time of the posttest. This increase has been seen earlier not to be statistically significant. The pattern, however, perhaps reflects a slowly developing increase in receptivity to community and interpersonal resources. The control group subjects tended to draw support and assistance from their churches more than the experimental group subjects. Both experimental group subjects and control group subjects tended to make less use of their former spouses

Table 4.24.--Rank Ordering of Resources Available and Resources Used at Pretest and Posttest, for Both the Experimental and Control Groups.

Pretest		Posttest	
Experimental Group			
Resources Available:			
1. Friends	.857	1. Friends	.952
Family	.857	2. Family	.761
2. Former Spouse	.476	3. Fellow Employees	.476
3. Relatives	.428	Relatives	.476
4. Fellow Employees	.381	4. Former Spouse	.428
5. Church	.285	5. Church	.333
6. Employer	.238	6. Employer	.238
7. Social Organizations	.142	7. Social Organizations	.190
Clubs	.142	8. Clubs	.142
8. Bars	.095	Bars	.142
Resources Used:			
1. Friends	.809	1. Friends	.857
2. Family	.619	2. Family	.666
3. Fellow Employees	.381	3. Relatives	.381
4. Former Spouse	.285	4. Fellow Employees	.333
5. Relatives	.190	5. Church	.190
Church	.190	Former Spouse	.190
Employer	.190	6. Employer	.142
6. Social Organizations	.047	7. Social Organizations	.095
Clubs	.047	Bars	.095
Bars	.047	8. Clubs	.047

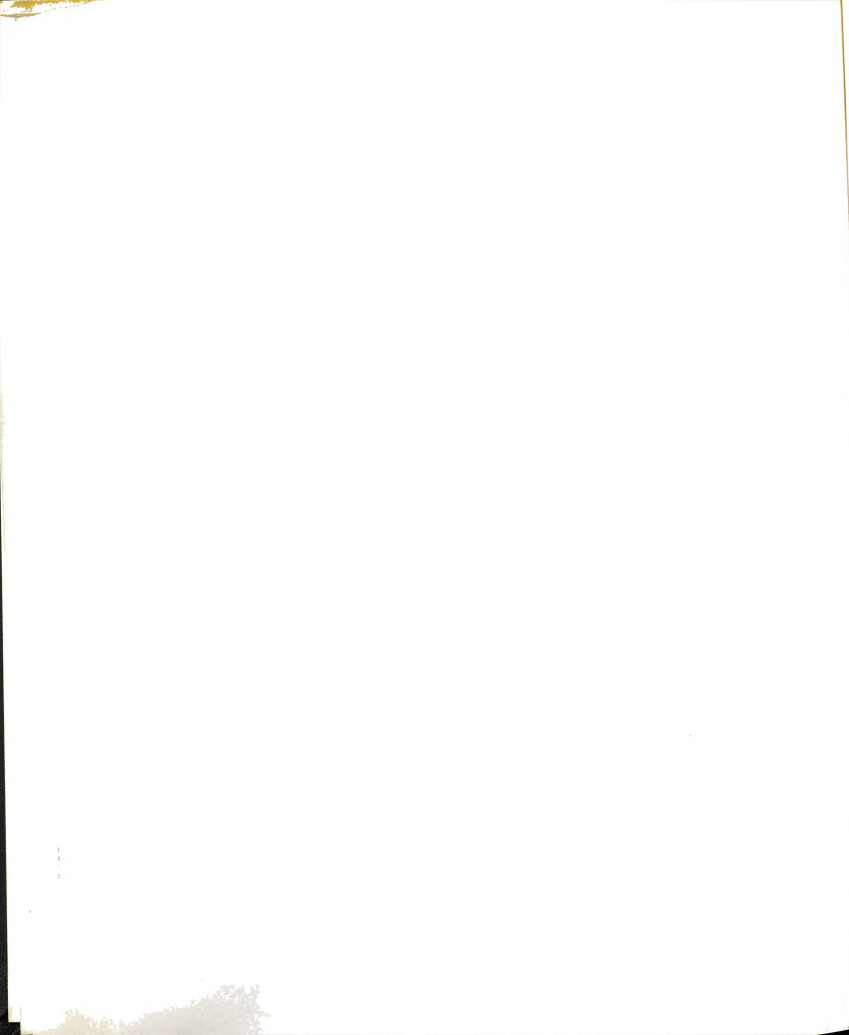


Table 4.24.--Continued.

Pretest		Posttest	
Control Group			
Resources Available:			
1. Friends	.857	1. Friends	.904
2. Family	.714	2. Family	.761
Relatives	.714	3. Relatives	.619
3. Church	.476	4. Church	.571
4. Former Spouse	.428	5. Fellow Employees	.428
5. Fellow Employees	.333	Former Spouse	.428
6. Social Organizations	.285	6. Bars	.381
7. Clubs	.238	7. Social Organizations	.333
Bars	.238	8. Clubs	.285
8. Employer	.142	9. Employer	.238
Resources Used:			
1. Friends	.761	1. Family	.714
2. Family	.571	2. Friends	.666
3. Church	.381	3. Church	.333
Relatives	.381	4. Relatives	.285
4. Fellow Employees	.285	5. Fellow Employees	.238
5. Former Spouse	.238	6. Former Spouse	.190
6. Bars	.142	7. Employer	.142
7. Employer	.095	8. Social Organizations	.047
8. Social Organizations	0	Bars	.047
9. Clubs	0	9. Clubs	0

for support and assistance over time. This would seem to reflect part of the disengagement process involved in the adjustment to divorce. Of interest was the fact that this reduction in use of the former spouse took place despite subjects' fairly constant perception over time that their former spouses were available to them for support and assistance.

The correlations among RAV, RU and the demographic variables are presented in Table 4.25. Correlations were considered significant if their resultant probabilities were less than $\text{Alpha} = .01$. Examination of these correlations revealed few significant relationships, and of those only two appeared to have particular meaning. It was observed that men sought support and assistance from fellow employees more frequently than did women. It also was observed that individuals whose spouses were seeking the divorce drew support and assistance from their former spouses and went to bars more frequently than did people who were seeking the divorce themselves.

Summary

A considerable amount of data was collected in the course of this study, and many results were obtained. It was determined that time-limited, individual, self-concept based psychotherapy improved particular aspects of the self-concept. The therapy experience led to the improvement of self-esteem, the reduction of hopelessness and purposelessness

Table 4.25.--Pearson Product-Moment Correlations among Demographic Variables and Resources Available and Resources Used for Support and Assistance.

	AGE	SEX	MARL	PREMAR	CHILD	CUST	DIVD	INT 1	INT 2	CLIN	REFS	FIN
Resources Available:												
Former Spouse	-.11	-.002	-.10	.06	-.07	-.08	.16	.22	-.02	.14	-.05	-.01
Family	-.37*	-.04	.12	-.28	-.32	-.18	-.03	.10	-.12	.05	.04	.21
Relatives	-.14	.03	.16	-.09	-.02	-.09	-.28	.10	-.08	.09	-.02	.08
Friends	-.18	-.24	-.28	.03	-.23	.19	.07	.20	.06	0	.14	.09
Fellow Employees	.11	-.57*	.17	-.16	-.33	.54*	.28	-.06	.37*	.04	-.13	.50*
Employer	-.15	.01	-.11	-.08	-.25	-.06	.28	-.10	.23	0	.01	.01
Social Organizations	-.02	.04	-.01	.21	-.02	-.11	.03	-.10	-.17	.05	-.09	.14
Clubs	-.07	.01	.12	-.01	-.21	-.21	.01	-.13	-.14	0	.01	.15
Bars	-.04	-.16	-.14	.01	-.16	-.04	.45*	-.01	-.07	-.19	-.06	.30
Church	.01	-.09	.22	-.08	-.18	.09	.08	-.24	.17	.09	-.12	.02
Resources Used:												
Former Spouse	.06	-.13	-.04	-.02	.06	.08	.43*	-.16	-.12	.05	-.28	.12
Family	-.09	.06	.28	-.22	-.19	-.21	-.10	.15	.01	-.14	-.02	.17
Relatives	-.16	.01	.04	-.05	.08	.05	-.19	.05	-.26	0	-.21	.06
Friends	.07	-.04	-.03	.10	-.05	.21	.13	.17	.02	.05	-.12	-.07
Fellow Employees	.10	-.61*	.16	-.14	-.33	.58*	.33	-.03	.41*	0	-.09	.48*

Table 4.25.--Continued.

	AGE	SEX	MARL	PREMAR	CHILD	CUST	DIVD	INT 1	INT 2	CLIN	REFS	FIN
Employer	-.14	-.06	-.20	-.03	-.21	-.01	.13	-.05	.04	.13	.12	-.01
Social Organizations	.04	-.26	-.009	-.07	-.02	.27	.09	-.10	-.10	-.15	-.12	.52*
Clubs	.01	.09	-.01	-.07	-.13	-.07	-.14	-.04	-.10	-.15	-.12	-.01
Bars	.22	-.17	-.03	.12	.09	.02	.43*	.03	.03	-.16	-.19	.07
Church	.04	.13	.19	.01	-.01	-.06	.04	-.26	-.01	.21	-.16	-.08

*significant at an Alpha level of .01.

in life, the reduction of social avoidance and distress, and an improvement in assessment of a number of life roles. The time-limited therapy also was shown to reduce anxiety and, perhaps most importantly of all the results, it was demonstrated that time-limited therapy significantly improved the overall adjustment processes of divorcing persons. By contrast, the hypotheses that time-limited therapy would improve acceptance of others, and general personality adjustment were not supported.

The analysis of data established that most of the measured aspects of the self-concept were correlated significantly in the predicted directions. The measure of self as accepting of others was not correlated in the predicted manner with the other aspects of self-concept. The predicted correlations among measures of anxiety, overall adjustment to divorce, and the measured aspects of the self-concept were also generally supported. Only four of the 16 primary trait factors of the 16PF were correlated consistently with the other measures. These factors were factor C, factor H, factor O, and factor Q₄.

The ancillary analysis of data revealed that the demographic variables correlated only modestly, and those correlations were in the obvious and expected directions. Few significant correlations were obtained between the demographic variables and the dependent measures.

It was observed that subjects who were desiring the divorce tended to perceive themselves as parents and homemakers more negatively than did subjects whose spouses were desiring the divorce. Subjects desiring the divorce did not differ, however, from subjects whose spouses were seeking the divorce in level of self-esteem, level of hopelessness and purposelessness, level of social avoidance and distress, general personality adjustment, or overall adjustment to divorce.

The Acceptability to Others scale, a short scale contained in Fey's Acceptance of Others scale, was shown to correlate with the other measures of aspects of the self-concept and with overall adjustment to divorce. It also was demonstrated that time-limited therapy facilitated more positive self-perceptions of being acceptable to others.

The results obtained from the analysis of data regarding the second-stratum factors of the 16PF revealed that the Adjustment vs. Anxiety factor was the only factor significantly correlated with each of the other dependent measures, and the only factor which reflected significant treatment effect. The Invia vs. Exvia factor was seen to correlate with some of the other dependent measures, and also reflected a pattern of movement toward increased extroversion over time for both experimental and control group subjects.

The analysis of data related to the resources used by subjects for support and assistance revealed that friends and family were the two most frequently used resources. Additionally, it was observed that divorcing persons tended to use their former spouses for support and assistance less over time, perhaps reflecting an important component of the adjustment process. It also was observed that men sought support and assistance from fellow employees more frequently than did women, and individuals whose spouses were seeking the divorce drew support and assistance from their former spouses and went to bars more often than did people who were seeking the divorce themselves.

CHAPTER V
DISCUSSION, IMPLICATIONS, AND CONCLUSION

Discussion

The results obtained in the present study provided the basis for a number of interesting, and possibly important, observations regarding the divorce adjustment process, time-limited therapy as a viable means of facilitating the adjustment process, and the relationships among aspects of the self-concept and the adjustment process. Any observations derived from this study logically cannot be generalized to the population of all divorcing persons. It would seem appropriate, however, to generalize the results to that subpopulation of divorcing persons who choose to seek counseling assistance in coping with the divorce experience.

It was seen in the review of literature in Chapter II that presently there is no consensus regarding the characteristics of divorcing persons and the ways in which the divorce experience affects them. Many of these demographic characteristics were observed in the present study in order to add additional weight to this body of information. The results obtained in this study suggested that the impact of the divorce experience on aspects of the self-concept,

anxiety, or overall adjustment was not significantly different for people who differed in age, sex, length of marriage, financial status, or whether they or their spouses were seeking the divorce.

The results of this study also provided evidence that the impact of the divorce experience was confined in its scope. It was seen that the general personality structures of divorcing people were not significantly disrupted by the divorce experience. Particular components of the personality structure did seem to be related to aspects of the self-concept, anxiety, and overall adjustment to the divorce experience, and seemed to manifest a greater response to the divorce experience than other components. These components were level of ego strength, level of threat-sensitivity, level of insecurity and guilt-proneness, and level of tense, frustrated, driven functioning. These components of the personality structure, however, did not differ significantly among people based on demographic differences. These results varied somewhat from some of the observations of Blair (1970), Hetherington, Cox, and Cox (1977), and Raschke (1975).

These results suggest that the characteristics of the divorce experience, rather than the characteristics of the divorcing individual, tend to shape the impact of that experience. Many of these characteristics of the divorce experience were reviewed in Chapter II. Some of the more important characteristics were the disruption of habits,

disruption of roles which were the vehicles for self-expression and self-fulfillment, loss of a social system based on paired relationships, loss of directionality for one's life, and arousal of feelings of failure, guilt, confusion, anxiety, anger, bitterness, and worthlessness. These results supported Weiss' (1975) observations that the common feature of the divorce experience was the loss of the marriage relationship, which had been the vehicle for self-expression and self-fulfillment.

The results provided further evidence, however, that the response to the upheaval of the divorce experience varied for certain categories of individuals. Younger people tended to wait a longer period of time than older people, following the final separation, before they filed petitions for divorce. People married a shorter time tended to see themselves as worse homemakers than did people married a longer time. People with more children tended to seek counseling more quickly than did people with fewer children. Individuals whose spouses were seeking the divorce tended to perceive themselves as single persons more negatively than did persons who were seeking the divorce themselves. Divorcing persons showed a considerable variation in the community and interpersonal resources used for support and assistance, although friends and family were used much more frequently than the other resources. Men turned to fellow employees for support and assistance more frequently than did women. Individuals

whose spouses were seeking the divorce drew support and assistance from their former spouses and went to bars more often than did people who were seeking the divorce themselves. These differences in response to the impact of the divorce experience suggest that there may be factors peculiar to certain groups of individuals that shape their behavior in particular directions. Future research projects need to be conducted in order to define more clearly the different needs of divorcing persons, and the roles those needs play in the adjustment process. Such investigations may lead to greater specificity regarding variations in the therapeutic interventions for different groups of divorcing persons. Pursuing such future investigations would seem to be appropriate based on the results just discussed, and based on the results regarding the apparent effectiveness of time-limited, individual, self-concept based psychotherapy in facilitating adjustment to divorce.

It was demonstrated in the present study that time-limited therapy can have a tremendous impact on the adjustment processes of divorcing persons. Within this broad and important finding, however, seems to be a set of finer discriminations that perhaps can teach us much about the pattern of the adjustment process. The results obtained in the present study suggested that particular aspects of the self-concept were related to one another, adjustment to divorce, and certain components of general personality structure. Moreover, it would seem, from an examination of

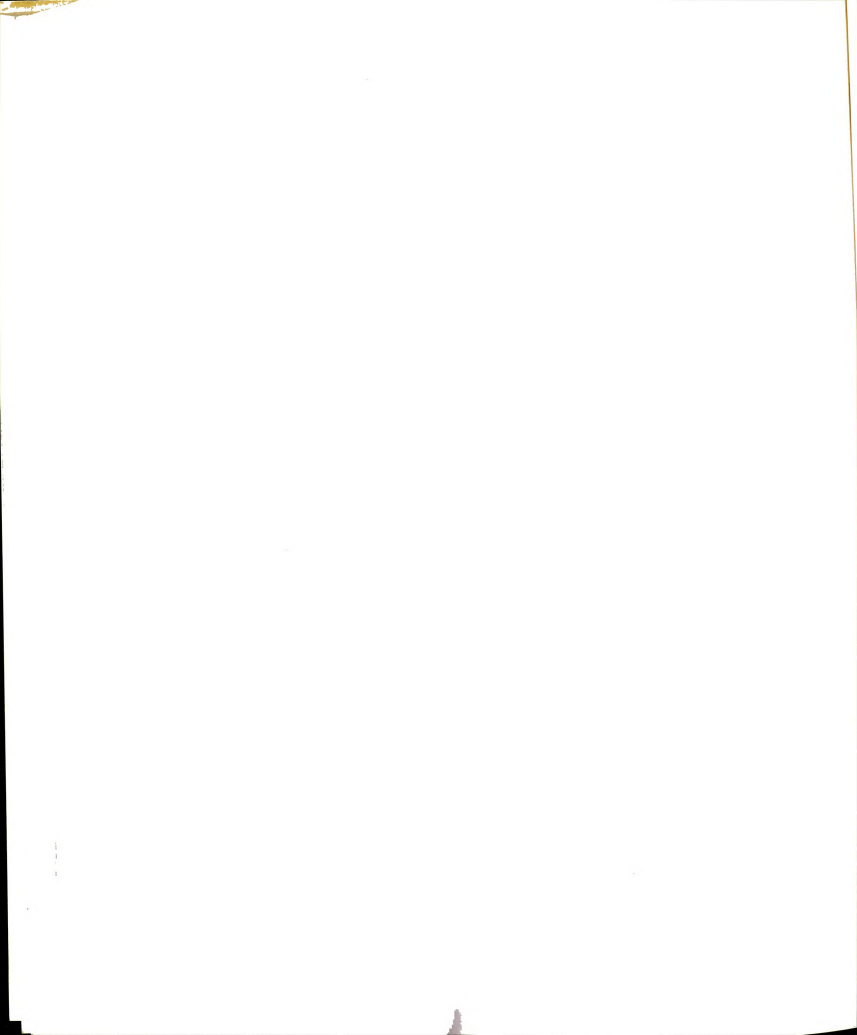
the results, that the time-limited treatment intervention differentially affected these aspects of the self-concept. It was demonstrated that the time-limited therapy experience resulted in a considerable reduction of a sense of hopelessness and purposelessness in divorcing persons, and significant improvement in self-esteem and self-perceptions in various roles which behaviorally manifested self. Importantly, the role category which exhibited the most positive change as a result of treatment was that of "single person." By contrast, it was seen that the time-limited treatment intervention did not result in increased acceptance of others, and only modestly facilitated the reduction of social avoidance and distress. Both of these aspects of the self-concept reflect self in relation to others. It could be argued, perhaps, that this lack of major change in the social/interpersonal aspects of the self-concept was due to characteristics of the treatment intervention itself. Certainly a definitive answer must wait for further research in this area. The bulk of the evidence from this study, however, justifies a different interpretation of the results. It may well be that these results point to a progressive, sequential adjustment process in which renewed social interaction comes about only after divorcing individuals have reduced the stress in their lives, have redefined and regained a sense of direction and meaning for themselves, have regained a sense of self-acceptance, and have begun to define themselves as single, separate individuals.

Having begun to move in these positive directions, divorcing individuals may once again have a sense of who they are and what they have to offer in an interpersonal and social context.

Past researchers and authors have provided various schema regarding the adjustment process (Blair, 1970; Fisher, 1974; Hackney, 1975; Kessler, 1975; Krantzler, 1974; Morris and Prescott, 1975; Weiss, 1975). None of these previous researchers or authors, however, seemed to have examined the adjustment process in terms of the apparently sequential improvement of particular aspects of the self-concept. If, in fact, this interpretation of the results of this study is correct, then the implications regarding the process of the therapeutic intervention are clear. More important, however, are the implications concerning the expectations that repeatedly have been placed on divorcing persons to "get out, have fun, start over, get involved in things." It may well be that such expectations only serve to sustain feelings of worthlessness, confusion and anxiety among divorcing persons--thus extending the period of adjustment. Hetherington, Cox, and Cox (1977) noted the flurry of social activity that seemed to occur during the first year following divorce. This high level of activity seemed to abate, and was followed by a period of withdrawal. This time of reduced activity eventually was followed by a more satisfying pattern of social and interpersonal interaction. Napolitano and Pellegino (1977) also noted this pattern. This pattern

of early frenetic social behavior among divorcing persons may well be the result of social, professional, and interpersonal pressure to behave in those ways. The results of the present study would seem to indicate that such pressure and such behavior are not in the best interests of divorcing persons. These results suggest that perhaps it would be far more appropriate if divorcing persons were encouraged to take time to get used to, and understand themselves in the context of the new circumstances of their lives. Having done this without social or interpersonal pressure to do otherwise, perhaps then the social interaction in which divorcing persons chose to involve themselves would be more satisfying.

It was observed earlier that subjects not involved in the therapy experience tended to perceive themselves more and more negatively over time in many roles of their lives. It is unknown from the results of this study what accounts for this pattern. It may be that many of the subjects entered the research project before they had reached their low points in self-evaluation. Regardless of the reasons for this pattern, however, it would seem that the extended period of time frequently required for adjustment to divorce is more understandable in the light of this combination of sustained negative self-evaluation and considerable pressure to function socially and interpersonally in ways unfulfilling to the people involved.



The observations just concluded and the results previously discussed provide the basis for the conclusion that time-limited, individual, self-concept based psychotherapy can be a significant factor in facilitating adjustment to divorce. The benefit of such a therapeutic intervention would seem to be maximized when provided early in the adjustment process. Part of the effect of such an intervention seems to be the interruption of an extended period of negative self-evaluation. The central component of the impact of the therapeutic experience, however, seems to be in helping a divorcing person regain a positive self-evaluation, begin to reestablish a sense of familiarity and consistency among the various manifestations of self, and regain a sense of direction, meaning, and purpose in life, based on the new realities of his/her life. It has been suggested that these improvements in self-functioning were prerequisites to productive and satisfying social interaction, and that such interaction could be achieved more quickly if built upon those prerequisites.

The results obtained from the present study regarding anxiety proved to be particularly interesting. It was seen earlier that anxiety did not seem to be an integral component in the social and interpersonal behavior of divorcing persons. Anxiety, however, was significantly correlated with self-esteem, assessment of roles, existential anxiety, and overall adjustment to divorce. It also was seen that the time-limited therapy experience facilitated

a significant reduction in anxiety. These results, would seem to support the portrayal of the adjustment process just provided. Therapeutic focus on reduction of anxiety, coupled with enhancement of self-esteem, assessment of roles, and reduction of a sense of hopelessness and purposelessness, would seem to be part of the basis for adjustment to divorce, and eventual reestablishment of a satisfying social interaction.

Part of the motivation of friends, peers, and clinicians in urging divorcing persons to become socially active may well be based on a desire to help reduce the anxiety they see in these people. In fact, such efforts may have the effect of reinforcing negative self-perceptions when the divorcing individual does not achieve the expected results. Presently there is little information regarding the perceptions, feelings, and motivations of friends and peers toward divorcing persons. Further investigation of these issues may well provide a more complex understanding of the dynamics of the social/interpersonal components of the adjustment-to-divorce process.

A final issue for discussion concerns the availability and immediacy of therapeutic interventions for divorcing persons. It was seen earlier that many subjects in this study sought counseling within a short time following filing the petition for divorce. Perhaps part of the reason for this rather short interval between the filing of the petition for divorce and seeking counseling was that

all of the community resources which distributed the brochure for this project, except for Parents Without Partners, were groups which dealt with divorcing people early in the divorce process. Yet, blunting this argument is the fact that no subjects were obtained from Parents Without Partners. Furthermore, an anticipated process never materialized, whereby individuals who chose not to involve themselves in counseling initially, might decide to seek counseling later in the divorce process. It is unknown whether some people sought counseling through other resources, but it is known that only two of the 42 subjects entered this research project at least three months after initially having received the brochure. There is insufficient information to be able to draw any firm conclusions, but it is certainly an area that could be fruitfully explored in subsequent studies. It appears from the response pattern of the subjects in the present study that a number of factors must come together for people to involve themselves in a program designed to facilitate their adjustments to divorce. It may well be the case that divorcing people are more able to acknowledge their need for assistance at certain times in the divorce process than at other times. Moreover, it probably is the case that people's needs for assistance vary through the divorce process. These factors may need to converge with an individual's awareness of available programs, the individual's economic situation and transportation situation, and quite

possibly the support and interest of an involved friend or community resource.

Additionally it was seen that those subjects who had to wait for six weeks prior to beginning therapy were much less invested and committed to the therapy experience than those subjects who began therapy immediately. The control group subjects almost invariably terminated therapy before the sixth session. As reviewed earlier, there seemed to be no common factors among these subjects which could explain this behavior other than the fact that they each had to wait six weeks before entering therapy. This pattern of behavior, coupled with the evidence that divorcing persons seem to seek counseling at important points in their lives, seems to suggest that an important part of the eventual positive impact of a therapeutic experience is the immediacy with which the therapy is provided. This would seem to be an area in which further research profitably could be conducted.

Limitations

The manner in which the present study was conducted resulted in a number of limitations. These limitations had the effects of narrowing the generalizability of the results and also of providing less than global assessment of the adjustment processes of divorcing persons. The major limitations of the study are presented below, together with the implications for future research derived from those limitations.

1. A limitation of the present study was that observations could be made about only that sub-population of divorcing persons who voluntarily sought assistance in coping with the divorce experience. Future research needs to identify the ways, if any, in which divorcing persons who seek therapeutic help differ from those divorcing persons who do not seek such help. Such research efforts also need to examine the processes of adjustment of divorcing persons who do not seek any type of help.

2. A second limitation of the present study concerned the exclusive use of self-report measures in gathering data. Future research regarding adjustment to divorce needs to go beyond the use of self-report measures. Such research projects should seek to observe the divorce experience and adjustment process by means of methods such as behavioral measures, ratings by the therapist, ratings by significant others in the subjects' lives, and actual records of behavior through the use of diaries and journals.

3. A third limitation of the study was that the small sample size precluded examining the possible differential effects of the therapeutic intervention with divorcing persons of varying age, sex, length of marriage, number of children, person desiring the divorce, or financial status. It was seen earlier that there was some variation in response to the impact of the divorce experience among different groups of divorcing persons. Thus, it would seem appropriate that future research efforts be directed toward

examining the merits of using this therapeutic intervention with each of these different groups of divorcing persons.

4. A fourth limitation of the study was that none of the subjects in the study had finalized their divorce. There are conflicting opinions among divorce-related researchers regarding the role in the adjustment process played by finalization of the divorce. More attention must be paid to this issue before all of the questions regarding the divorce adjustment process can be answered.

5. A final, and major, limitation of the present study was that the long-term effects of the time-limited, individual, self-concept based psychotherapeutic intervention were not observed. Certainly a critically important measure of any therapeutic intervention designed to facilitate adjustment to divorce must be, in the end, whether or not the effects of treatment were sustained over time. The results of this study have demonstrated that time-limited therapy did lead to significant improvement of a number of aspects of the self-concept and overall adjustment to divorce. Future research efforts now need to be directed toward observing the longer-term effects of such treatment interventions, and whether or not such effects, if sustained, lead to a reduced period of time required for adjustment to the divorce experience.

Implications for Future Research

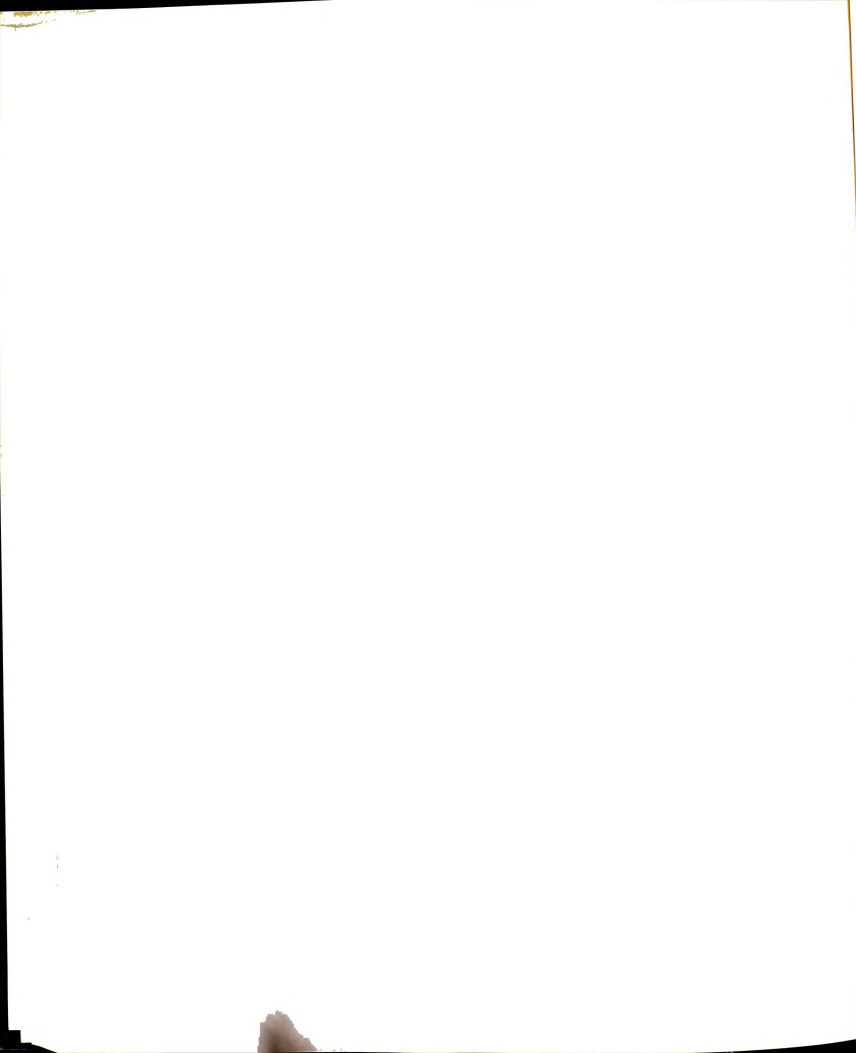
The present study has provided considerable information regarding the divorce adjustment process, time-limited therapy designed to aid in the adjustment process, and the relationships among certain aspects of the self-concept, anxiety, general personality adjustment, and overall adjustment to divorce. The implications for future research drawn from these results are presented.

1. The present study was the first experimental research project, known to the author, that was designed to examine the effects of a therapeutic intervention on the adjustment processes of divorcing persons. The results suggested that time-limited, individual, self-concept based psychotherapy did significantly facilitate the adjustment processes of divorcing persons. This conclusion paves the way for subsequent research efforts designed to compare the relative strengths of varying therapeutic approaches and theoretical models. It would seem relevant and important to identify the most effective ways of improving and shortening the adjustment processes of divorcing persons, particularly in light of the fact that many divorcing persons seek help from a broad range of alternatives. Of particular value would be comparisons of the effects of time-limited therapy with the effects of long-term therapy, especially in terms of the quality and permanence of the effects on the adjustment process. It also would be valuable to examine the effects of treatment interventions based on when in the divorce experience they

were provided. Finally the results obtained in the present study suggest that it would be valuable to examine the effects of varying therapeutic approaches on the social interaction component in the overall adjustment processes of divorcing persons.

2. A crucial area for future research concerns the sequential, self-concept based model of the divorce adjustment process advanced in this study. It was suggested that social/interpersonal participation is renewed in a satisfying way by divorcing persons only after they have regained positive self-esteem, have redefined and regained a sense of direction and meaning for themselves, have begun to perceive themselves as single, separate individuals, and have begun to understand and perceive some self-consistency for themselves in the contexts of the new circumstances of their lives. This view of the process of adjustment certainly needs examination and validation.

3. If the model regarding the adjustment process just reviewed is correct, then considerable reeducation of society and the professional community needs to take place. A commonly held view among both professional and non-professional people is that divorcing people should become socially active. This is urged on divorcing people in many subtle and blatant ways. The conclusions drawn in this study suggest that that may be detrimental to the adjustment processes of divorcing persons.



It may be far more appropriate for professional and lay people involved with divorcing persons to be tolerant, supportive, and understanding of their needs for privacy, withdrawal, and introspection. This tolerance and understanding perhaps would have the effect of helping to reduce the amount of conflict and time involved in the adjustment process for many people.

4. Presently there is little information regarding the perceptions, feelings, and motivations of friends and peers toward divorcing persons. Investigation of these issues may well provide a more complex understanding of such perceptions and motivations. Such knowledge would be invaluable in working to increase awareness of and acceptance of the needs of divorcing persons to have time and privacy to understand and define themselves within the contexts of their lives following separation and divorce.

5. The aspects of the self-concept which were examined, except for self as accepting of others, were seen to be correlated significantly with one another, anxiety, and overall adjustment to divorce. General features of the personality were shown not to be differentially affected by the divorce experience, or related to aspects of the self-concept or overall adjustment to divorce. These results support the previously advanced hypothesis that the divorce experience has its primary impact on aspects of the self-concepts of divorcing persons. It also was seen that groups of divorcing persons varied in their responses to the trauma

to these aspects of the self-concept. Further research needs to be conducted to define more clearly the different needs of divorcing persons, how those needs shape their responses to the upheaval in their lives, and the roles those needs play in their adjustment processes.

6. The semantic differential appeared to provide interesting and sensitive discriminations in the present study. The use of this instrument in longitudinal studies perhaps would make it possible to identify more clearly which roles are affected when and to what extent in the divorce process. Such information, coupled with information gained from the previously suggested areas of further research, perhaps would contribute to a more complete and complex understanding of the divorce adjustment process than presently is available.

7. The Adjustment to Divorce Scale (ADS) was constructed for use in the present study as a measure of overall adjustment to divorce. An internal consistency reliability coefficient of .89 was obtained on the sample in this study. Moreover, the ADS was shown to correlate significantly with measures of self-esteem, existential anxiety, social avoidance and distress, assessment of roles, and anxiety. These preliminary observations of the instrument suggest that it has merit as a measure of adjustment to divorce. Much more work now needs to take place with the instrument in order

to properly establish its reliability and validity as a measure of adjustment to divorce.

Conclusion

It was demonstrated in the present study that measures of previously identified aspects of the self-concept, excluding self as accepting of others, were correlated significantly with one another, anxiety, and overall adjustment to divorce. It was seen that general features of the personality were not differentially affected by the treatment intervention, and were not generally related to aspects of the self-concept or overall adjustment to divorce. The primary research question of the present study was supported because it was demonstrated that time-limited, individual, self-concept based psychotherapy facilitated adjustment to divorce. Closer examination of the correlations and the effects of treatment led to the conclusion that social interaction was a manifestation of self which seemed to be dependent on, and followed in the adjustment process, divorcing persons' having begun to regain positive self-esteem, having begun to redefine a sense of direction and meaning for their lives, having begun to perceive themselves as single, separate individuals, and having begun to achieve some consistency in self-perceptions in the contexts of the new circumstances of their lives. The implications of this view of the divorce adjustment process were discussed.

A fairly extensive array of secondary results also was obtained in the present study. These results provided supportive evidence for the primary research questions. Some of the more important results showed that positive adjustment to divorce was correlated significantly with increased perceptions of self as a single person. Moreover, divorcing persons making good adjustments to divorce tended to disengage from their former spouses over time. It also was seen that divorcing persons tended to gain support and assistance from friends and family far more often than from any other resource.

Finally, the results of the present study provided preliminary evidence that the Adjustment to Divorce Scale was a reliable and valid measure of adjustment to divorce. It was recommended that more rigorous examination of this instrument take place in order to establish its merits as a measure of adjustment to divorce.

APPENDICES

APPENDIX A

FACE SHEET FOR THE PRETEST PACKET

APPENDIX A
FACE SHEET FOR THE PRETEST PACKET

NAME: _____	BIRTHDATE: _____
AGE: _____ SEX: _____	LENGTH OF MARRIAGE: _____
DATE OF FINAL SEPARATION: _____	DATE OF PETITION FOR DIVORCE: _____
PERSON DESIRING DIVORCE: _____	NUMBER OF PREVIOUS MARRIAGES: _____
NUMBER OF CHILDREN: _____	CUSTODIAL PARENT: _____
OCCUPATION: _____	HEALTH INSURANCE COVERAGE: _____
_____	_____

TITLES OF DIVORCE-RELATED BOOKS YOU HAVE RECENTLY READ: _____

Resources available to you for
support and assistance:

1. former spouse
2. family
3. relatives
4. friends
5. fellow employees
6. employer
7. social organizations
8. clubs
9. bars
10. church

Resources used by you for support
and assistance:

1. former spouse
2. family
3. relatives
4. friends
5. fellow employees
6. employer
7. social organizations
8. clubs
9. bars
10. church

APPENDIX B

ROSENBERG'S SELF-ESTEEM SCALE

APPENDIX B
ROSENBERG'S SELF-ESTEEM SCALE

NAME:

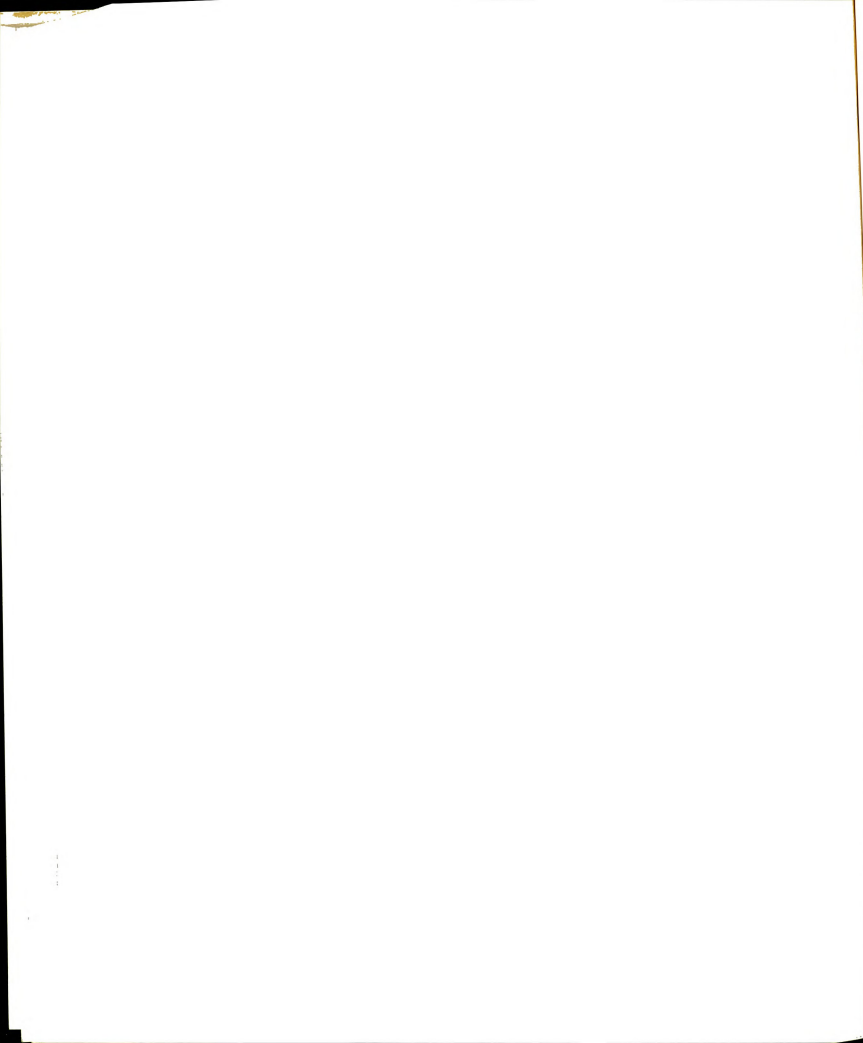
Below there is a list of statements about yourself or your beliefs. For each statement you are to indicate the extent to which you personally agree with the statement. Read each item carefully. Below each statement circle the word or phrase which best indicates your agreement or disagreement with that statement.

1. I feel that I'm a person of worth, at least on an equal basis with others.
strongly disagree/disagree/agree/strongly agree
2. I feel that I have a number of good qualities.
strongly disagree/disagree/agree/strongly agree
3. All in all, I am inclined to feel that I am a failure.
strongly disagree/disagree/agree/strongly agree
4. I am able to do things as well as most other people.
strongly disagree/disagree/agree/strongly agree
5. I feel I do not have much to be proud of.
strongly disagree/disagree/agree/strongly agree
6. I take a positive attitude toward myself.
strongly disagree/disagree/agree/strongly agree

7. On the whole, I am satisfied with myself.
strongly disagree/disagree/agree/strongly agree
8. I wish I could have more respect for myself.
strongly disagree/disagree/agree/strongly agree
9. I certainly feel useless at times.
strongly disagree/disagree/agree/strongly agree
10. At times I think I am no good at all.
strongly disagree/disagree/agree/strongly agree

APPENDIX C

WATSON AND FRIEND'S SOCIAL AVOIDANCE
AND DISTRESS SCALE



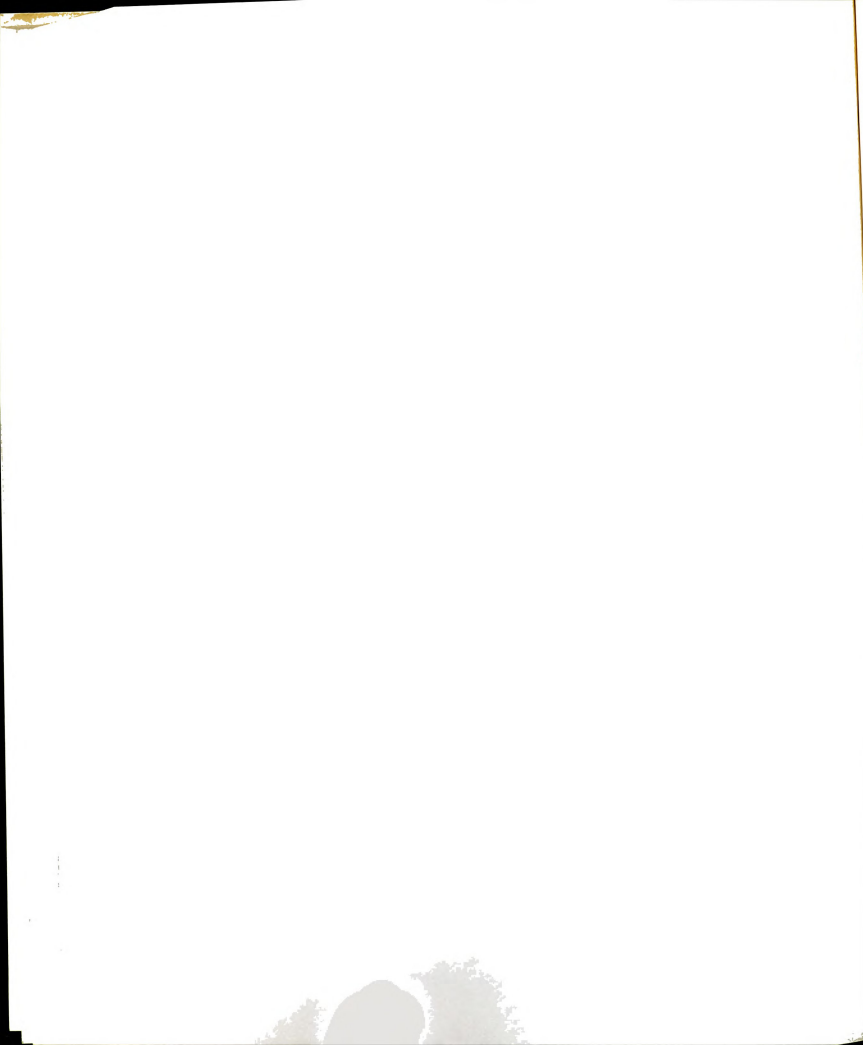
APPENDIX C

WATSON AND FRIEND'S SOCIAL AVOIDANCE
AND DISTRESS SCALE

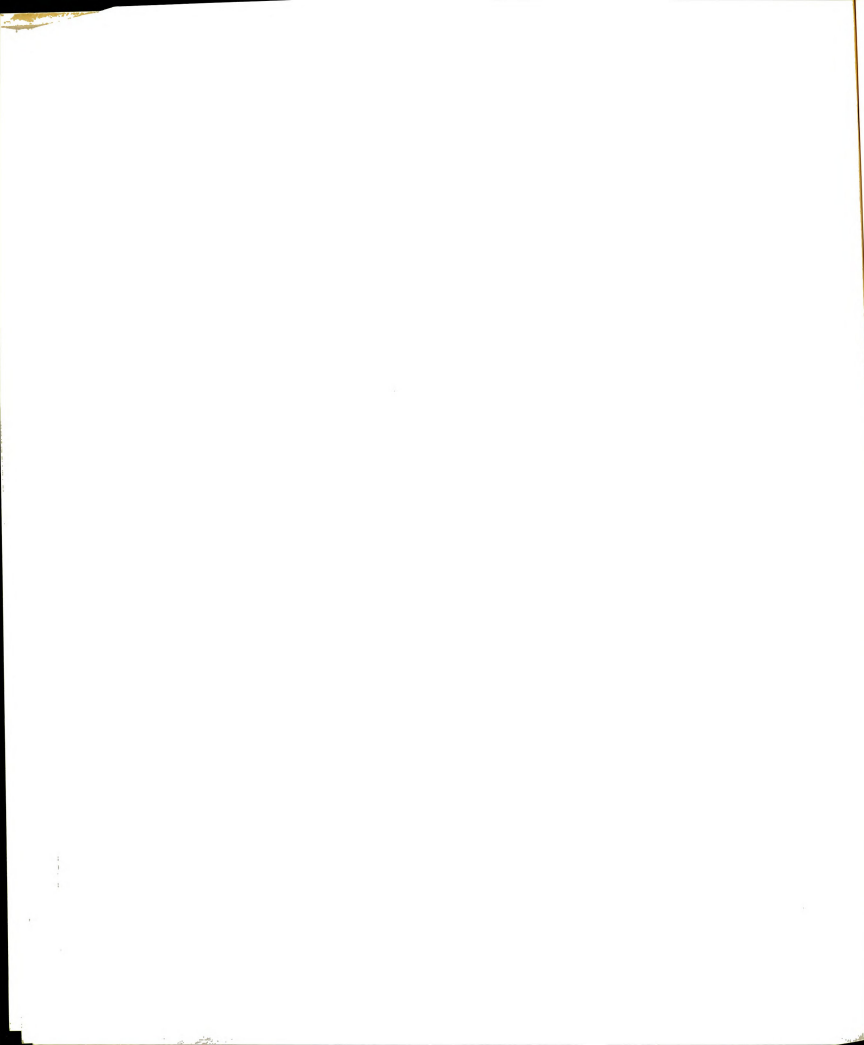
NAME:

INSTRUCTIONS: Below there is a list of statements about yourself or your beliefs about your life. Beside each statement there is a T (for true) and an F (for false). For each statement circle either the T or the F. Do not circle both.

- T F 1. I feel relaxed even in unfamiliar social situations.
- T F 2. I try to avoid situations which force me to be very sociable.
- T F 3. It is easy for me to relax when I am with strangers.
- T F 4. I have no particular desire to avoid people.
- T F 5. I often find social occasions upsetting.
- T F 6. I usually feel calm and comfortable at social occasions.
- T F 7. I am usually at ease when talking to someone of the opposite sex.
- T F 8. I try to avoid talking to people unless I know them well.
- T F 9. If the chance comes to meet new people, I often take it.
- T F 10. I often feel nervous or tense in casual get-togethers in which both sexes are present.
- T F 11. I am usually nervous with people unless I know them well.



- T F 12. I usually feel relaxed when I am with a group of people.
- T F 13. I often want to get away from people.
- T F 14. I usually feel uncomfortable when I am in a group of people I don't know.
- T F 15. I usually feel relaxed when I meet someone for the first time.
- T F 16. Being introduced to people makes me tense and nervous.
- T F 17. Even though a room is full of strangers, I may enter it anyway.
- T F 18. I would avoid walking up and joining a large group of people.
- T F 19. When my superiors want to talk with me, I talk willingly.
- T F 20. I often feel on edge when I am with a group of people.
- T F 21. I tend to withdraw from people.
- T F 22. I don't mind talking to people at parties or social gatherings.
- T F 23. I am seldom at ease in a large group of people.
- T F 24. I often think up excuses in order to avoid social engagements.
- T F 25. I sometimes take the responsibility for introducing people to each other.
- T F 26. I try to avoid formal social occasions.
- T F 27. I usually go to whatever social engagements I have.
- T F 28. I find it easy to relax with other people.



APPENDIX D

FEY'S ACCEPTANCE OF OTHERS

APPENDIX D
FEY'S ACCEPTANCE OF OTHERS

NAME:

INSTRUCTIONS: Below there is a number of statements which might be used to describe people. Please indicate, for each statement, how well that statement characterizes you--how often you feel it is true. Read each item carefully, and then circle the word or phrase below each statement that best reflects your opinion.

1. People are too easily led.
very rarely/rarely/sometimes/often/almost always
2. I like people I get to know.
very rarely/rarely/sometimes/often/almost always
3. People these days have pretty low moral standards.
very rarely/rarely/sometimes/often/almost always
4. Most people are pretty smug about themselves, never really facing their bad points.
very rarely/rarely/sometimes/often/almost always
5. I can be comfortable with nearly all kinds of people.
very rarely/rarely/sometimes/often/almost always
6. All people can talk about these days, it seems, is movies, TV, and foolishness like that.
very rarely/rarely/sometimes/often/almost always

7. People get ahead by using "pull," and not because of what they know.
very rarely/rarely/sometimes/often/almost always
8. If you once start doing favors for people, they'll just walk all over you.
very rarely/rarely/sometimes/often/almost always
9. People are too self-centered.
very rarely/rarely/sometimes/often/almost always
10. People are always dissatisfied and hunting for something new.
very rarely/rarely/sometimes/often/almost always
11. With many people you don't know how you stand.
very rarely/rarely/sometimes/often/almost always
12. You've probably got to hurt someone if you're going to make something out of yourself.
very rarely/rarely/sometimes/often/almost always
13. People really need a strong, smart leader.
very rarely/rarely/sometimes/often/almost always
14. I enjoy myself most when I am alone, away from people.
very rarely/rarely/sometimes/often/almost always
15. I wish more people would be more honest with you.
very rarely/rarely/sometimes/often/almost always
16. I enjoy going with a crowd.
very rarely/rarely/sometimes/often/almost always
17. In my experience, people are pretty stubborn and unreasonable.
very rarely/rarely/sometimes/often/almost always
18. I can enjoy being with people whose values are very different from mine.
very rarely/rarely/sometimes/often/almost always

19. Everybody tries to be nice.
very rarely/rarely/sometimes/often/almost always
20. The average person is not very well satisfied with himself.
very rarely/rarely/sometimes/often/almost always
21. People are quite critical of me.
very rarely/rarely/sometimes/often/almost always
22. I feel "left out" as if people don't want me around.
very rarely/rarely/sometimes/often/almost always
23. People seem to respect my opinion about things.
very rarely/rarely/sometimes/often/almost always
24. People seem to like me.
very rarely/rarely/sometimes/often/almost always
25. Most people seem to understand how I feel about things.
very rarely/rarely/sometimes/often/almost always

APPENDIX E

GOOD AND GOOD'S EXISTENTIAL
ANXIETY SCALE

APPENDIX E

GOOD AND GOOD'S EXISTENTIAL
ANXIETY SCALE

NAME:

INSTRUCTIONS: Below there is a list of statements about yourself or your beliefs about your life. Beside each statement there is a T (for true) and an F (for false). For each statement circle either the T or the F. Do not circle both.

- T F 1. I frequently have the feeling that my life has little or no purpose.
- T F 2. I mostly feel bored and indifferent by what is going on around me.
- T F 3. I find life exciting and challenging.
- T F 4. I often feel that my accomplishments are pretty worthless.
- T F 5. I usually feel that I am merely existing, not really living.
- T F 6. I generally feel that it is useless to discuss things with others because they just never really understand.
- T F 7. I feel that I have more to look forward to in life than most others.
- T F 8. My daily activities mostly seem to be rather pointless.
- T F 9. I generally feel depressed when I think about the future.

- T F 10. I have never found any type of work that I really enjoy.
- T F 11. My feelings don't seem to mean anything to anyone else.
- T F 12. I find religion to be rather empty.
- T F 13. I feel that it is useless to try to convince anyone else of anything.
- T F 14. I often feel that I have little to look forward to.
- T F 15. I do not feel that life is meaningless.
- T F 16. I just never seem to enjoy things the way others seem to.
- T F 17. I generally feel that I am getting nowhere, no matter how much effort I put forth.
- T F 18. I feel that I have found more meaning in life than most others have.
- T F 19. I rarely take a strong interest in what I am reading or studying.
- T F 20. There is nothing in my past life that is particularly worth remembering.
- T F 21. I feel that my life is of no real importance to anyone.
- T F 22. I can always find something to do that I really enjoy.
- T F 23. I feel that there is little, if anything, in this world that is particularly worth pursuing over a long period.
- T F 24. My life seems to be rather aimless.
- T F 25. I find it difficult to believe strongly in anything.
- T F 26. Almost everyone I know seems to live a rather empty life.
- T F 27. Generally, I feel that what I do is pretty useless.

- T F 28. I usually don't know what to do with myself.
- T F 29. I do not have any important goals in life.
- T F 30. I mostly feel all alone in the world.
- T F 31. I seldom feel a strong sense of responsibility for any other person.
- T F 32. I feel that I am a productive person.

APPENDIX F

SEMANTIC DIFFERENTIAL

APPENDIX F
SEMANTIC DIFFERENTIAL

NAME:

INSTRUCTIONS:

On each of the following pages there will be a description of some aspect of you at the top of the page. Under each of these there is a pair of adjectives. Here is an example.

How I am as a driver of a car

good / / / / / / / / bad

Each pair of adjectives forms a scale. By making a check (✓) mark along the scale you can indicate what you associate with the particular description of you that is listed right above the scale. For example, if you feel that the description named right above the scale is very closely associated with one end of the scale, you would place a check (✓) mark as follows:

How I am as a driver . . .

How I am as a driver . . .

good / ✓ / / / / / / / bad OR good / / / / / / / / ✓ / bad

If you feel that the description is quite closely related to one or the other end of the scale, you would place your check as follows:

How I am as a driver . . .

How I am as a driver . . .

good / / ✓ / / / / / / / bad OR good / / / / / / / / ✓ / / bad

If the description seems only slightly related to one side as opposed to the other, you might check as follows:

How I am as a driver . . .

How I am as a driver . . .

good / / / / ✓ / / / / / / / bad OR good / / / / / / / / ✓ / / / bad

If you considered both sides equally associated you would check the middle space on the scale:

How I am as a driver . . .

good / / / / ✓ / / / / bad

Remember: Never put more than one check mark on any scale. And also be sure to check every item. If you are undecided, place the check mark in the center space. Do not leave the line blank. Do not spend more than a few seconds marking each scale. Your first impression is what we would like.

How I am intellectually

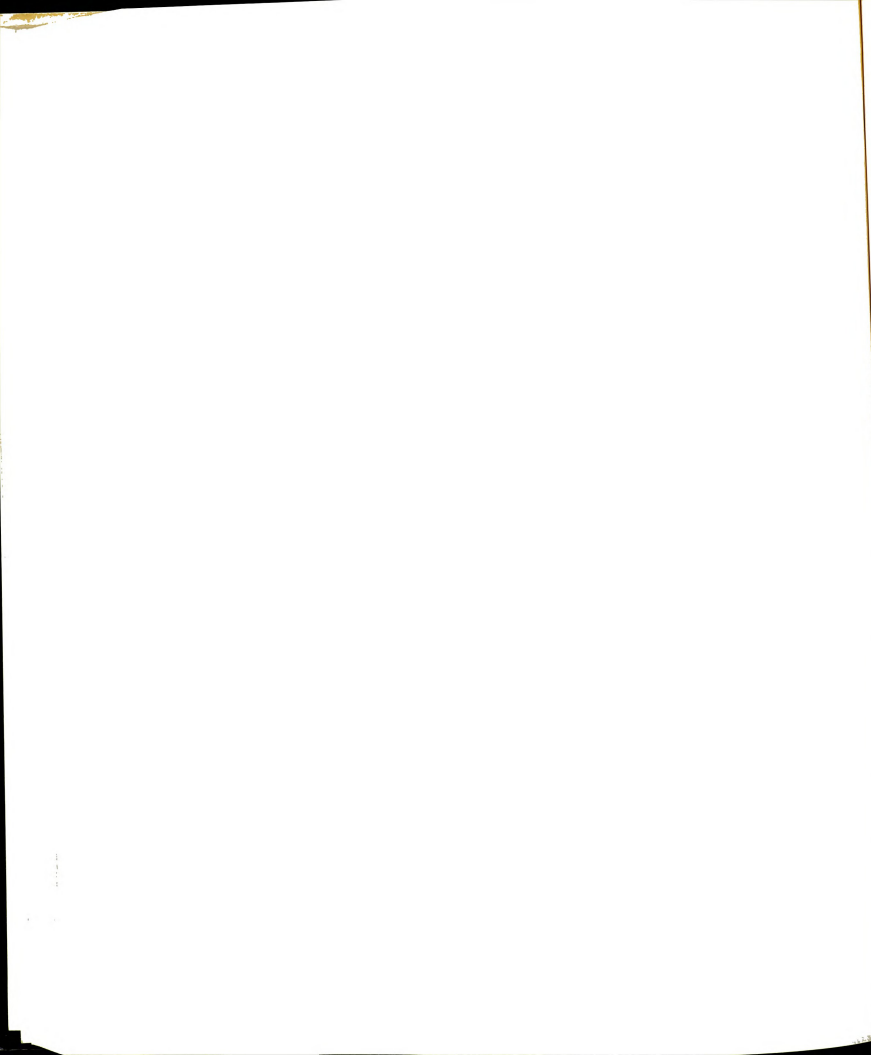
dependent	/ / / / / / / / /	independent
unstable	/ / / / / / / / /	stable
withdrawn	/ / / / / / / / /	outgoing
confused	/ / / / / / / / /	clearheaded
resentful	/ / / / / / / / /	accepting
distrusting	/ / / / / / / / /	trusting
undependable	/ / / / / / / / /	dependable
incompetent	/ / / / / / / / /	competent
immature	/ / / / / / / / /	mature
boring	/ / / / / / / / /	interesting
inefficient	/ / / / / / / / /	efficient
passive	/ / / / / / / / /	active
inhibited	/ / / / / / / / /	spontaneous
inconsiderate	/ / / / / / / / /	thoughtful
uncaring	/ / / / / / / / /	caring
uninvolved	/ / / / / / / / /	involved

How I am as a single person

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

How I am as a goal setter

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved



How I am sexually

dependent	/ / / / / / / / /	independent
unstable	/ / / / / / / / /	stable
withdrawn	/ / / / / / / / /	outgoing
confused	/ / / / / / / / /	clearheaded
resentful	/ / / / / / / / /	accepting
distrusting	/ / / / / / / / /	trusting
undependable	/ / / / / / / / /	dependable
incompetent	/ / / / / / / / /	competent
immature	/ / / / / / / / /	mature
boring	/ / / / / / / / /	interesting
inefficient	/ / / / / / / / /	efficient
passive	/ / / / / / / / /	active
inhibited	/ / / / / / / / /	spontaneous
inconsiderate	/ / / / / / / / /	thoughtful
uncaring	/ / / / / / / / /	caring
uninvolved	/ / / / / / / / /	involved

How I am spiritually

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

How I am as an employee

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

How I am as a host/hostess

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

How I am as a host/hostess

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

How I am as a host/hostess

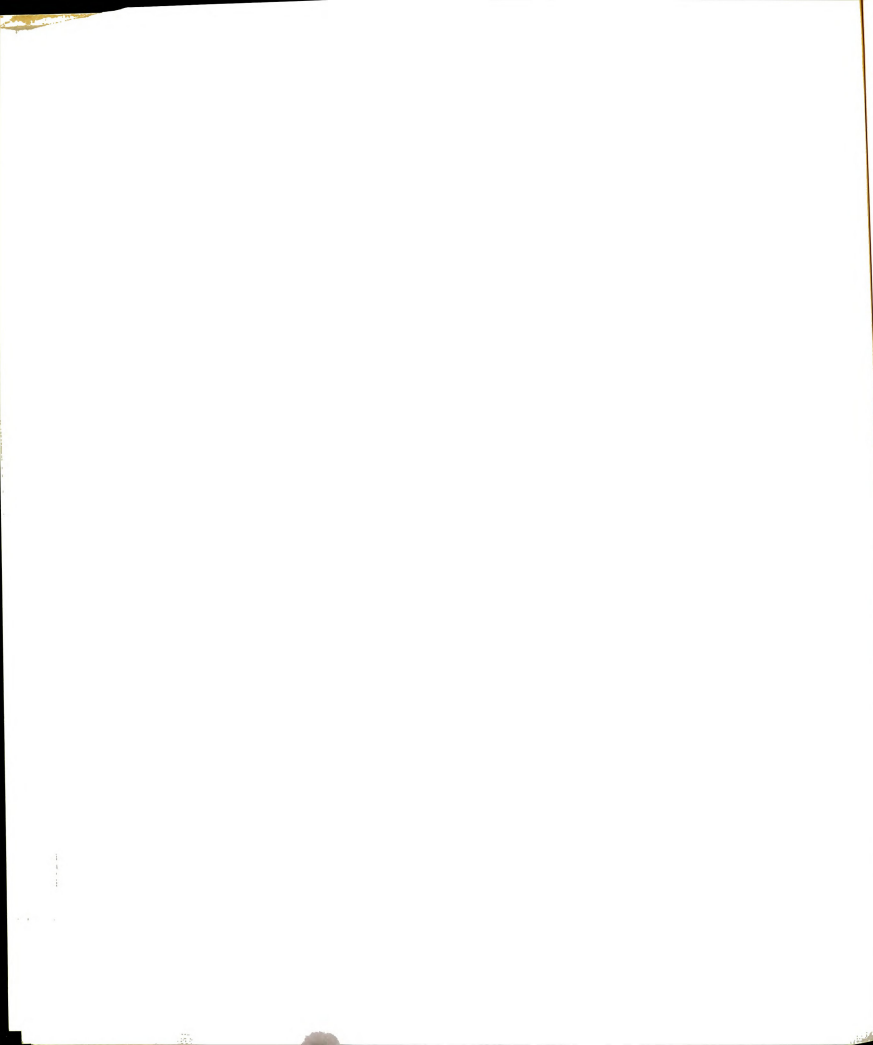
dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

How I am as a sportsperson

dependent	/ / / / / / / / /	independent
unstable	/ / / / / / / / /	stable
withdrawn	/ / / / / / / / /	outgoing
confused	/ / / / / / / / /	clearheaded
resentful	/ / / / / / / / /	accepting
distrusting	/ / / / / / / / /	trusting
undependable	/ / / / / / / / /	dependable
incompetent	/ / / / / / / / /	competent
immature	/ / / / / / / / /	mature
boring	/ / / / / / / / /	interesting
inefficient	/ / / / / / / / /	efficient
passive	/ / / / / / / / /	active
inhibited	/ / / / / / / / /	spontaneous
inconsiderate	/ / / / / / / / /	thoughtful
uncaring	/ / / / / / / / /	caring
uninvolved	/ / / / / / / / /	involved

How I am as a friend

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved



How I am as a disciplinarian

dependent	/ / / / / / / / /	independent
unstable	/ / / / / / / / /	stable
withdrawn	/ / / / / / / / /	outgoing
confused	/ / / / / / / / /	clearheaded
resentful	/ / / / / / / / /	accepting
distrusting	/ / / / / / / / /	trusting
undependable	/ / / / / / / / /	dependable
incompetent	/ / / / / / / / /	competent
immature	/ / / / / / / / /	mature
boring	/ / / / / / / / /	interesting
inefficient	/ / / / / / / / /	efficient
passive	/ / / / / / / / /	active
inhibited	/ / / / / / / / /	spontaneous
inconsiderate	/ / / / / / / / /	thoughtful
uncaring	/ / / / / / / / /	caring
uninvolved	/ / / / / / / / /	involved

How I am as a homemaker

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

How I am now with my former spouse

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	mature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

How I am as a parent

dependent / / / / / / / / independent
unstable / / / / / / / / stable
withdrawn / / / / / / / / outgoing
confused / / / / / / / / clearheaded
resentful / / / / / / / / accepting
distrusting / / / / / / / / trusting
undependable / / / / / / / / dependable
incompetent / / / / / / / / competent
immature / / / / / / / / mature
boring / / / / / / / / interesting
inefficient / / / / / / / / efficient
passive / / / / / / / / active
inhibited / / / / / / / / spontaneous
inconsiderate / / / / / / / / thoughtful
uncaring / / / / / / / / caring
uninvolved / / / / / / / / involved

How I was in the past with my former spouse

dependent	/ / / / / / / / /	independent
unstable	/ / / / / / / / /	stable
withdrawn	/ / / / / / / / /	outgoing
confused	/ / / / / / / / /	clearheaded
resentful	/ / / / / / / / /	accepting
distrusting	/ / / / / / / / /	trusting
undependable	/ / / / / / / / /	dependable
incompetent	/ / / / / / / / /	competent
immature	/ / / / / / / / /	mature
boring	/ / / / / / / / /	interesting
inefficient	/ / / / / / / / /	efficient
passive	/ / / / / / / / /	active
inhibited	/ / / / / / / / /	spontaneous
inconsiderate	/ / / / / / / / /	thoughtful
uncaring	/ / / / / / / / /	caring
uninvolved	/ / / / / / / / /	involved

How I am in social situations

dependent	/ / / / / / / / /	independent
unstable	/ / / / / / / / /	stable
withdrawn	/ / / / / / / / /	outgoing
confused	/ / / / / / / / /	clearheaded
resentful	/ / / / / / / / /	accepting
distrusting	/ / / / / / / / /	trusting
undependable	/ / / / / / / / /	dependable
incompetent	/ / / / / / / / /	competent
immature	/ / / / / / / / /	mature
boring	/ / / / / / / / /	interesting
inefficient	/ / / / / / / / /	efficient
passive	/ / / / / / / / /	active
inhibited	/ / / / / / / / /	spontaneous
inconsiderate	/ / / / / / / / /	thoughtful
uncaring	/ / / / / / / / /	caring
uninvolved	/ / / / / / / / /	involved

How I am at meeting expenses

dependent	/ / / / / / / /	independent
unstable	/ / / / / / / /	stable
withdrawn	/ / / / / / / /	outgoing
confused	/ / / / / / / /	clearheaded
resentful	/ / / / / / / /	accepting
distrusting	/ / / / / / / /	trusting
undependable	/ / / / / / / /	dependable
incompetent	/ / / / / / / /	competent
immature	/ / / / / / / /	nature
boring	/ / / / / / / /	interesting
inefficient	/ / / / / / / /	efficient
passive	/ / / / / / / /	active
inhibited	/ / / / / / / /	spontaneous
inconsiderate	/ / / / / / / /	thoughtful
uncaring	/ / / / / / / /	caring
uninvolved	/ / / / / / / /	involved

APPENDIX G

ZUCKERMAN'S ANXIETY CHECKLIST

APPENDIX G
ZUCKERMAN'S ANXIETY CHECKLIST

NAME: _____

Check the words below (as many as you like) which describe
how you feel today.

upset _____

steady _____

loving _____

tense _____

desperate _____

pleasant _____

worrying _____

joyful _____

happy _____

fearful _____

nervous _____

thoughtful _____

calm _____

frightened _____

contented _____

secure _____

terrified _____

shaky _____

panicky _____

cheerful _____

afraid _____

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APPENDIX H

CROWNE AND MARLOWE'S SOCIAL

DESIRABILITY SCALE

APPENDIX H

CROWNE AND MARLOWE'S SOCIAL
DESIRABILITY SCALE

NAME:

INSTRUCTIONS: Listed below are a number of statements concerning personal attitudes and traits. Read each item and decide whether the statement is true or false as it pertains to you personally.

- T F 1. Before voting I thoroughly investigate the qualifications of all the candidates.
- T F 2. I never hesitate to go out of my way to help someone in trouble.
- T F 3. It is sometimes hard for me to go on with my work if I am not encouraged.
- T F 4. I have never intensely disliked anyone.
- T F 5. On occasion I have had doubts about my ability to succeed in life.
- T F 6. I sometimes feel resentful when I don't get my way.
- T F 7. I am always careful about my manner of dress.
- T F 8. My table manners at home are as good as when I eat out in a restaurant.
- T F 9. If I could get into a movie without paying for it and be sure I was not seen, I would probably do it.

- T F 10. On a few occasions, I have given up doing something because I thought too little of my ability.
- T F 11. I like to gossip at times.
- T F 12. There have been times when I felt like rebelling against people in authority even though I knew they were right.
- T F 13. No matter who I'm talking to, I'm always a good listener.
- T F 14. I can remember "playing sick" to get out of something.
- T F 15. There have been occasions when I took advantage of someone.
- T F 16. I'm always willing to admit it when I make a mistake.
- T F 17. I always try to practice what I preach.
- T F 18. I don't find it particularly difficult to get along with loud mouthed, obnoxious, people.
- T F 19. I sometimes try to get even, rather than forgive and forget.
- T F 20. When I don't know something I don't at all mind admitting it.
- T F 21. I am always courteous, even to people who are disagreeable.
- T F 22. At times I have really insisted on having things my own way.
- T F 23. There have been occasions when I felt like smashing things.
- T F 24. I would never think of letting someone else be punished for my wrongdoings.
- T F 25. I never resent being asked to return a favor.
- T F 26. I have never been irked when people expressed ideas very different from my own.
- T F 27. I never make a long trip without checking the safety of my car.

- T F 28. There have been times when I was quite jealous of the good fortune of others.
- T F 29. I have almost never felt the urge to tell someone off.
- T F 30. I am sometimes irritated by people who ask favors of me.
- T F 31. I have never felt that I was punished without cause.
- T F 32. I sometimes think when people have a misfortune they only got what they deserved.
- T F 33. I have never deliberately said something that hurt someone's feelings.

APPENDIX I

CATTELL'S 16PF

APPENDIX I

CATTELL'S 16PF

Low Score Direction

Reserved, Detached, Critical, Cool
(Sizothymia)

The person who scores low (sten of 1 to 3) on Factor A tends to be stiff, cool, skeptical, and aloof. He likes things rather than people, working alone, and avoiding compromises of viewpoints. He is likely to be precise and "rigid" in his way of doing things and in personal standards, and in many occupations these are desirable traits. He may tend, at times, to be critical, obstructive, or hard.

High Score Direction

vs. Outgoing, Warmhearted, Easy-going, Participating
(Affectothymia)

The person who scores high (sten of 8 to 10) on Factor A tends to be goodnatured, easy-going, emotionally expressive (hence naturally Affectothymia), ready to cooperate, attentive to people, soft-hearted, kindly, adaptable. He likes occupations dealing with people and socially impressive situations. He readily forms active groups. He is generous in personal relations, less afraid of criticism, better able to remember names of people.

FACTOR B

Less Intelligent, Concrete-thinking
(Lower scholastic mental capacity)

vs. More Intelligent, Abstract-thinking, Bright
(Higher scholastic mental capacity)

The person scoring low on Factor B tends to be slow to learn and grasp, dull, given to concrete and literal interpretation. His dullness may be simply a reflection of low intelligence, or it may represent poor functioning due to psychopathology.

The person who scores high on Factor B tends to be quick to grasp ideas, a fast learner, intelligent. There is some correlation with level of culture, and some with alertness. High scores contraindicate deterioration of mental functions in pathological conditions.

FACTOR C

Affected By Feelings, Emotionally Less Stable,
Easily Upset
(Lower ego strength)

vs.

Emotionally Stable, Faces Reality, Calm,
Mature
(Higher ego strength)

The person who scores low on Factor C tends to be low in frustration tolerance for unsatisfactory conditions, changeable and plastic, evading necessary reality demands, neurotically fatigued, fretful, easily emotional and annoyed, active in dissatisfaction, having neurotic symptoms (phobias, sleep disturbances, psychosomatic complaints, etc.). Low Factor C score is common to almost all forms of neurotic and some psychotic disorders.

The person who scores high on Factor C tends to be emotionally mature, stable, realistic about life, unruffled, possessing ego strength, better able to maintain solid group morale. Sometimes he may be a person making a resigned adjustment* to unsolved emotional problems.

*Shrewd clinical observers have pointed out that a good C level sometimes enables a person to achieve effective adjustment despite an underlying psychotic potential.

FACTOR E

Humble, Mild, Accommodating, Conforming
(Submissiveness)

vs.

Assertive, Independent, Aggressive, Competitive,
Stubborn
(Dominance)

The person who scores low on Factor E tends to give way to others, to be docile, and to conform. He is often dependent, confessing, anxious for obsessional correctness. This passivity is part of many neurotic syndromes.

The person who scores high on Factor E is assertive, self-assured, and independent-minded. He tends to be austere, a law to himself, hostile or extrapunitive, authoritarian (managing others), and disregards authority.

FACTOR F

Sober, Prudent, Serious, Taciturn
(Desurgency)

vs.

Happy-go-lucky, Impulsively Lively, Enthusiastic
(Surgency)

The person who scores low on Factor F tends to be restrained, reticent, introspective. He is sometimes dour, pessimistic, unduly deliberate, and considered smug and primly correct by observers. He tends to be a sober, dependable person.

The person who scores high on this trait tends to be cheerful, active, talkative, frank, expressive, effervescent, carefree. He is frequently chosen as an elected leader. He may be impulsive and mercurial.

FACTOR G

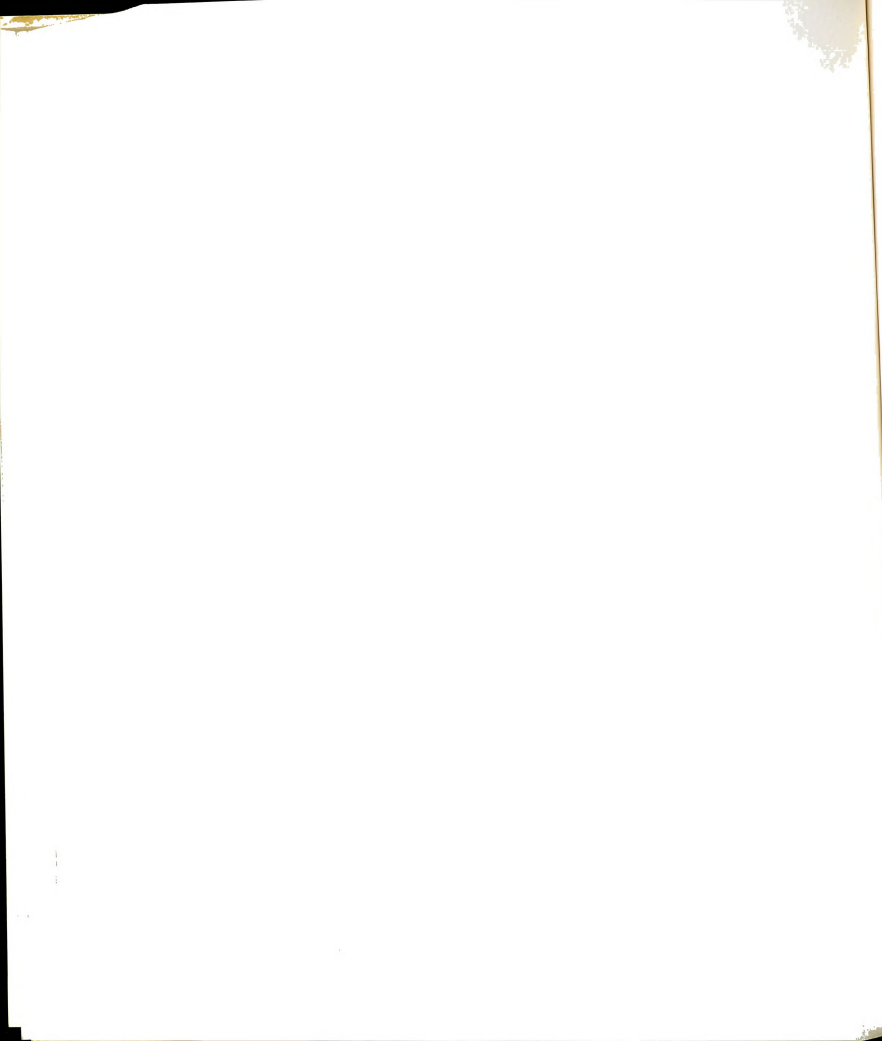
Expedient, Evades Rules, Feels Few Obligations
(Weaker superego strength)

vs.

Conscientious, Persevering, Staid, Rulebound
(Stronger superego strength)

The person who scores low on Factor G tends to be unsteady in purpose. He is often casual and lacking in effort for group undertakings and cultural demands. His freedom from group influence may lead to anti-social acts, but at times makes him more effective, while his refusal to be bound by rules causes him to have less somatic upset from stress.

The person who scores high on Factor G tends to be exacting in character, dominated by sense of duty, persevering, responsible, planful, "fills the unforgiving minute." He is usually conscientious and moralistic, and he prefers hard-working people to witty companions. The inner "categorical imperative" of this essential superego (in the psychoanalytic sense) should be distinguished from the superficially similar "social ideal self" of Q_3^+ .



FACTOR H

Shy, Restrained, Diffident, Timid
(Threctia)

vs.

Venturesome, Socially-bold, Uninhibited,
Spontaneous
(Parmia)

The person who scores low on this trait tends to be shy, withdrawing, cautious, retiring, a "wallflower." He usually has inferiority feelings. He tends to be slow and impeded in speech and in expressing himself, dislikes occupations with personal contacts, prefers one or two close friends to large groups, and is not given to keeping in contact with all that is going on around him.

The person who scores high on Factor H is sociable, bold, ready to try new things, spontaneous, and abundant in emotional response. His "thick-skinnedness" enables him to face wear and tear in dealing with people and grueling emotional situations, without fatigue. However, he can be careless of detail, ignore danger signals, and consume much time talking. He tends to be "pushy" and actively interested in the opposite sex.

FACTOR I

Tough-minded, Self-reliant, Realistic, No-nonsense
(Harria)

vs.

Tender-minded, Dependent, Over-protected,
Sensitive
(Premsia)

The person who scores low on Factor I tends to be practical, realistic, masculine, independent, responsible, but skeptical of subjective, cultural elaborations. He is sometimes unmoved, hard, cynical, smug. He tends to keep a group operating on a practical and realistic "no-nonsense" basis.

The person who scores high on Factor I tends to be tender-minded, day-dreaming, artistic, fastidious, feminine. He is sometimes demanding of attention and help, impatient, dependent, impractical. He dislikes crude people and rough occupations. He tends to slow up group performance, and to upset group morale by unrealistic fussiness.

FACTOR L

Trusting, Adaptable, Free of Jealousy, Easy to
Get on With
(Alaxia)

vs. Suspicious, Self-opinionated, Hard to Fool
(Protension)

The person who scores low on Factor L tends to be free of jealous tendencies, adaptable, cheerful, un-competitive, concerned about other people, a good team worker.

The person who scores high on Factor L tends to be mistrusting and doubtful. He is often involved in his own ego, is self-opinionated, and interested in internal, mental life. He is usually deliberate in his actions, unconcerned about other people, a poor team member.

N.B. This factor is not necessarily paranoia. In fact, the data on paranoid schizophrenics are not clear as to typical Factor L value to be expected.

the data on paranoid schizophrenics are not

FACTOR M

Practical, Careful, Conventional, Regulated by
External Realities, Proper
(Praxernia)

Imaginative, Wrapped up in Inner Urgencies,
Careless of Practical Matters, Absent-minded
(Autia)

The person who scores low on Factor M tends to be anxious to do the right things, attentive to practical matters, and subject to the dictation of what is obviously possible. He is concerned over detail, able to keep his head in emergencies, but sometimes unimaginative.

The person who scores high on Factor M tends to be unconventional, unconcerned over everyday matters, Bohemian, self-motivated, imaginatively creative, concerned with "essentials," and oblivious of particular people and physical realities. His inner-directed interests sometimes lead to unrealistic situations accompanied by expressive outbursts. His individuality tends to cause him to be rejected in group activities.

FACTOR N

Forthright, Natural, Artless, Sentimental
(Artlessness)

vs.

Schrewd, Calculating, Worldly, Penetrating
(Shrewdness)

The person who scores low on Factor N tends to be unsophisticated, sentimental, and simple. He is sometimes crude and awkward, but easily pleased and content with what comes, and is natural and spontaneous.

The person who scores high on Factor N tends to be polished, experienced, worldly, shrewd. He is often hardheaded and analytical. He has an intellectual, unsentimental approach to situations, an approach akin to cynicism.

FACTOR O

Placid, Self-assured, Confident, Serene
(Untroubled adequacy)

vs.

Apprehensive, Worrying, Depressive, Troubled
(Guilt proneness)

The person who scores low on Factor O tends to be placid, with unshakable nerve. He has a mature, unanxious confidence in himself and his capacity to deal with things. He is resilient and secure, but to the point of being insensitive of when a group is not going along with him, so that he may evoke antipathies and distrust.

The person who scores high on Factor O tends to be depressed, moody, a worrier, full of foreboding, and brooding. He has a childlike tendency to anxiety in difficulties. He does not feel accepted in groups or free to participate. High Factor O score is very common in clinical groups of all types (see Handbook).

FACTOR Q₁

Conservative, Respecting Established Ideas,
Tolerant of Traditional Difficulties
(Conservatism)

vs.

Experimenting, Critical, Liberal, Analytical,
Free-thinking
(Radicalism)

The person who scores low on Factor Q₁ is confident in what he has been taught to believe, and accepts the "tried and true," despite inconsistencies, when something else might be better. He is cautious and compromising in regard to new ideas. Thus, he tends to oppose and postpone change, is inclined to go along with tradition, is more conservative in religion and politics, and tends not to be interested in analytical "intellectual" thought.

The person who scores high on Factor Q₁ tends to be interested in intellectual matters and has doubts on fundamental issues. He is skeptical and inquiring regarding ideas, either old or new. He tends to be more well informed, less inclined to moralize, more inclined to experiment in life generally, and more tolerant of inconvenience and change.

FACTOR Q₂

Group-dependent, A "Joiner" and Sound Follower
(Group adherence)

vs.

Self-sufficient, Prefers Own Decisions,
Resourceful
(Self-sufficiency)

The person who scores low on Factor Q₂, prefers to work and make decisions with other people, likes and depends on social approval and admiration. He tends to go along with the group and may be lacking in individual resolution. He is not necessarily gregarious by choice; rather he needs group support.

The person who scores high on Factor Q₂ is temperamentally independent, accustomed to going his own way, making decisions and taking action on his own. He discounts public opinion, but is not necessarily dominant in his relations with others (see Factor E). He does not dislike people but simply does not need their agreement or support.

FACTOR Q₃

Undisciplined Self-conflict, Careless of Protocol, vs. Controlled, Socially precise, Following
Follows Own Urges Self-image
(Low integration) (High self-concept control)

The person who scores low on Factor Q₃ will not be bothered with will control and regard for social demands. He is not overly considerate, careful, or painstaking. He may feel maladjusted, and many maladjustments (especially the affective, but not the paranoid) show Q₃-.

The person who scores high on Factor Q₃ tends to have strong control of his emotions and general behavior, is inclined to be socially aware and careful, and evidences what is commonly termed "self-respect" and regard for social reputation. He sometimes tends, however, to be obstinate. Effective leaders, and some paranoids, are high on Q₃.

FACTOR Q₄

Relaxed, Tranquil, Torpid, Unfrustrated vs. Tense, Frustrated, Driven, Overwrought
(Low ergic tension) (High ergic tension)

The person who scores low on Factor Q₄ tends to be sedate, relaxed, composed, and satisfied (not frustrated). In some situations, his oversatisfaction can lead to laziness and low performance, in the sense that low motivation produces little trial and error. Conversely, high tension level may disrupt school and work performance.

The person who scores high on Factor Q₄ tends to be tense, excitable, restless, fretful, impatient. He is often fatigued, but unable to remain inactive. In groups he takes a poor view of the degree of unity, orderliness, and leadership. His frustration represents an excess of stimulated, but undischarged, drive.

16 PF TEST PROFILE

FACTOR	Row Score		Low Score Description	Standard Ten Score (STEN)										High Score Description	
	Form A/C/E	Form B/D		1	2	3	4	5	6	7	8	9	10		
A			RESERVED, DETACHED, CRITICAL, ALCOOF, STIFF (Lower scholastic mental capacity)												OUTGOING, WARM-HEARTED, EASY-GOING, PARTICIPATING (After-school)
B			LESS INTELLIGENT, CONCRETE THINKING (Lower scholastic mental capacity)												MORE INTELLIGENT, ABSTRACT, HIGHLY LOGICAL (Higher scholastic mental capacity)
C			AFFECTED BY FEELINGS, EMOTIONAL, CHANGEABLE (Lower age strength)												EMOTIONALLY STABLE, MATURE, FACES REALITY, CALM (Higher age strength)
E			HUMBLE, WILD, EASILY LED, DOGMA ACCOMMODATING (Submissiveness)												COMPETITIVE, AGGRESSIVE, STUBBORN, (Dontlance)
F			SOBER, TACTFUL, SERIOUS (Disregards)												HAPPY-GOLUCKY, ENTHUSIASTIC (Surgency)
G			EXPEDIENT, DISREGARDS RULES (Heckler superego strength)												CONSCIENTIOUS, PERSISTENT, MORALISTIC, STABLE (Stronger superego strength)
H			SHY, TIMID, THREAT-SENSITIVE (Social inhibition)												CONFIDENT, UNINHIBITED, SOCIAL, BOLD (Pamela)
I			TOUGH-MINDED, SELF-RELIANT, REALISTIC (Pletha)												TENDER-MINDED, SENSITIVE, EASY-GOING, OVERPROTECTED (Phenomenon)
L			TRUSTING, ACCEPTING CONDITIONS (Alonzo)												SUPERBLY, HARD TO FOOL (Perfectionist)
M			PRACTICAL, "DOWN-TO-EARTH" CONCERNS (Practical)												IMAGINATIVE, BOHEMIAN, UNCONVENTIONAL (Auntie)
N			FORTHRIGHT, UPRIGHT, GENUINE BUT SOCIALLY CLUMSY (Artlessness)												ASTUTE, POLISHED, SOCIALLY SKILLFUL (Shrewdness)
O			SELF-ASSURED, PLACID, SECURE (Untroubled serenity)												APPREHENSIVE, SELF-PROTECTING, INSECURE, WORRYING, TROUBLED (Guilt-proneness)
Q ₁			CONSERVATIVE, RESPECTING TRADITIONAL IDEAS (Conservative)												EXPERIMENTING, LIBERAL, FREE-THINKING (Radicalism)
Q ₂			GROUP-DEPENDENT, A "FOLLOWER" AND SOUND FOLLOWER (Group adherence)												SELF-SUFFICIENT, RESOURCEFUL, INDEPENDENT DECISIONS (Self-reliance)
Q ₃			UNDisciplined, SELF-CONFLICT, LAX SOCIAL RULES (Low integration)												CONTROLLED, FACTING, WILL POWER, SOCIALLY PRECISE, COMPULSIVE (High strength of self-reliance)
Q ₄			UNFORTHRIGHT, UNRELATED, TRANQUIL (Unintegrated)												OVERSIGHT, OVER-DRIVEN, OVER-THOUGHT (High ego-reaction)

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APPENDIX J

ADJUSTMENT TO DIVORCE SCALE

APPENDIX J
ADJUSTMENT TO DIVORCE SCALE

NAME:

INSTRUCTIONS: On each of the following pages will be a series of sentences describing things you perhaps do in your daily life. Under each sentence is a rating scale of how frequently you think you do that particular thing that is described.

Example:

I climb mountains

almost never/seldom/sometimes/often/almost always

For each of the sentences I would like you to circle whichever word or phrase which best describes how frequently you do that activity that is described.

Example:

I climb mountains

almost never/seldom/sometimes/often/almost always

1. I sleep well.

almost never/seldom/sometimes/often/almost always

2. I eat satisfactorily.

almost never/seldom/sometimes/often/almost always

3. I pay attention to my personal appearance.

almost never/seldom/sometimes/often/almost always

4. I keep my home clean and orderly.

almost never/seldom/sometimes/often/almost always

5. I get to work on time.
almost never/seldom/sometimes/often/almost always
6. I miss work only when it's necessary.
almost never/seldom/sometimes/often/almost always
7. I can concentrate on my job when I'm there.
almost never/seldom/sometimes/often/almost always
8. I make sure that my children have regular meals.
almost never/seldom/sometimes/often/almost always
9. I keep the clothes for myself clean.
almost never/seldom/sometimes/often/almost always
10. I keep the clothes for the children clean.
almost never/seldom/sometimes/often/almost always
11. I pay the bills on time.
almost never/seldom/sometimes/often/almost always
12. I involve myself in my children's activities.
almost never/seldom/sometimes/often/almost always
13. I have fun with my children.
almost never/seldom/sometimes/often/almost always
14. I call up friends and invite them over.
almost never/seldom/sometimes/often/almost always
15. I accept invitations from people of the opposite sex to go out.
almost never/seldom/sometimes/often/almost always
16. I no longer feel any obligation to do what my former spouse tells me.
almost never/seldom/sometimes/often/almost always

17. I can talk about visitation schedules with my former spouse without getting sad or angry.
almost never/seldom/sometimes/often/almost always
18. I can do things that are fun to me without thinking of my former spouse.
almost never/seldom/sometimes/often/almost always
19. I talk to friends about all the reasons for my divorce.
almost never/seldom/sometimes/often/almost always
20. I think about my former spouse when I'm out with a person of the opposite sex.
almost never/seldom/sometimes/often/almost always
21. I take time to read books that interest me.
almost never/seldom/sometimes/often/almost always
22. I participate in academic courses that interest me.
almost never/seldom/sometimes/often/almost always
23. I do things to enrich myself intellectually.
almost never/seldom/sometimes/often/almost always
24. I accept invitations from friends of the same sex to go out.
almost never/seldom/sometimes/often/almost always
25. I participate in community activities of a political nature.
almost never/seldom/sometimes/often/almost always
26. I attend social engagements to which I am invited.
almost never/seldom/sometimes/often/almost always
27. I play sports that I have an interest in.
almost never/seldom/sometimes/often/almost always
28. I meet my sexual needs in ways that are personally satisfying.
almost never/seldom/sometimes/often/almost always

29. I have good contacts with my relatives.
almost never/seldom/sometimes/often/almost always
30. I do things that help other people.
almost never/seldom/sometimes/often/almost always
31. I practice my religious beliefs to the extent that I find personally satisfying.
almost never/seldom/sometimes/often/almost always
32. I do things that interest me that I haven't done before.
almost never/seldom/sometimes/often/almost always
33. I do what I think are creative things.
almost never/seldom/sometimes/often/almost always
34. I discipline the children in ways I think are best.
almost never/seldom/sometimes/often/almost always
35. I enjoy being a single person.
almost never/seldom/sometimes/often/almost always
36. I know what I want out of life and do the things needed to achieve it.
almost never/seldom/sometimes/often/almost always
37. I think about my future with anticipation.
almost never/seldom/sometimes/often/almost always

APPENDIX K

"NEW DIRECTIONS" BROCHURE

NEW DIRECTIONS:

A Counseling Program for Divorcing Persons

You are divorcing, but that doesn't have to mean a lifetime of unhappiness for you. The turmoil, confusion, and stress you are experiencing in many areas of your life may seem endless. But they don't have to be endless. It is possible to laugh again, have plans and goals for yourself, and to like yourself again.

In 1977 in Ingham County there were almost 6 divorces for every 10 marriages, and each of those people involved in divorce had to make adjustments in their life. The Psychological Evaluation and Treatment Center is a private clinic which has designed a counseling program to help divorcing people make more successful and rapid adjustments to their divorce. This counseling program is designed to give you a chance to think about, talk about, and understand your feelings and needs during your divorce. Feelings like:

I'm no good!
I hate my spouse!
What will happen to me?
What about the kids?
I miss my spouse!
Why did it happen?
I'm glad to be out!
Now what?
It's my fault!
I'm so scared!
If only I had.....!
You can't trust anyone!

Through an understanding of your needs and feelings you can learn a great deal about yourself. With this new awareness of yourself you again can begin to feel good about yourself and to set new directions for your life.

In conjunction with this counseling program, a study is being conducted to learn more about the thoughts and needs of divorcing individuals in Ingham County. Participation in either the counseling program or the study is completely voluntary, and if you desire, you may be involved in the counseling program without being involved in the study.

This counseling program is being made available at a cost that is based on your ability to pay. The Psychological Evaluation and Treatment Center is certified by Blue Cross/Blue Shield, and is covered by other major health insurance providers as well.

The Ingham County Friend of Court, the Ingham County Circuit Court, the County of Ingham and its employees, agents or servants are not involved in any way whatsoever in the funding or support of the Psychological Evaluation and Treatment Center. Further, whether or not you choose to avail yourself of this service has no bearing whatsoever upon your entitlement to a divorce nor to the functions and services rendered by the Ingham County Friend of the Court or the County of Ingham.

If you feel that such a counseling program as this could be of help to you in your divorce, contact:

J. Keith Ostlen,
Psychological Evaluation
& Treatment Center

4990 Northwind Drive
Suite 235
East Lansing, Michigan
Phone: 332-7300

APPENDIX L

JUDGE WARREN'S SPECIFICATIONS OF FRIEND OF
THE COURT'S INVOLVEMENT IN THE STUDY

December 7, 1977

Mr. James A. Pocock
Friend of Court
116 W. Ottawa Street
Lansing, MI 48933

Dear Jim:

You recently discussed with me and with the Judges of the 30th Judicial Circuit the proposal of an individual who is studying for his doctorate, which proposal encompasses a plan to interview and counsel divorce litigants on a voluntary basis. At the conclusion of the Judges' meeting (where you were in attendance) it was understood that I would write you this letter confirming certain basic understandings in relation to the proposal made.

It is my understanding, and the understanding of my fellow Judges, that:

- (1) It be clearly understood that this individual and any persons working with him are not agents of the Ingham County Circuit Court or agents of the Ingham County Friend of Court Office.
- (2) That whether or not divorce litigants choose to avail themselves of this service will have no bearing whatsoever upon their entitlement to a divorce (stated another way, participation in the program is no condition precedent to successful prosecution or defense of a divorce action.)
- (3) That this program or project is in no way financed, in part or in whole, by any federal, state, or county agency or body.
- (4) That the individuals conducting such program or project will in no way obligate the Circuit Bench or the County of Ingham for any expenditure of any type or sort.

Mr. James A. Pocock
Page 2
December 7, 1977

(5) That the facilities and the personnel of the Ingham County Friend of Court shall be utilized in no fashion whatsoever over and above the making known to the divorce litigants of the availability of this project or its services.

(6) That if it is intended that any information obtained by the operator of the project is to be revealed to the Ingham County Friend of Court or the Circuit Judges that appropriate waivers of privilege will be obtained from the divorce litigants involved.

(7) That this project will be limited to 60 divorce litigation cases.

(8) That the head of the project will execute a written acknowledgment of his or her awareness of the foregoing conditions and provisions.

(9) That the sole consideration running to the project director is the opportunity to have the Ingham County Friend of Court Office make available to divorce litigants knowledge of the availability of the services involved in the program.

Sincerely,

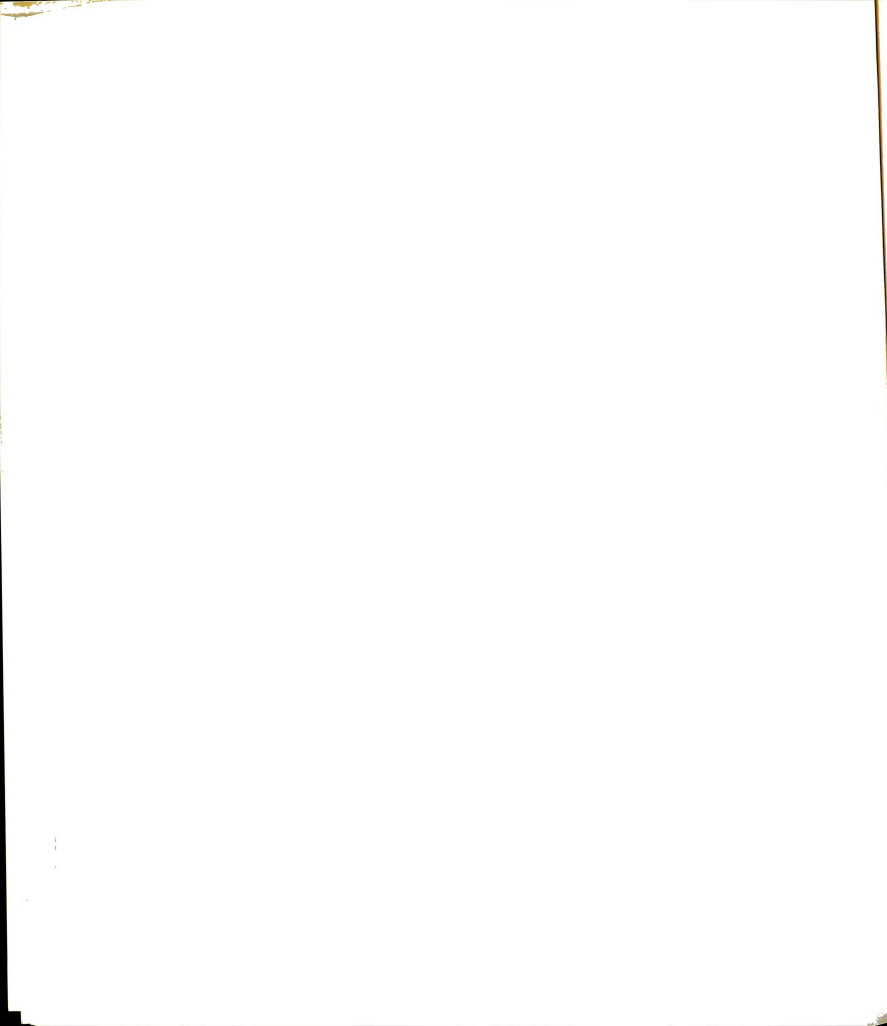
Jack W. Warren
Chief Circuit Judge

b

I _____, acknowledge that I have read all of the foregoing letter, and I agree to abide by the terms thereof.

APPENDIX M

RESUMÉS OF CLINICIANS



RESUME

NAME: EDWARD B. GIBEAU, Ed.D.

ADDRESS: 1753 Maisonet Drive
Lansing, Michigan 48910
Tel. (517) 394-0621 or 332-7300

BIRTHDATE: April 15, 1946

EDUCATION:

Doctorate	1975	Western Michigan University Counseling Psychology
Masters	1972	Western Michigan University Counseling Psychology
Bachelors	1969	Western Michigan University Psychology/Sociology

CERTIFICATIONS & AFFILIATIONS:

Certified Psychologist - State of Michigan

American Psychological Association
1) Division of Counseling Psychology
2) Division of Psychotherapy

The American Academy of Psychotherapists

Society for Personality Assessment

The American Society of Clinical Hypnosis

AREAS OF EXPERTISE:

- 1) Psychotherapy
- 2) Psychodiagnostics
- 3) Training and Supervision
- 4) Consultation

RESEARCH & PUBLICATION:

AN EXPLORATORY STUDY OF SELECTED RELATIONSHIPS AMONG
THERAPY ORIENTATIONS, THEORETICAL ORIENTATIONS,
PERSONALITY, AND THERAPIST EFFECTIVENESS. Doctoral
Dissertation, Western Michigan University, 1975.

EDWARD B. GIBEAU, Ed.D.

Page 2

CONSULTATION EXPERIENCE:

Department of Social Services, Grand Rapids, Michigan
 Department of Vocational Rehabilitation, Grand Rapids,
 Michigan
 Blodgett Memorial Medical Center, Grand Rapids,
 Michigan
 Butterworth Hospital, Grand Rapids, Michigan
 St. Mary's Hospital, Grand Rapids, Michigan
 Dade County Community Health Association, Miami, Florida
 St. Lawrence Hospital, Lansing, Michigan
 Department of Public Health, Lansing, Michigan

CLINICAL TRAINING:

1973-1975 (2000 hours)	Counseling Center Western Michigan University Supervisor: Richard L. Gay, Ph.D. Director of Clinical Training
1974 (600 hours)	Kalamazoo Consultation and Community Mental Health Clinic Supervisor: Eugene Ballard, Ph.D. Chief Psychologist
1972-1973 (600 hours)	Occupational Health Center: Outpatient Psychiatric Center Supervisor: Malcolm Robertson, Ph.D. Consulting Psychologist

PROFESSIONAL EXPERIENCE:

(POST-DOCTORAL)

February 1978 to Present	<u>Psychological Evaluation and Treatment Center, Inc.</u>
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Private practice involving individual and family psychotherapy, assessment, and consultation at the Psychological Evaluation and Treatment Center, 4990 Northwind Drive, Suite 235, East Lansing, Michigan.

July 1978 to Present	<u>Michigan State University</u>
-------------------------	----------------------------------

Adjunct Professor at Michigan State University, Department of Educational Psychology, Division of Counseling Psychology.

EDWARD B. GIBEAU, Ed.D.

Page 3

The appointment involves teaching a course entitled Appraisal of Individual Intelligence and Personality.

July 1977
to July 1978

Ingham Community Mental Health

Staff appointment as a Clinical Psychologist at the Ingham Community Mental Health Center, Lansing, Michigan. This position involved the following responsibilities:

1) Adult Inpatient

Duties consisted of primary therapist responsibilities, assessment, individual therapy and family psychotherapy. In addition, training and supervision of medical students, psychiatric residents and psychology interns were major responsibilities.

2) Adult Outpatient

Duties consisted of case management, assessment, psychotherapy and clinical supervision for medical students (Michigan State University, Department of Psychiatry) and psychology interns. Seminars on psychological testing (for MSU Department of Psychiatry), hypnosis and assessment (for Psychology Intern program) were also major responsibilities.

August 1976
to July 1977

University of Miami

Assistant Professor, University of Miami, Department of Educational Psychology, Division of Counseling Psychology, Coral Gables, Florida.

The appointment involved teaching the following courses (both doctoral and masters level); Lab in Mental Testing, Rorschach, Hypnosis, Advanced Personality Theory, and Individual Data in Counseling. Practicum teaching and supervision at the University Extension Center in the Bahamas were also major responsibilities.

EDWARD B. GIBEAU, Ed.D.

Page 4

Other duties included advisement of graduate students, involvement on doctoral committees, supervision of counseling practicum students, direction of the field experience-internship program, participation on numerous departmental and university committees, and consultation with a variety of community agencies.

April 1977
to July 1977

Biscayne College

Adjunct Professor, Biscayne College, Family Life Center, Miami, Florida. A course entitled Psychopathology and Behavior change was taught.

April 1975
to August
1976

Western Michigan University

Adjunct Professor at Western Michigan University, Kalamazoo, Michigan. Duties included teaching the following courses: Techniques of Counseling and Personality Theory.

February
1975 to
August 1976

Kent Oaks Psychiatric Hospital

Staff appointment as a Psychologist at the Kent Oaks Psychiatric Hospital, Grand Rapids, Michigan. This position involved the following responsibilities:

1) Adult Inpatient

Duties consisted of primary treatment and management of acute psychiatric inpatients. Treatment responsibilities included individual and group therapy, direction of psychodiagnostic program, monitoring of psychotropic medication, all non-medical orders, emergency admissions and routine discharges. Additional responsibilities were training and supervision for medical, nursing and psychology students; consultation services to several community hospital emergency rooms and outpatient units; and involvement with the court system regarding such matters as guardianships, involuntary commitments, etc.

2) Adult Outpatient

Duties consisted of primary management and treatment of adult outpatients. Treatment responsibilities included individual and group psychotherapy, psychodiagnostics, staff training and consultation, supervision of counseling and psychology interns, emergency consultation, routine consultation to Day Treatment Center and monitoring of psychotropic medication.

(PREDOCTORAL LEVEL)

1973-
1975

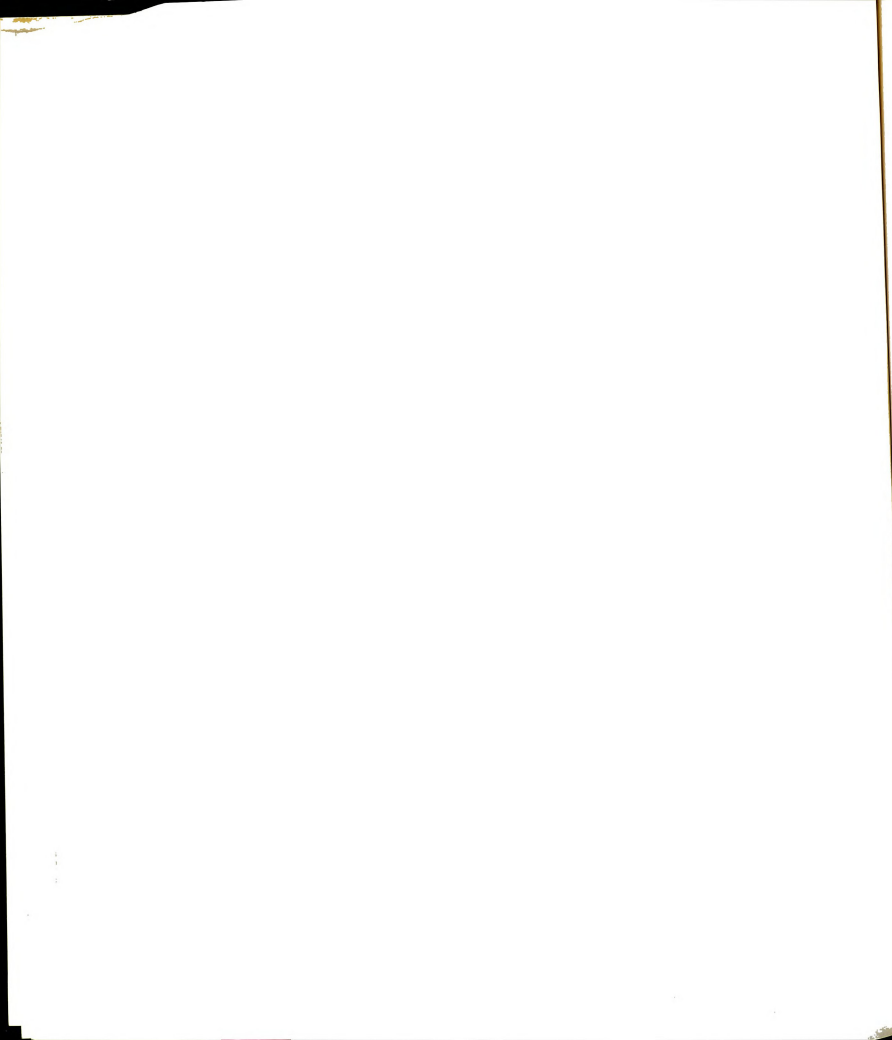
University Counseling Center

Internship and staff appointment to Western Michigan University Counseling Center in Kalamazoo, Michigan. Responsibilities consisted of individual and group psychotherapy, psychodiagnostics and consultation. In addition, there was participation in a comprehensive outreach program which assisted students with emotional disorders and provided training and consultation to staff.

1974

Community Mental Health

Internship at the Kalamazoo Consultation Center in Kalamazoo, Michigan. Responsibilities included individual psychotherapy, psychodiagnostics and consultation to various community and government agencies.



VITA

William M. Griz
 519 E. Edgewood Blvd.
 Apt. #709
 Lansing, Michigan 48910
 (517) 394-6899

PERSONAL DATA

Birth Date:	November 30, 1946
Family Status:	Single
Physical Status:	Height 5'11" Weight 155 lbs.
Health:	Excellent

EDUCATION

<u>Institution</u>	<u>Major</u>	<u>Degree</u>	<u>Date</u>
Michigan State Univ. East Lansing, MI	Counseling Psychology	(candidate) Ph.D.	1973- present

The Ph.D. program in Counseling Psychology is administered through the college of Education and is an A.P.A. approved program emphasizing clinical and teaching skills. Occasionally, provisions are made within the counseling department to admit students to the doctoral level of study directly from the undergraduate level. Due to my work experience and undergraduate record I was allowed to bypass a masters program and was admitted directly to the doctoral program in Counseling Psychology.

With a department as large as Michigan State's, no one theoretical approach prevails. The affective and relationship oriented approaches are emphasized, but each student is encouraged to adopt a theoretical approach which best matches their own particular characteristics. My own interests focus on a bio-social approach with experience and training in Psychoanalysis, Gestalt, Rational Emotive, Transactional Analysis, and Bioenergetics.

Michigan State Univ. East Lansing, MI	Psychology	B.S. with honors	1969-1973
--	------------	---------------------	-----------

My undergraduate work in psychology included an emphasis in philosophy and 36 independent study credits in psychology, sociology, anthropology, and group work.

LICENSE

Licensed Limited Psychologist, State of Michigan
I.D. # 001530

EXPERIENCE-CLINICAL/CONSULTATION/COMMUNITY

Date: October 1, 1978-Present
Lansing Medical Service, P.C.
405 W. Greenlawn
Suite 210
Lansing, Michigan 48910
Position: Consultant
Description: Individual, marital, and group therapy on
an outpatient basis.

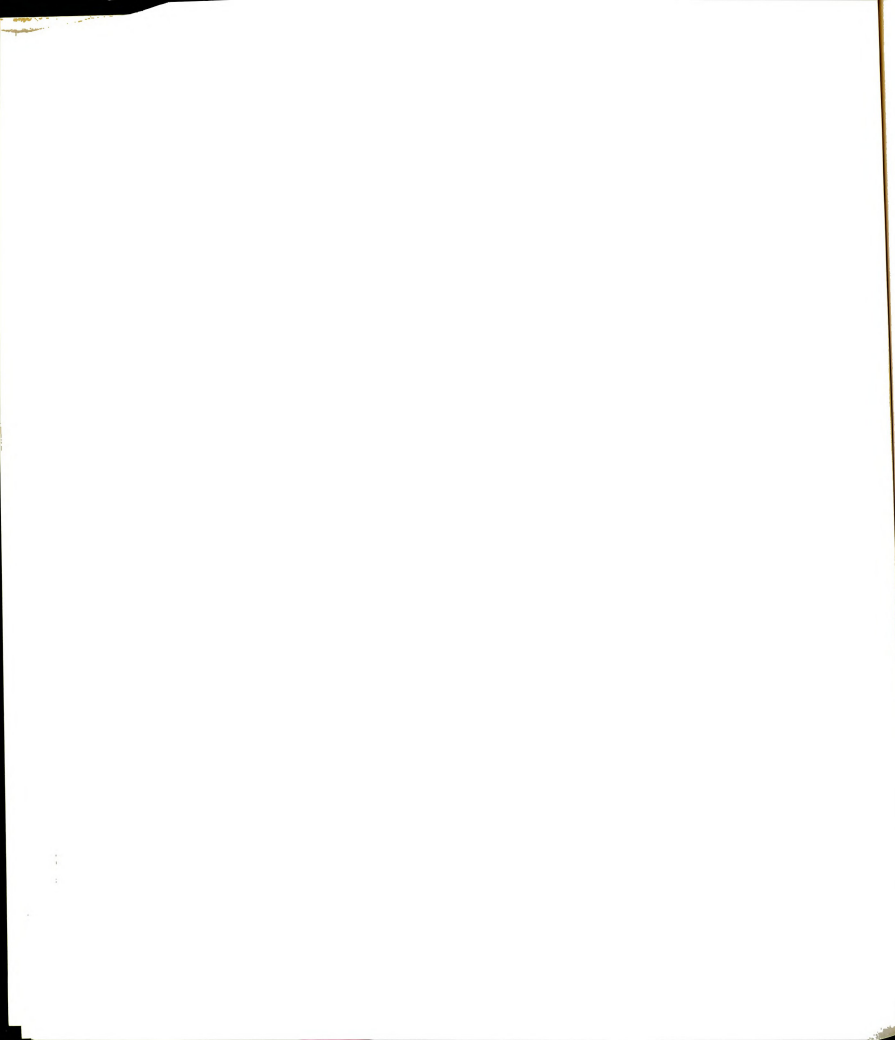
Date: October 1973-October 1978
Psychological Evaluation and Treatment Center
3401 E. Saginaw St.
Suite 210
Lansing, Michigan 48912
Position: Consultant
Description: PETC is a private corporation which is
approved by Blue Cross as a provider of out-
patient mental health services. I was involved
as a consultant and provided individual, mari-
tal, and group treatment (including psycholo-
gical assessment) on an outpatient basis. I
also participated in regularly scheduled case
conferences and staff seminars on various
areas of interest.
Supervisor: Rom Kriauciunas, Ph.D.

Executive Secretary, Board of Directors, PETC, Dec. 1976.

Member, Community Advisory Board, Open Door Crisis Center.
June 1977.

Member, Task Force on Domestic Violence. July 1977. The
task force was brought together by the Ingham
County Women's Commission and the Sister's For
Human Equality and is a group of lay and professional
people who are working to establish a temporary
shelter for battered women in the Lansing area.

Founding member, Michigan Seminar for Men. March 1977.



Member, Board of Directors, Men's Resource Center, Inc.
Lansing, MI. October 1977.

Consultant (gratis), Ingham County Prosecutor's Office.
Working to establish an evaluation and accountability model to assist in the development of the Prosecution Diversion Program on domestic assault.

Date: May 1975-July 1975

House of Commons

517 N. Walnut

Lansing, Michigan 48910

Position: Consultant

Description: The House of Commons is a residential treatment program for heroin and alcohol addiction. I was contracted to evaluate the treatment staff, focusing on interviewing, individual and group counseling and supervision skills, and to make recommendations for training needs. I was also involved at the program level, to improve interagency communication with the criminal justice system and to propose structural changes to improve program accountability.

Date: July 1974-July 1975

Open Door Crisis Center, Inc.

1320 S. Washington Ave.

Lansing, Michigan 48910

Position: Consulting Psychologist

Description: The Open Door is a crisis center which provides crisis counseling on both a telephone and walk-in basis. I was contracted to provide consultation services to the volunteer and paid staff. I also designed and implemented a program to train members of the center who had attained the position of crisis intervention trainer, in group process and coping group leadership skills.

Date: Oct. 1973-June 1974

Comprehensive Drug Treatment Program

300 N. Washington Square

Lansing, Michigan 48933

Position: Program Specialist

Description: The CDTF is a group of ten programs consisting of five crisis centers, a residential treatment program, a methadone maintenance and detoxification program, a drug abuse treatment program

at the Ingham County Jail, and two educationally oriented programs. I was employed to evaluate each of the programs in terms of staff resources and skills in the treatment of drug abusers and to design and implement a training program which would upgrade existing skills to conform to regulations which were about to be adopted by the State of Michigan for licensing drug treatment facilities.

Date: Nov. 1971-Oct. 1973

Ingham Community Mental Health Center
401 W. Greenlawn

Lansing, Michigan 48910

Position: Mental Health Worker

Description: The mental health center consisted of five services and functioned on a rotational basis. I was assigned to the Activity Center, a partial hospitalization program, and then a portion of my time was rotated through the other services. Duties included adjunctive therapy groups, emergency crisis intervention on both a telephone and walk-in basis, and an outpatient caseload which involved individual and group therapy.

Supervisors: Patricia Updyke, Ph.D.
Rom Kriauciunas, Ph.D.

EXPERIENCE-TEACHING

- FCS 495 Training of Group Facilitators. Fall, 1972, Michigan State Univ. Taught in conjunction with Paul Weikert.
- HEC 419 Human Sexuality. Winter, 1972, Central Michigan Univ. Taught in conjunction with Paul Weikert.
- HEC 419 Same, Spring, 1973.
- ED 881 Workshop in Education: Interpersonal Relationships with Teachers. Spring, 1974, Michigan State University Continuing Education.
- HEC 511 Human Sexuality. Fall, 1975, Central Michigan University.
- PSY 202 Personality Theory. Spring, 1976, Lansing Community College.

EXPERIENCE-TEACHING CONTINUED

- PSY 200 Introduction to Psychology. Fall, 1976, Lansing Community College. Two sections.
- PSY 200 Same, Winter, 1977.
- PSY 202 Same, Winter, 1977.
- PSY 202 Same, Fall, 1977.

ADDITIONAL TRAINING AND EDUCATION

Training in Transactional Analysis

Date: Sept. 1973-June 1974

Content: Participation in a nine month seminar on Transactional Analysis. The seminar is essentially composed of working professionals and is a weekly six hour peer-group supervised experience in theory and treatment.

Training in Character Disorders

Date: Nov. 1973

Content: A one week live-in experience at Asklepion Foundation and Marion Federal Penitentiary, Carbondale, Illinois. Training in Synanon confrontation, development, diagnosis, and treatment of character disorders.

Training on Schizophrenia and Regression

Date: Dec. 1973

Content: A one week live-in experience at Cathexis Institute, Alamo, Calif. Training in development, diagnosis, and treatment of psychosis including passivity confrontation and reparenting through supported regressions.

REFERENCES

References available upon request.

APPENDIX N

SUMMARY OF ANOVAS FOR TEST OF HYPOTHESIS 5,
F-VALUES, ASSOCIATED PROBABILITIES, AND
GROUP MEANS FOR EACH ROLE CATEGORY
CONTAINED IN THE SEMANTIC DIFFERENTIAL

Role: Intellectually

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	1.80	.187
Pretest/Posttest by Experimental/ Control Interaction	1,40	11.85	.001*
Experimental/Control Main Effect	1,40	.012	.915

Mean Scores

	Experimental Group	Control Group
Pretest	73.42	79.61
Posttest	81.23	76.19

*Significant at an Alpha level of .05.

Role: Single Person

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	9.81	.003*
Pretest/Posttest by Experimental/ Control Interaction	1,40	25.62	<.0005*
Experimental/Control Main Effect	1,40	1.04	.313

Mean Scores

	Experimental Group	Control Group
Pretest	74.80	77.52
Posttest	88.76	74.23

*Significant at an Alpha level of .05.

Role: Goal Setter

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	.910	.346
Pretest/Posttest by Experimental/ Control Interaction	1,40	9.30	.004*
Experimental/Control Main Effect	1,40	.059	.810

Mean Scores			
	Experimental Group	Control Group	
Pretest	69.33	77.66	
Posttest	78.42	72.90	

*Significant at an Alpha level of .05.

Role: Sexually

Sources of Variance	d.f.	<u>F</u>	<u>P</u>
Pretest/Posttest Main Effect	1,40	2.61	.113
Pretest/Posttest by Experimental/ Control Interaction	1,40	4.60	.038*
Experimental/Control Main Effect	1,40	.635	.430

Mean Scores			
	Experimental Group	Control Group	
Pretest	74.28	74.42	
Posttest	83.47	73.14	

*Significant at an Alpha level of .05.

Role: Spiritually

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	5.14	.029*
Pretest/Posttest by Experimental/ Control Interaction	1,40	5.04	.030*
Experimental/Control Main Effect	1,40	.022	.883

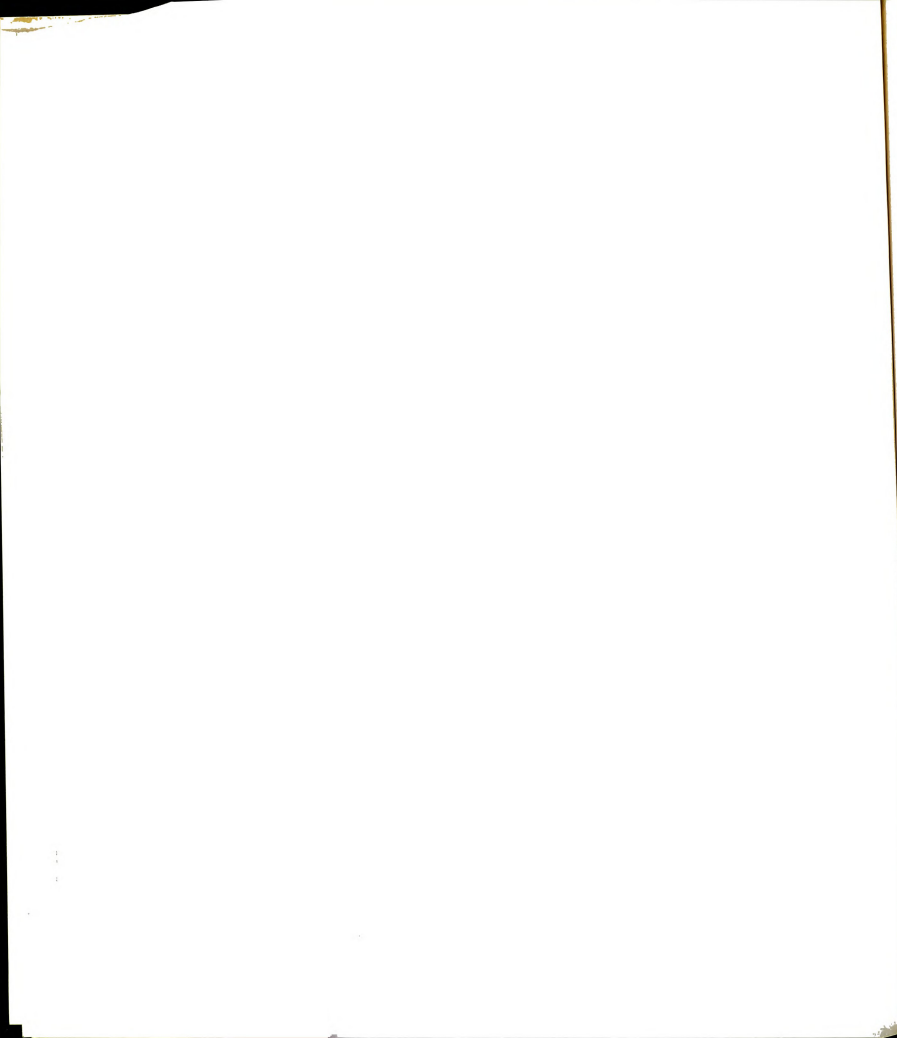
Mean Scores			
	Experimental Group		Control Group
Pretest	65.09		69.23
Posttest	75.38		69.28

*Significant at an Alpha level of .05.

Role: Employee

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	.457	.503
Pretest/Posttest by Experimental/ Control Interaction	1,40	3.40	.072
Experimental/Control Main Effect	1,40	3.23	.080

Mean Scores			
	Experimental Group		Control Group
Pretest	91.38		86.95
Posttest	97.95		83.90



Role: Host/Hostess

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	1.95	.170
Pretest/Posttest by Experimental/ Control Interaction	1,40	2.88	.097
Experimental/Control Main Effect	1,40	4.98	.031*

Mean Scores		
	Experimental Group	Control Group
Pretest	86.23	78.33
Posttest	94.09	77.57

*Significant at an Alpha level of .05.

Role: Sportsperson

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	.738	.395
Pretest/Posttest by Experimental/ Control Interaction	1,40	.129	.721
Experimental/Control Main Effect	1,40	.065	.800

Mean Scores		
	Experimental Group	Control Group
Pretest	75.33	74.42
Posttest	78.23	75.61

Role: Friend

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	2.65	.111
Pretest/Posttest by Experimental/ Control Interaction	1,40	8.75	.005*
Experimental/Control Main Effect	1,40	.717	.402

Mean Scores		
	Experimental Group	Control Group
Pretest	83.76	86.80
Posttest	94.76	83.61

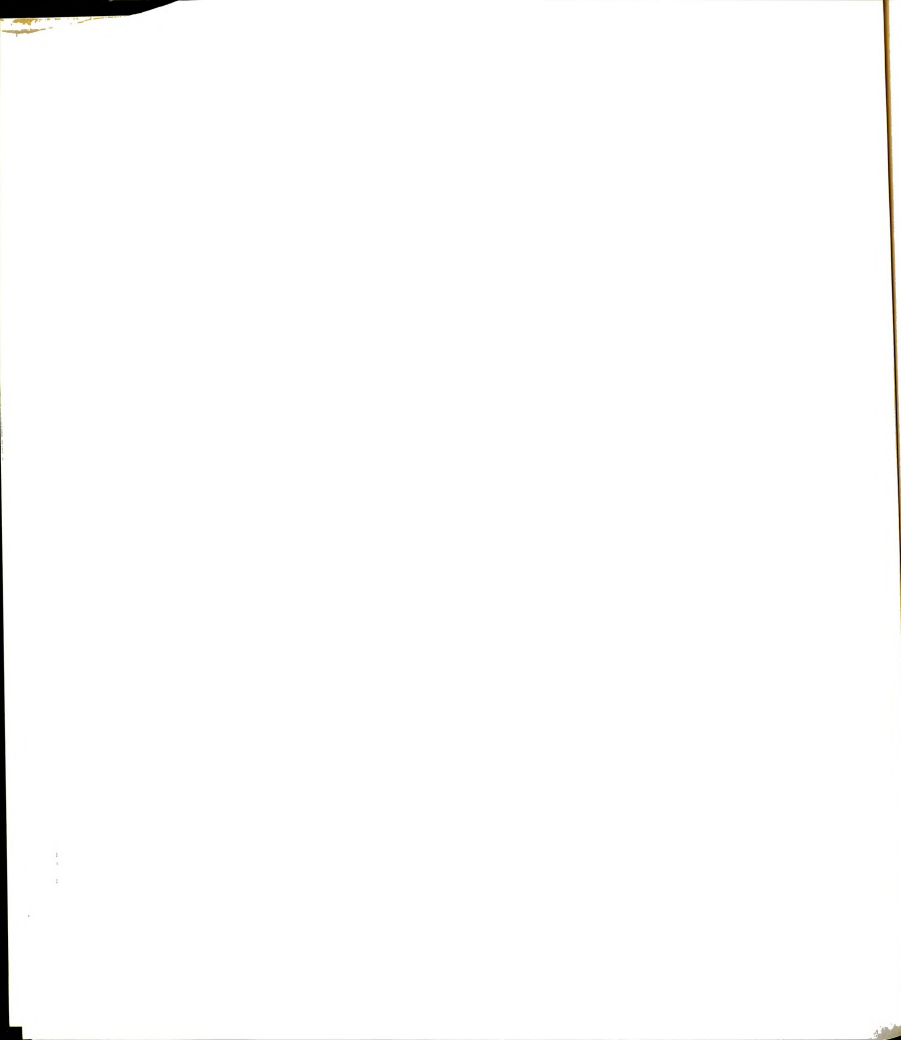
*Significant at an Alpha level of .05.

Role: Disciplinarian

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	4.31	.044*
Pretest/Posttest by Experimental/ Control Interaction	1,40	5.20	.028*
Experimental/Control Main Effect	1,40	.027	.870

Mean Scores		
	Experimental Group	Control Group
Pretest	75.33	79.66
Posttest	85.47	79.19

*Significant at an Alpha level of .05.



Role: Homemaker

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	7.60	.009*
Pretest/Posttest by Experimental/ Control Interaction	1,40	7.80	.008*
Experimental/Control Main Effect	1,40	.688	.412

Mean Scores		
	Experimental Group	Control Group
Pretest	71.52	83.90
Posttest	86.42	83.80

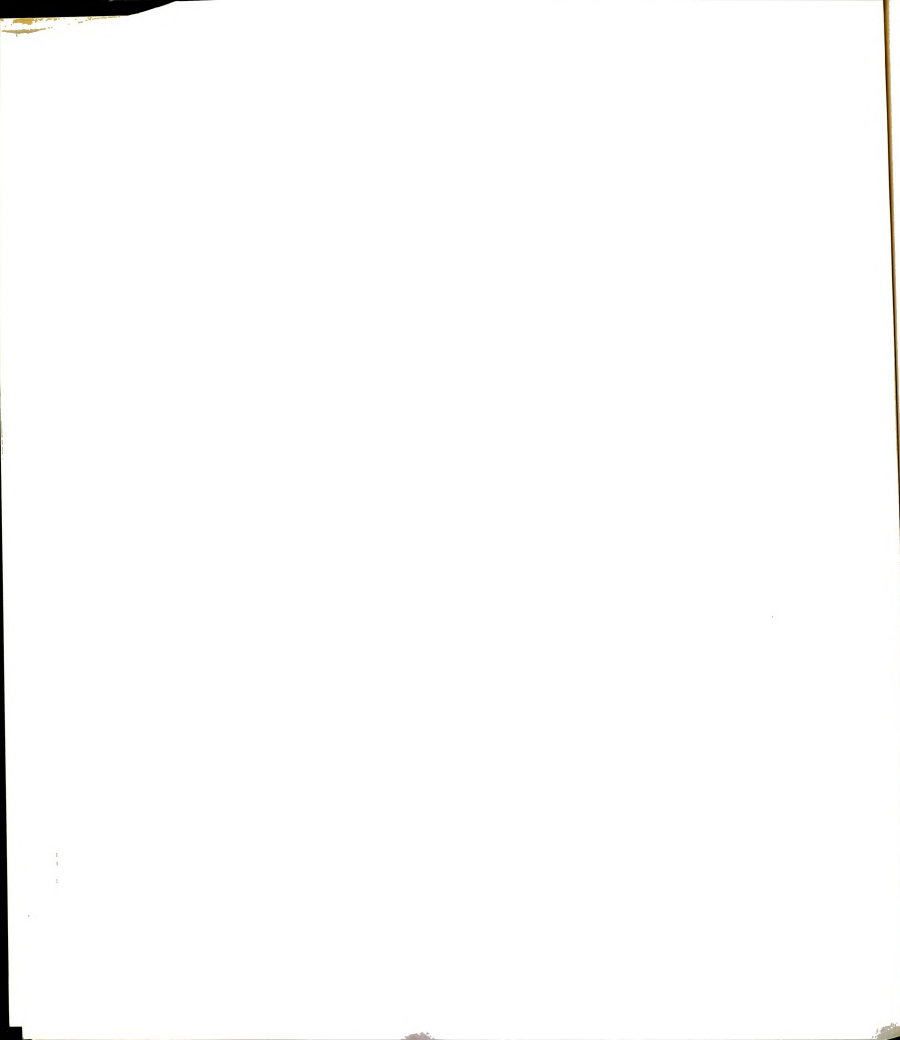
*Significant at an Alpha level of .05.

Role: Now with Former Spouse

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	4.93	.032*
Pretest/Posttest by Experimental/ Control Interaction	1,40	4.56	.039*
Experimental/Control Main Effect	1,40	1.74	.194

Mean Scores		
	Experimental Group	Control Group
Pretest	59.47	59.04
Posttest	71.90	59.28

*Significant at an Alpha level of .05.



Role: Parent

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	1.87	.179
Pretest/Posttest by Experimental/ Control Interaction	1,40	11.94	.001*
Experimental/Control Main Effect	1,40	.927	.341

Mean Scores		
	Experimental Group	Control Group
Pretest	78.19	91.95
Posttest	89.52	87.04

*Significant at an Alpha level of .05.

Role: Was in the Past with Former Spouse

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	.375	.544
Pretest/Posttest by Experimental/ Control Interaction	1,40	.855	.361
Experimental/Control Main Effect	1,40	1.426	.240

Mean Scores		
	Experimental Group	Control Group
Pretest	68.71	77.52
Posttest	69.28	74.71

Role: Social Situations

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	2.088	.156
Pretest/Posttest by Experimental/ Control Interaction	1,40	9.586	.004*
Experimental/Control Main Effect	1,40	.177	.676

Mean Scores		
	Experimental Group	Control Group
Pretest	74.19	78.66
Posttest	84.14	75.04

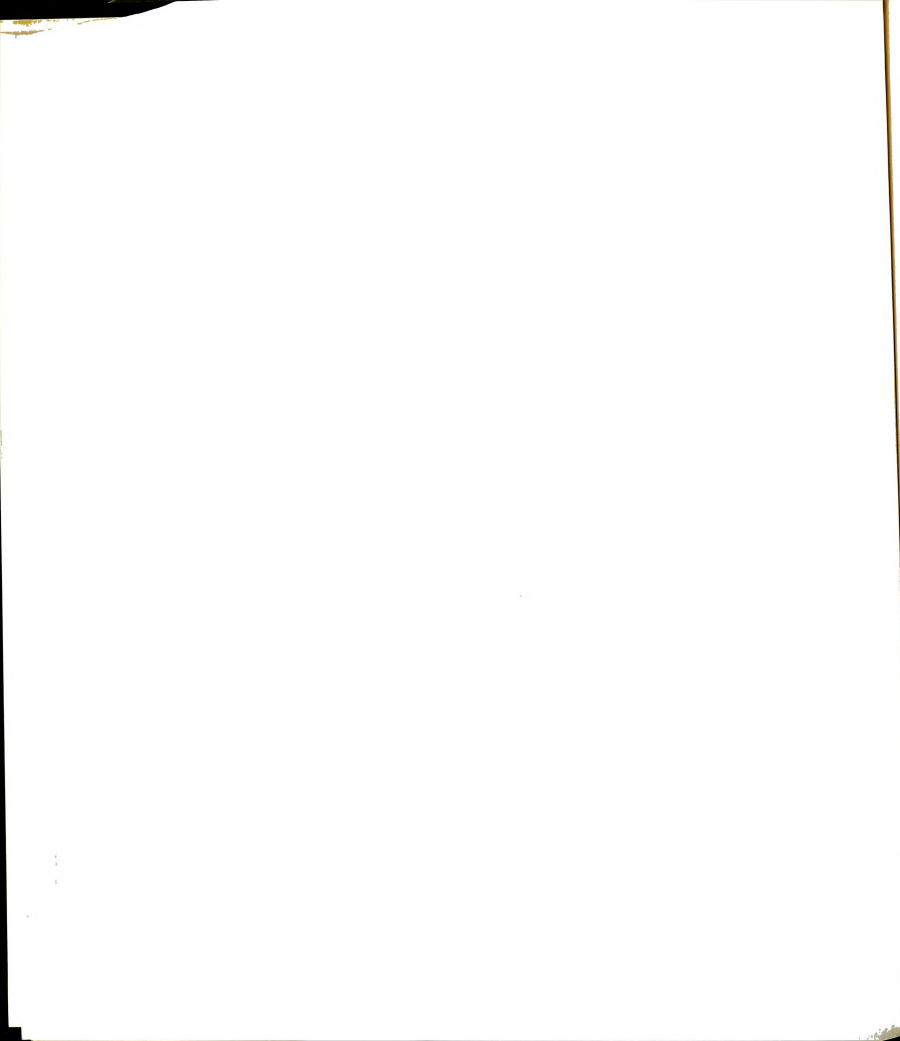
*Significant at an Alpha level of .05.

Role: Meeting Expenses

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	5.780	.021*
Pretest/Posttest by Experimental/ Control Interaction	1,40	3.259	.079
Experimental/Control Main Effect	1,40	.191	.664

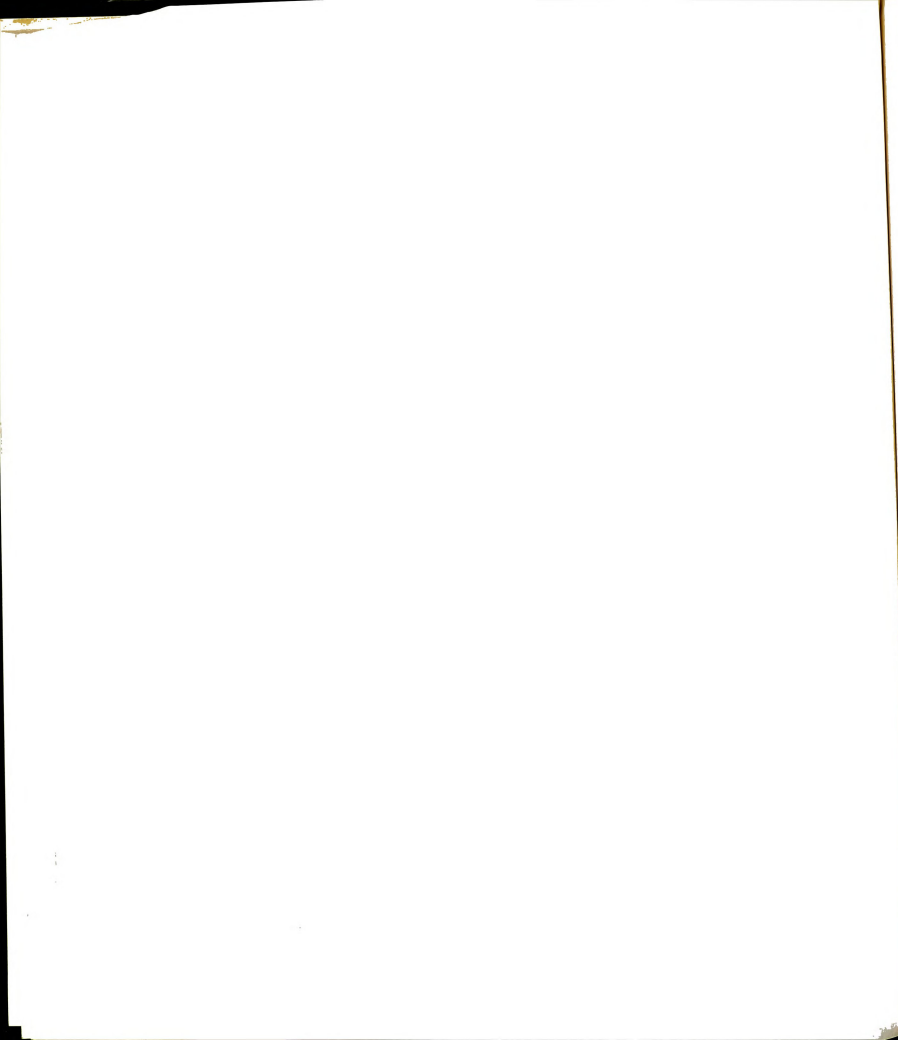
Mean Scores		
	Experimental Group	Control Group
Pretest	77.38	79.28
Posttest	88.42	80.85

*Significant at an Alpha level of .05.



APPENDIX O

SUMMARY OF ANOVAS FOR TEST OF HYPOTHESIS 6,
F-VALUES, ASSOCIATED PROBABILITIES, AND
GROUP MEANS FOR THE SIXTEEN FACTORS
OF THE 16PF



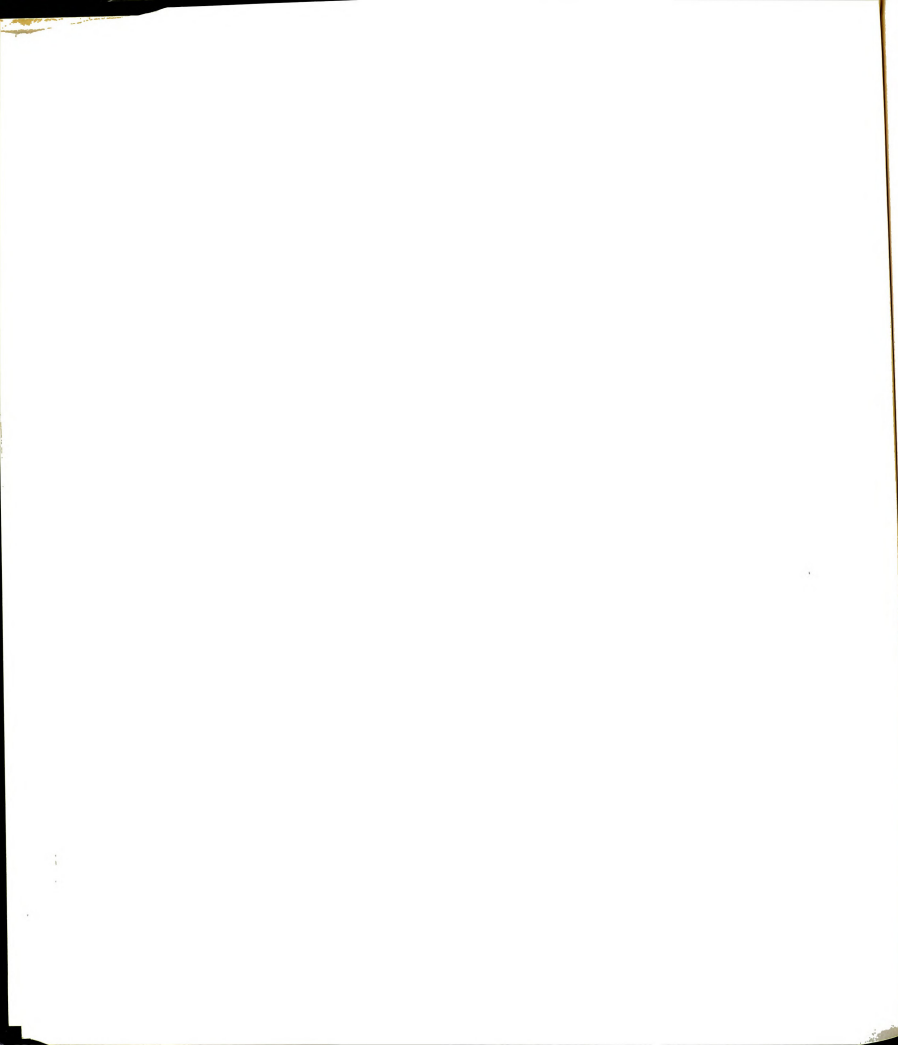
Factor A

Reserved, Detached, Aloof, Stiff (Sizothymia)	1	Sten Score	10	Outgoing, Warm-hearted, Easy-going, Participating (Affectothymia)
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Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	9.16	.004*
Pretest/Posttest by Experimental/ Control Interaction	1,40	7.33	.010*
Experimental/Control Main Effect	1,40	.002	.967

Mean Scores		
	Experimental Group	Control Group
Pretest	4.76	5.19
Posttest	5.61	5.23

*Significant at an Alpha level of .05.

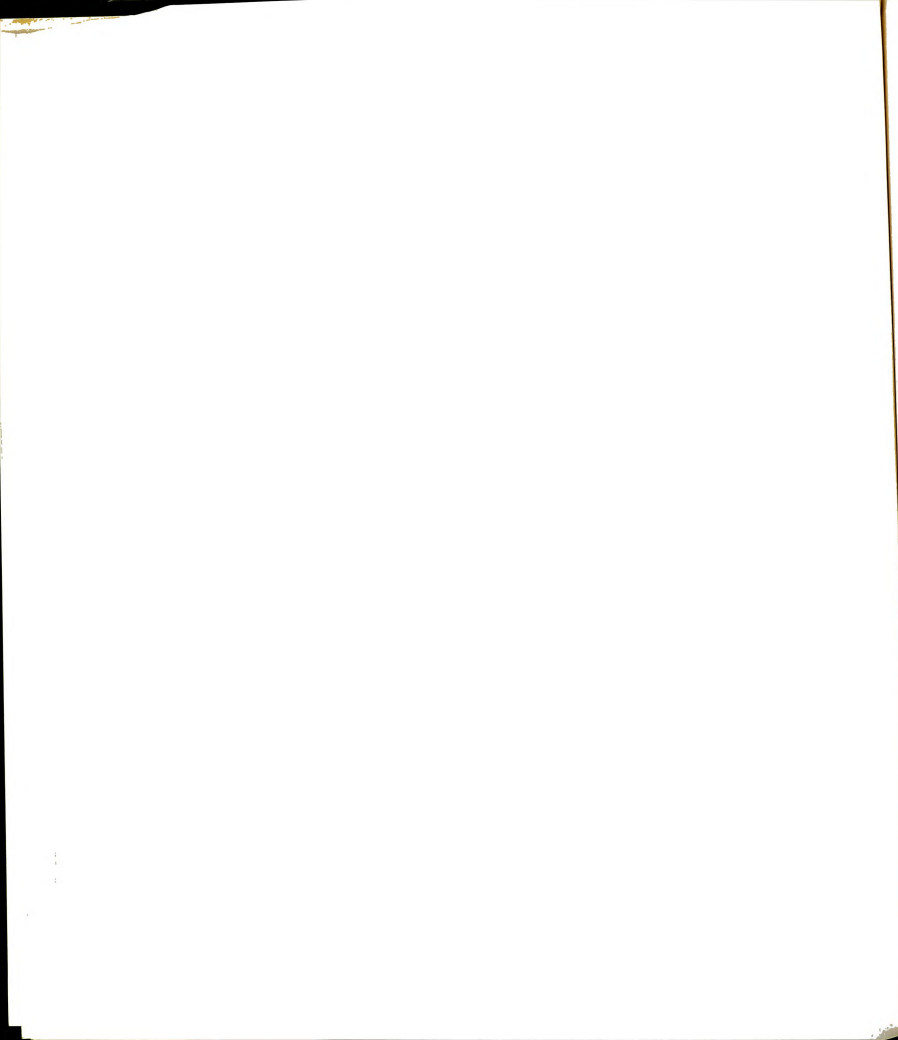


Factor B

	Sten Scores		
	1	10	
Less Intelligent, Concrete-Thinking, (Lower Scholastic Mental Capacity)			More Intelligent, Abstract Thinking, Bright (Higher Scholastic Mental Capacity)

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	.692	.410
Pretest/Posttest by Experimental/ Control Interaction	1,40	1.08	.305
Experimental/Control Main Effect	1,40	.450	.506

Mean Scores		
	Experimental Group	Control Group
Pretest	5.47	4.95
Posttest	5.42	5.38



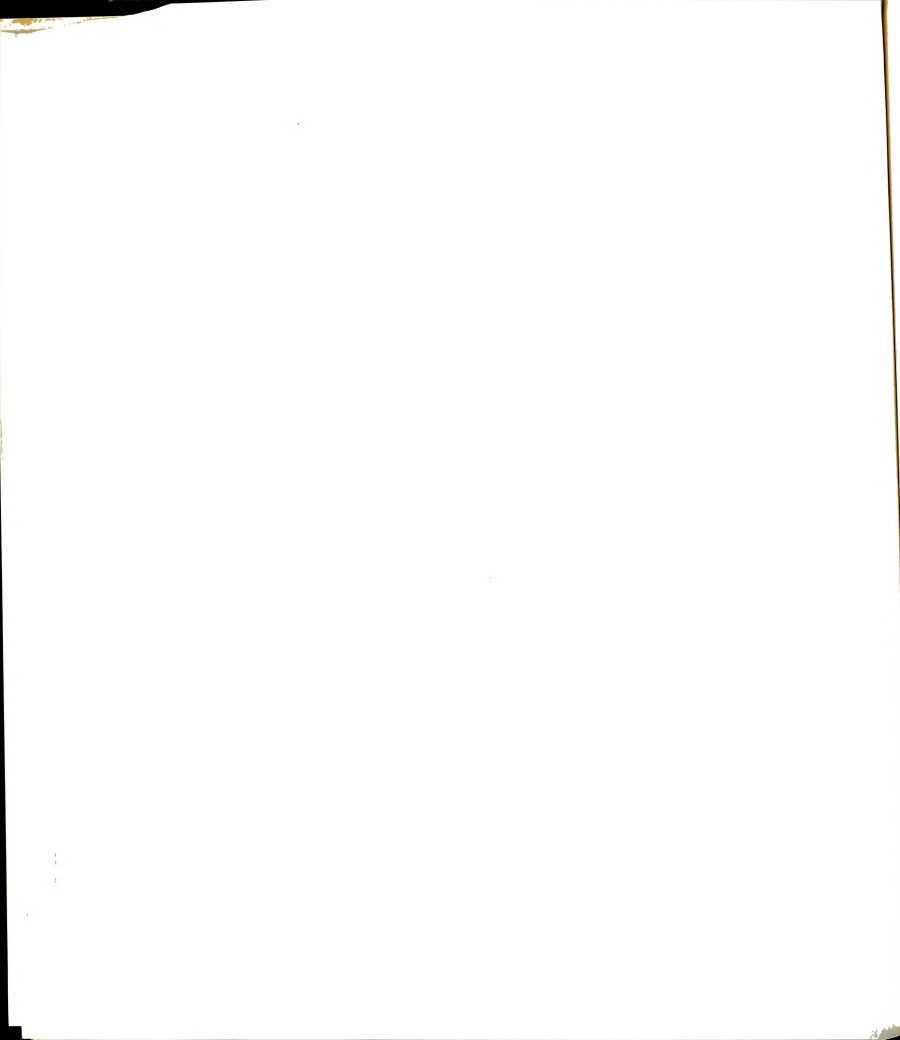
Factor C

Sten Scores		
Affected by Feelings, Emotionally Less Stable, Easily Upset (Low Ego Strength)	1 10	Emotionally Stable, Mature, Faces Reality, Calm (Higher Ego Strength)

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	10.23	.003*
Pretest/Posttest by Experimental/ Control Interaction	1,40	3.04	.089
Experimental/Control Main Effect	1,40	.100	.754

Mean Scores		
	Experimental Group	Control Group
Pretest	3.80	3.95
Posttest	4.61	4.19

*Significant at an Alpha level of .05.

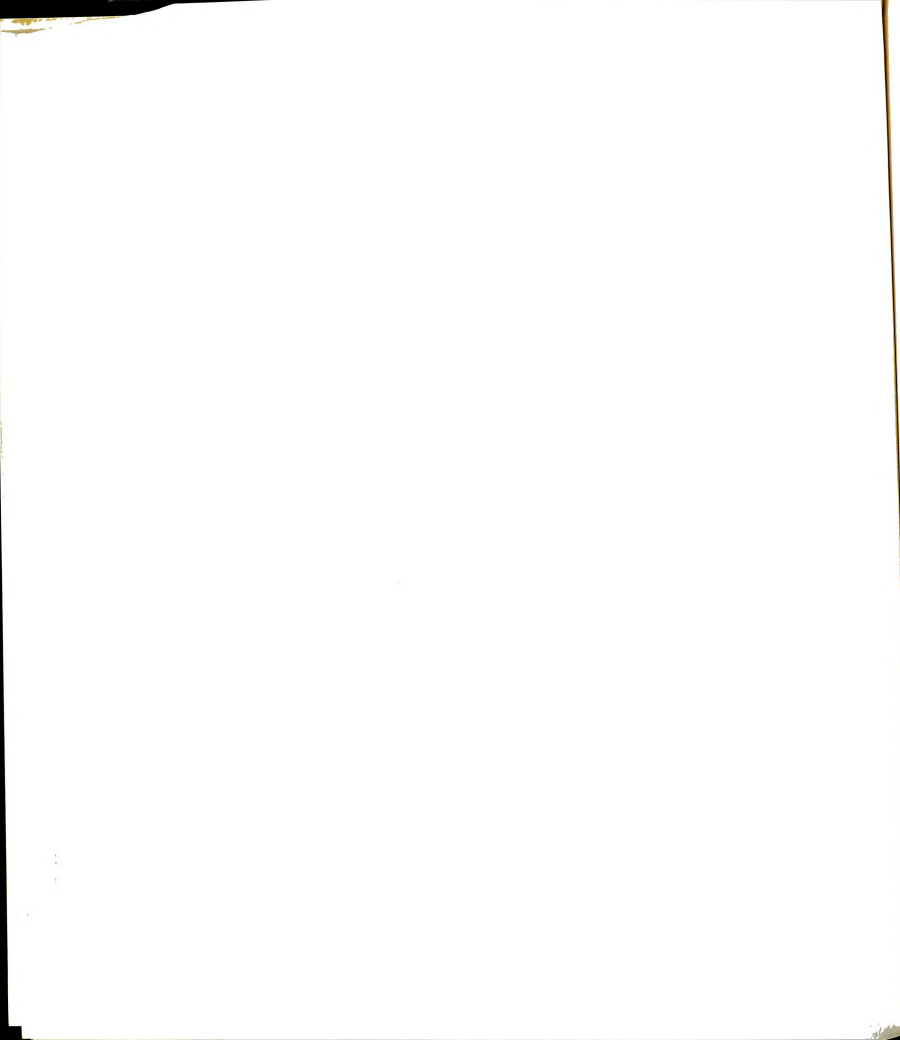


Factor E

Humble, Mild, Easily Led, Docile, Accommodating (Submissiveness)	Sten Scores		Assertive, Aggres- sive, Stubborn, Competitive (Dominance)
	1	10	

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	2.94	.094
Pretest/Posttest by Experimental/ Control Interaction	1,40	1.58	.216
Experimental/Control Main Effect	1,40	.012	.913

Mean Scores		
	Experimental Group	Control Group
Pretest	5.47	5.66
Posttest	6.09	5.76



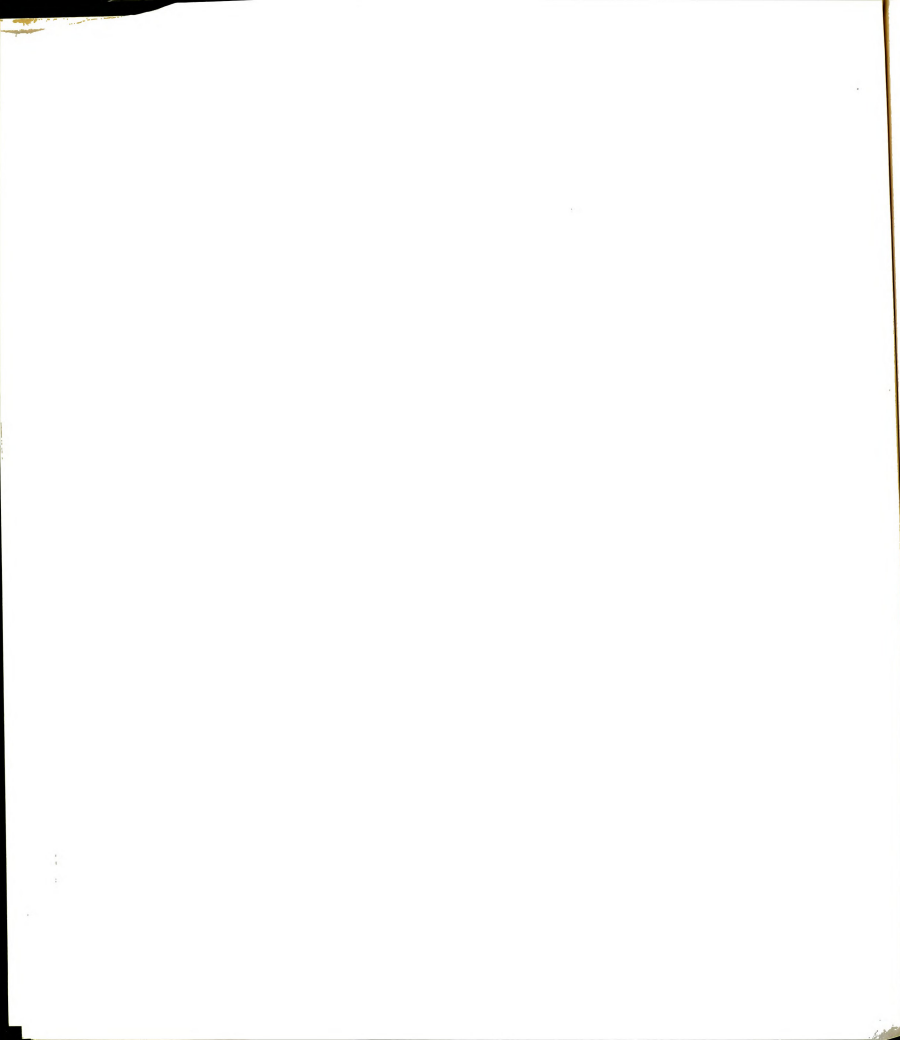
Factor F

	Sten Scores	
Sober, Taciturn, Serious (Desurgency)	1	10
		Happy-Go-Lucky, Enthusiastic (Surgency)

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	5.72	.022*
Pretest/Posttest by Experimental/ Control Interaction	1,40	3.34	.075
Experimental/Control Main Effect	1,40	.956	.334

Mean Scores		
	Experimental Group	Control Group
Pretest	5.57	5.38
Posttest	6.28	5.47

*Significant at an Alpha level of .05.

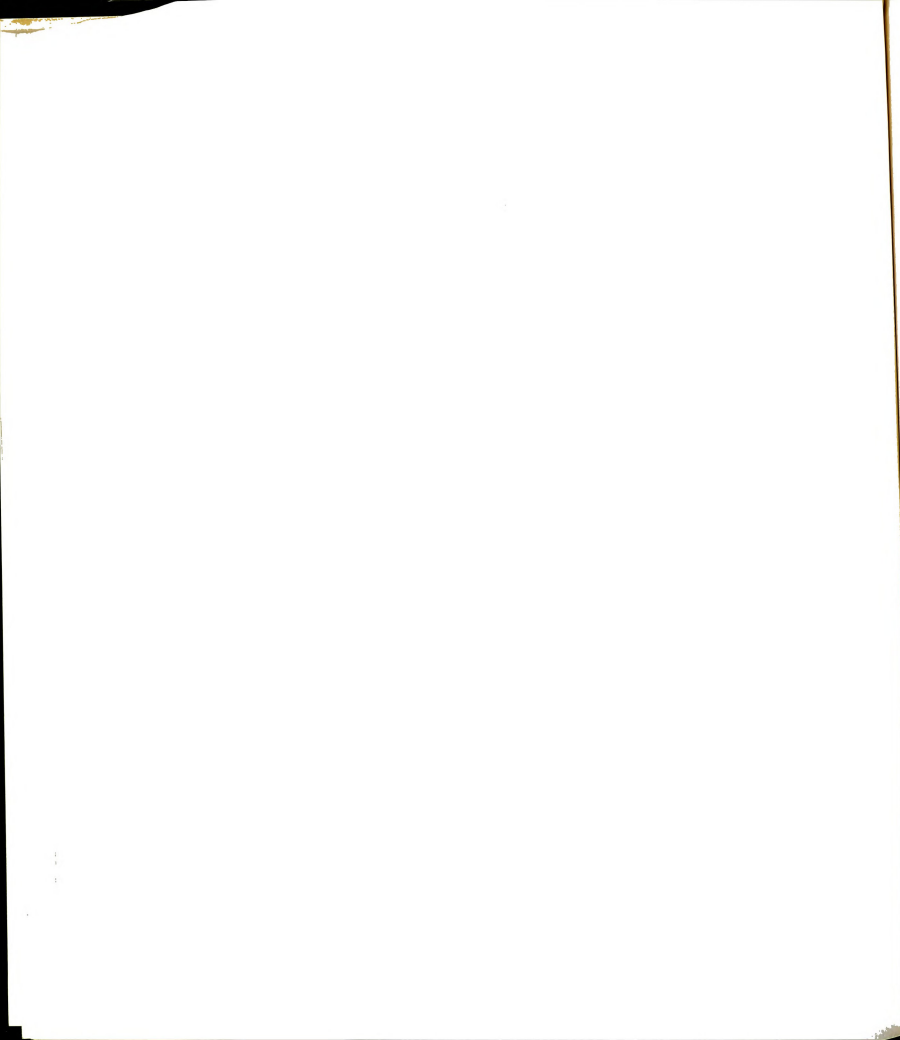


Factor G

	Sten Scores	
Expedient, Dis- regards Rules (Weak Superego Strength)	1	10 Conscientious, Persistent, Morally Staid (Stronger Superego Strength)

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	.016	.901
Pretest/Posttest by Experimental/ Control Interaction	1,40	1.26	.268
Experimental/Control Main Effect	1,40	.002	.962

Mean Scores		
	Experimental Group	Control Group
Pretest	5.47	5.23
Posttest	5.28	5.47



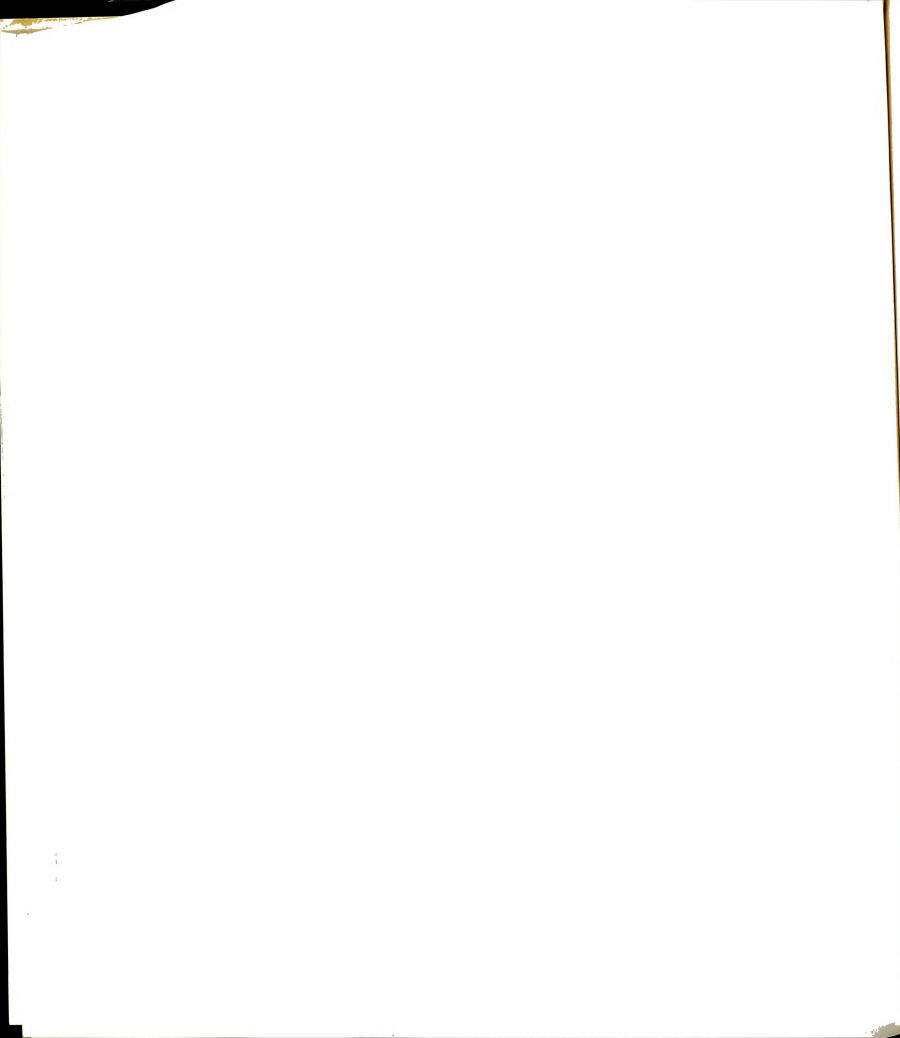
Factor H

	Sten Scores	
Shy, Timid, Threat- Sensitive (Threctia)	1	10 Venturesome, Un- inhibited, Socially Bold (Parmia)

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	9.48	.004*
Pretest/Posttest by Experimental/ Control Interaction	1,40	3.41	.072
Experimental/Control Main Effect	1,40	.116	.736

Mean Scores		
	Experimental Group	Control Group
Pretest	4.71	4.90
Posttest	5.66	5.14

*Significant at an Alpha level of .05.



Factor I

	Sten Scores	
Tough-Minded, Self-Reliant Realistic	1	10 Tenderminded, Sensitive, Clinging, Overprotected

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	.099	.755
Pretest/Posttest by Experimental/ Control Interaction	1,40	.011	.917
Experimental/Control Main Effect	1,40	5.64	.022*

Mean Scores		
	Experimental Group	Control Group
Pretest	5.61	4.52
Posttest	5.71	4.57

*Significant at an Alpha level of .05.

Factor L

Trusting, Accept- ing Conditions (Alaxia)	Sten Scores		10 Suspicious, Hard to Fool (Proten- sion)	
	1			
Sources of Variance				
		d.f.	F	p
Pretest/Posttest Main Effect		1,40	.778	.383
Pretest/Posttest by Experimental/ Control Interaction		1,40	.049	.827
Experimental/Control Main Effect		1,40	2.772	.104
Mean Scores				
		Experimental Group	Control Group	
Pretest		5.61	6.52	
Posttest		5.38	6.38	

Factor M

Sources of Variance	Sten Scores		<u>F</u>	<u>p</u>
	1	10		
Practical, Down-to-Earth (Praxernia)		Imaginative, Bohemian, Absent-Minded (Autia)		
Pretest/Posttest Main Effect			7.398	.010*
Pretest/Posttest by Experimental/ Control Interaction			1.660	.205
Experimental/Control Main Effect			2.520	.120

Mean Scores		
	Experimental Group	Control Group
Pretest	5.33	4.80
Posttest	6.00	5.04

*Significant at an Alpha level of .05.

Factor N

Factor N	Sten Scores	
	1	10
Forthright, Un-pretentious, Genuine, But Socially Clumsy (Artlessness)		Astute, Polished, Socially Aware (Shrewdness)

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	.007	.934
Pretest/Posttest by Experimental / Control Interaction	1,40	.062	.805
Experimental/Control Main Effect	1,40	.719	.402

Mean Scores		
	Experimental Group	Control Group
Pretest	5.66	5.28
Posttest	5.76	5.23

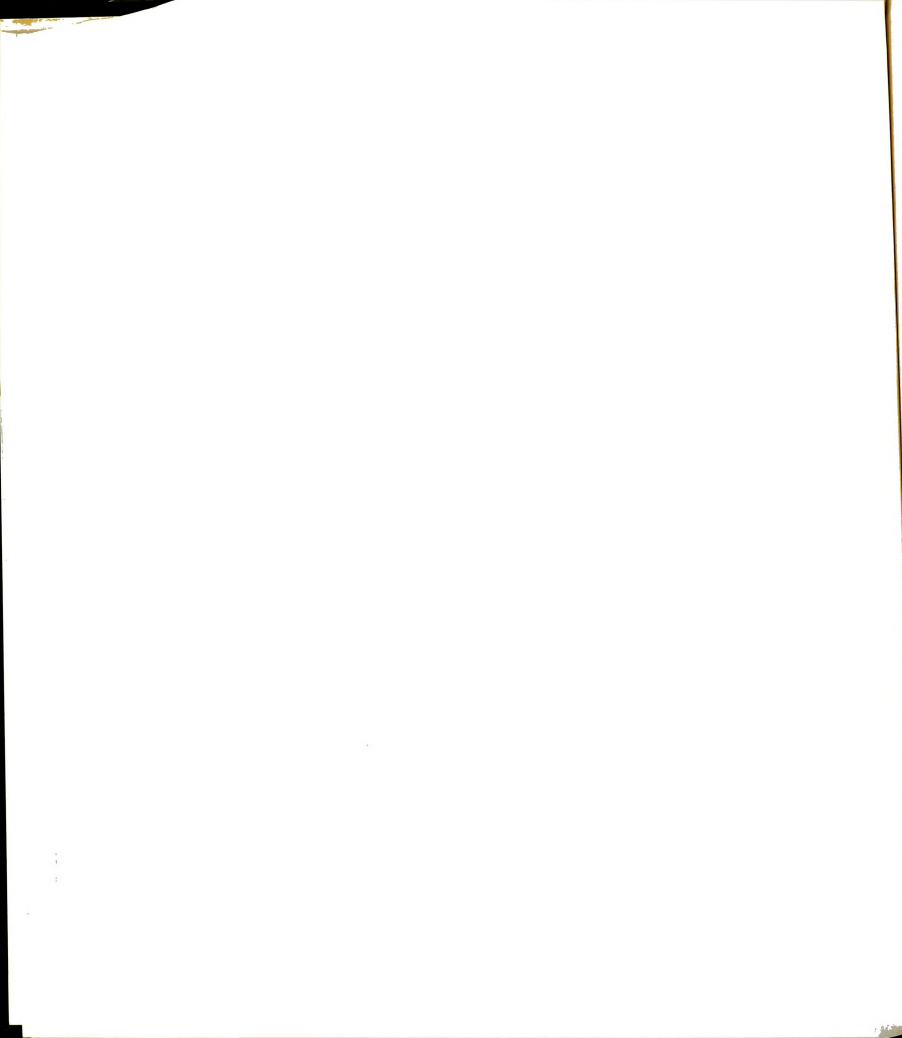
Factor O

	Sten Scores		
Self-Assured, Placid, Secure, Serene (Un- troubled Adequacy)	1	10	Apprehensive, Self- Reproaching, In- secure, Worrying, Troubled (Guilt Proneness)

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	6.572	.014*
Pretest/Posttest by Experimental/ Control Interaction	1,40	5.380	.026*
Experimental/Control Main Effect	1,40	.097	.758

Mean Scores		
	Experimental Group	Control Group
Pretest	7.42	6.80
Posttest	6.47	6.76

*Significant at an Alpha level of .05.



Factor Q₁

	Sten Scores	
Conservative, Respecting Traditional Ideas, Conservatism of Temperament	1	10
		Experimental, Liberal, Free- Thinking

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	.000	1.000
Pretest/Posttest by Experimental/ Control Interaction	1,40	.170	.682
Experimental/Control Main Effect	1,40	.059	.810

Mean Scores		
	Experimental Group	Control Group
Pretest	6.09	6.14
Posttest	6.00	6.23

Factor Q₂

Group-Dependent, A Joiner and Sound-Follower (Group Adherence)	Sten Scores		Self-Sufficient, Resourceful, Pre- fers Own Decisions (Self-Sufficiency)
	1	10	

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	8.384	.006*
Pretest/Posttest by Experimental/ Control Interaction	1,40	.524	.473
Experimental/Control Main Effect	1,40	.847	.363

Mean Scores		
	Experimental Group	Control Group
Pretest	6.52	5.90
Posttest	5.80	5.47

*Significant at an Alpha level of .05.

Factor Q₃

	Sten Scores		
Undisciplined Self-Conflict, Lax, Follow Own Urges (Low Integration)	1	10	Controlled, Exacting Will Power, Socially Precise, Compulsive, (High Strength of Self-Sentiment)

Sources of Variance	d.f.	F	p
Pretest/Posttest Main Effect	1,40	12.457	.001*
Pretest/Posttest by Experimental/ Control Interaction	1,40	3.612	.065
Experimental/Control Main Effect	1,40	.988	.326

Mean Scores		
	Experimental Group	Control Group
Pretest	4.23	5.28
Posttest	5.66	5.71

*Significant at an Alpha level of .05.

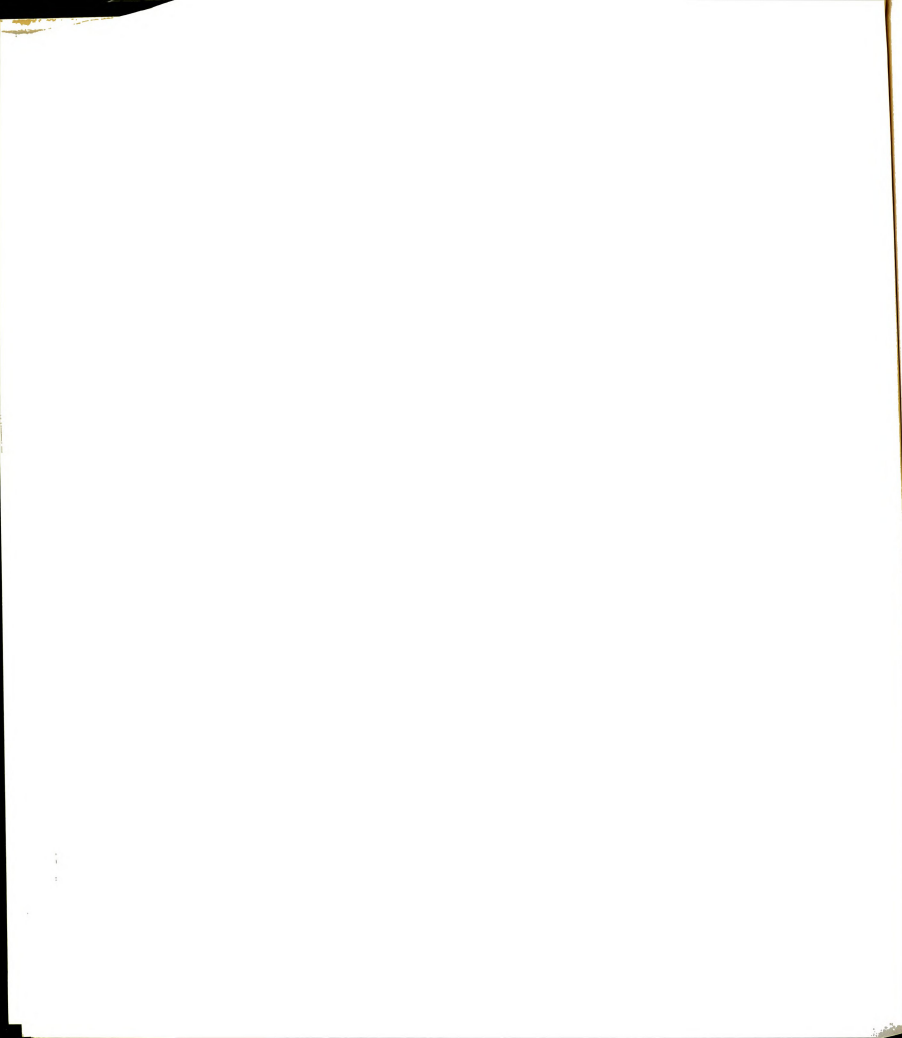
Factor Q₄

	Sten Scores	
Relaxed, Tranquil, Unfrustrated, Com- posed (Low Ergic Tension)	1	10 Tense, Frustrated, Driven, Over- wrought (High Ergic Tension)

Sources of Variance	d.f.	<u>F</u>	<u>p</u>
Pretest/Posttest Main Effect	1,40	8.002	.007*
Pretest/Posttest by Experimental/ Control Interaction	1,40	2.750	.105
Experimental/Control Main Effect	1,40	.103	.750

Mean Scores		
	Experimental Group	Control Group
Pretest	6.85	6.61
Posttest	5.76	6.33

*Significant at an Alpha level of .05.



APPENDIX P

WEIGHTS AND CONSTANTS APPLIED TO PRIMARY
FACTOR STEN SCORES TO OBTAIN SECOND-
STRATUM FACTOR SCORES OF THE 16PF

APPENDIX P

WEIGHTS AND CONSTANTS APPLIED TO PRIMARY FACTOR STEN SCORES TO OBTAIN SECOND- STRATUM FACTOR SCORES OF THE 16PF

(Combined Weights--for Samples with Both Men and Women)

	EXVIA	PFANX	CORTERTIA	INDEP
Factor A	.22	.03	-.48	.02
B	.01	-.02	-.01	.05
C	.02	-.24	.08	-.02
E	.20	-.03	.27	.47
F	.38	.01	.27	-.02
G	.10	.05	-.06	-.12
H	.34	-.10	.27	.09
I	-.04	.04	-.41	.03
L	.03	.12	.18	.18
M	-.03	-.07	-.04	.29
N	-.12	00	-.07	-.12
O	-.07	.29	-.13	-.17
Q ₁	00	-.04	-.10	.28
Q ₂	-.26	-.03	.06	.22
Q ₃	-.02	-.11	-.01	.02
Q ₄	.12	.37	.12	-.08
Constant	0.66	4.02	5.83	-.66

LEGEND

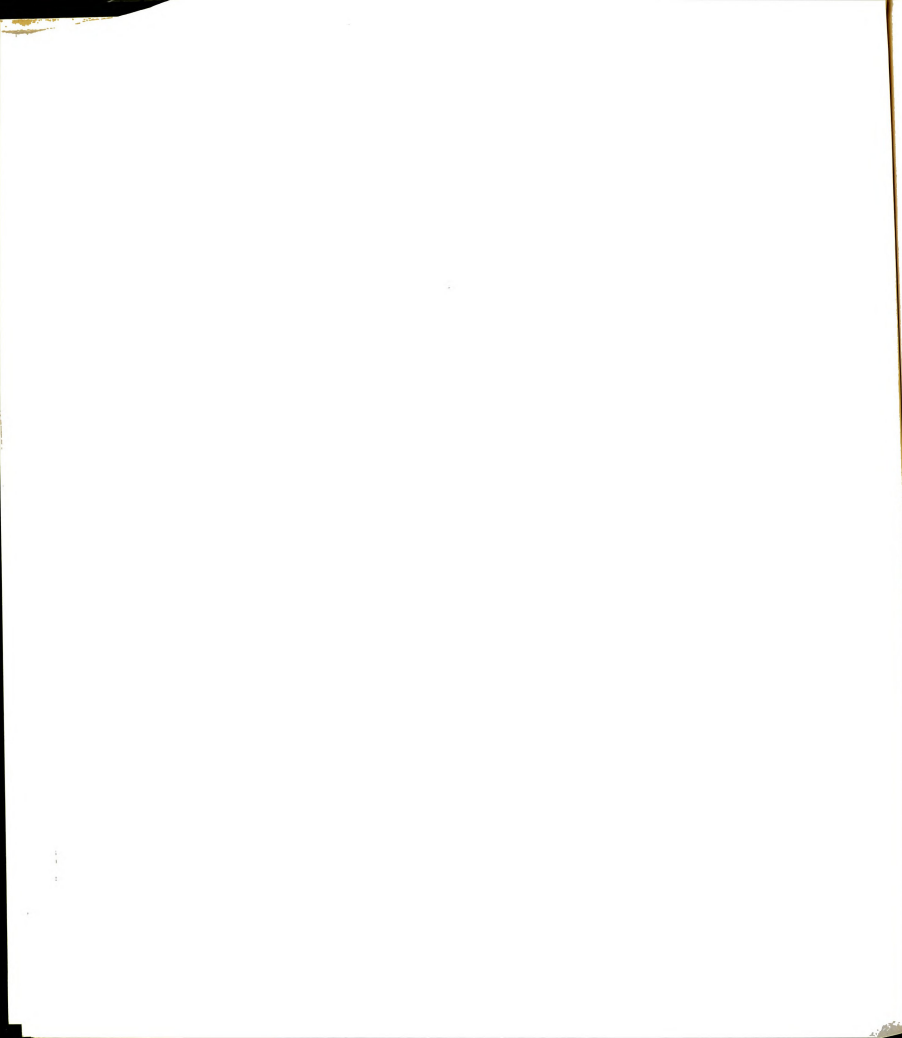
EXVIA = Invia vs. Exvia factor

PFANX = Adjustment vs. Anxiety factor

CORTERTIA = Pathemia vs. Cortertia factor

INDEP = Subduedness vs. Independence factor

Factors A-Q₄ = 16 primary factors



APPENDIX Q

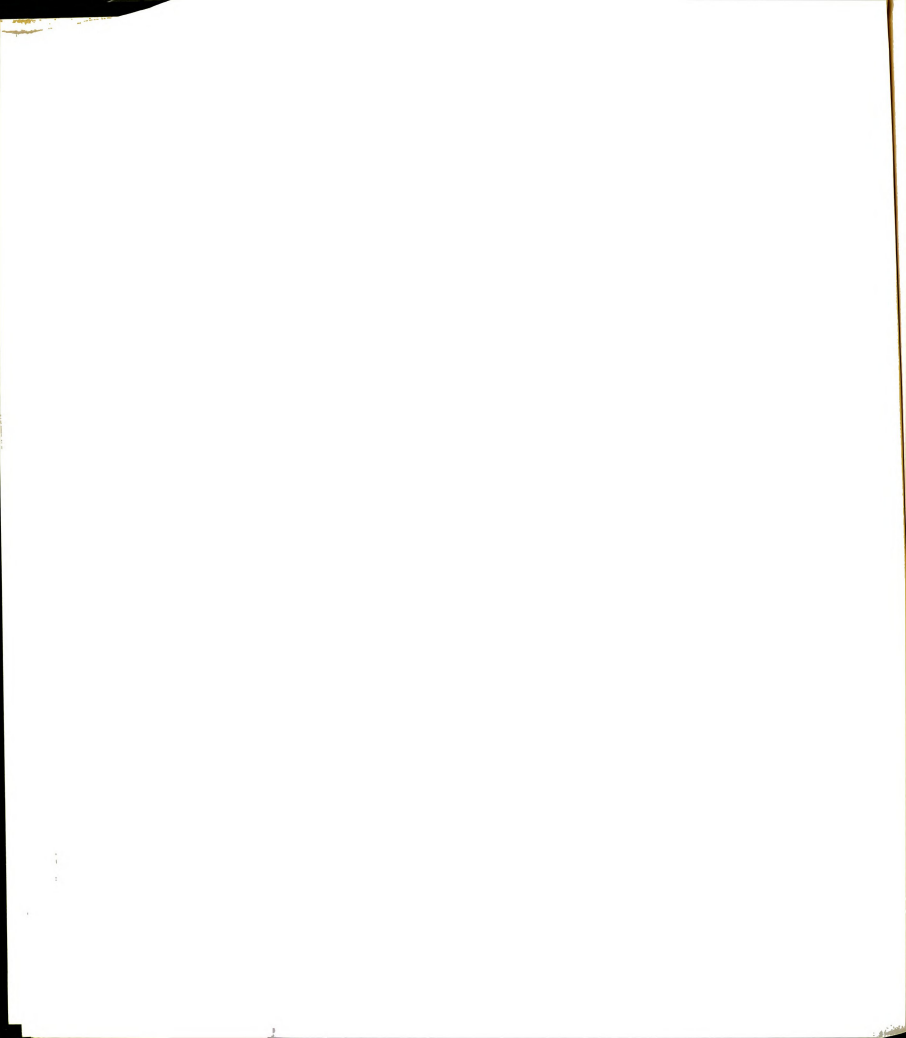
SUMMARY OF THE CLINICIANS' REVIEWS REGARDING THE
EXPERIMENTAL GROUP SUBJECTS' PROGRESS
IN THERAPY

APPENDIX Q

SUMMARY OF THE CLINICIANS' REVIEWS REGARDING THE EXPERIMENTAL GROUP SUBJECTS' PROGRESS IN THERAPY

The summaries provided by the clinicians regarding the progress made by the experimental group subjects seemed to fall into four general categories: (1) reduction of anxiety, (2) enhancement of self-esteem, (3) the beginning of redefining goals for their lives, and (4) beginning to perceive and accept themselves as single individuals rather than married individuals. Interestingly, the clinicians did not highlight changes in general personality adjustment, perceptions of self in various roles, or perceptions of self in social or interpersonal contexts.

The clinicians' summaries varied from subject to subject, and very frequently a number of changes within subjects were noted. The following breakdown of subject-by-category, however, is based on the predominant change cited for each subject. Subjects 1, 3, 4, 10, 16, 18, and 21 were perceived by the clinicians as benefitting from therapy primarily through the reduction of anxiety. This



group was made up of six women and one man. Subjects 2, 5, 8, 9, 11, and 15 were perceived by the clinicians as improving primarily through the enhancement of their self-esteem. This group was made up of three men and three women. Subjects 6, 7, 13, and 20 were perceived by the clinicians as improving primarily by redefining goals and directions for their lives. This group was made up of all women. Subjects 12, 14, 17, and 19 were perceived by the clinicians as benefitting from therapy primarily by beginning to perceive and accept themselves as single individuals rather than married individuals. This group was made up of two men and two women.

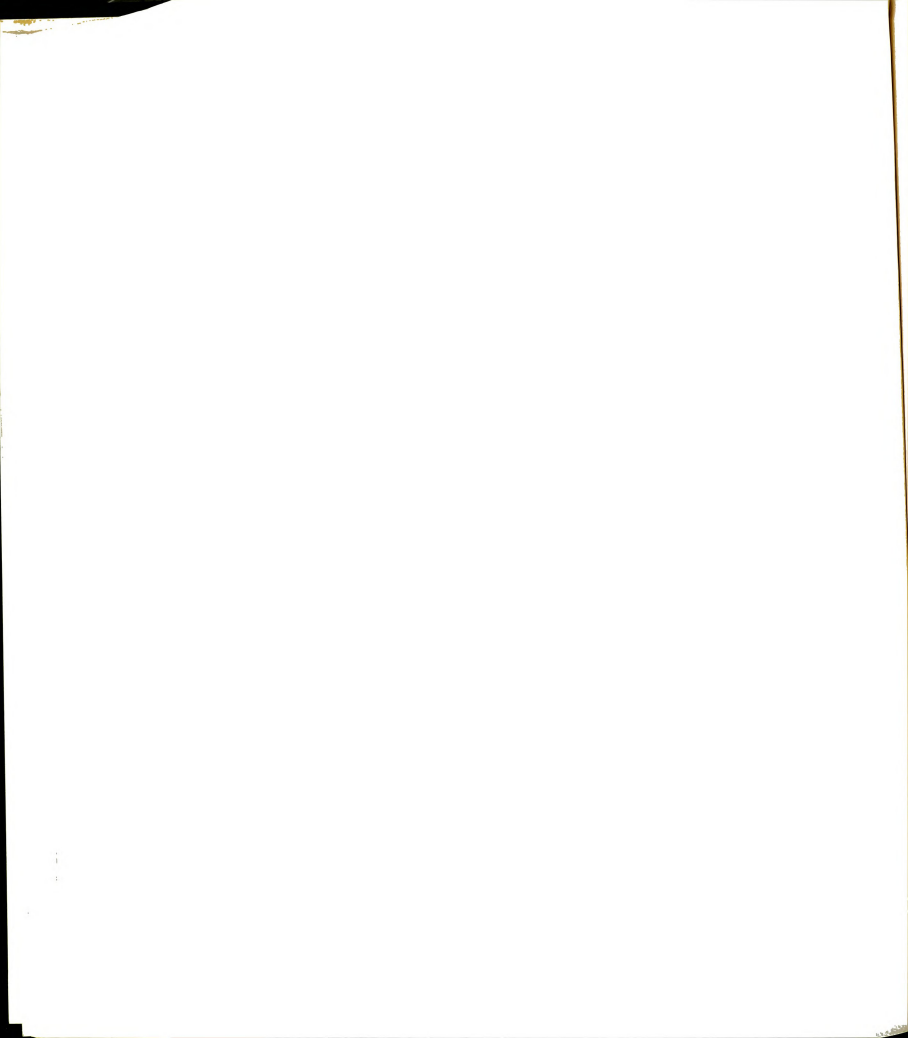
LIST OF REFERENCES

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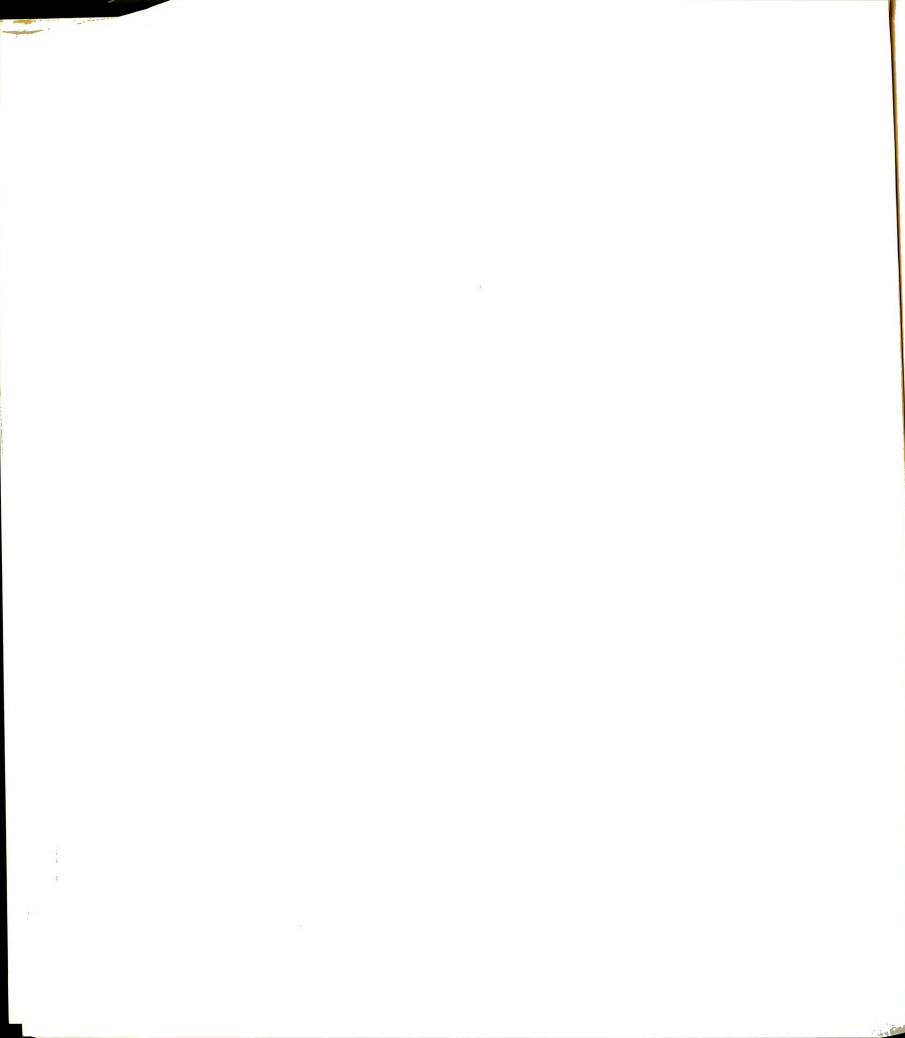
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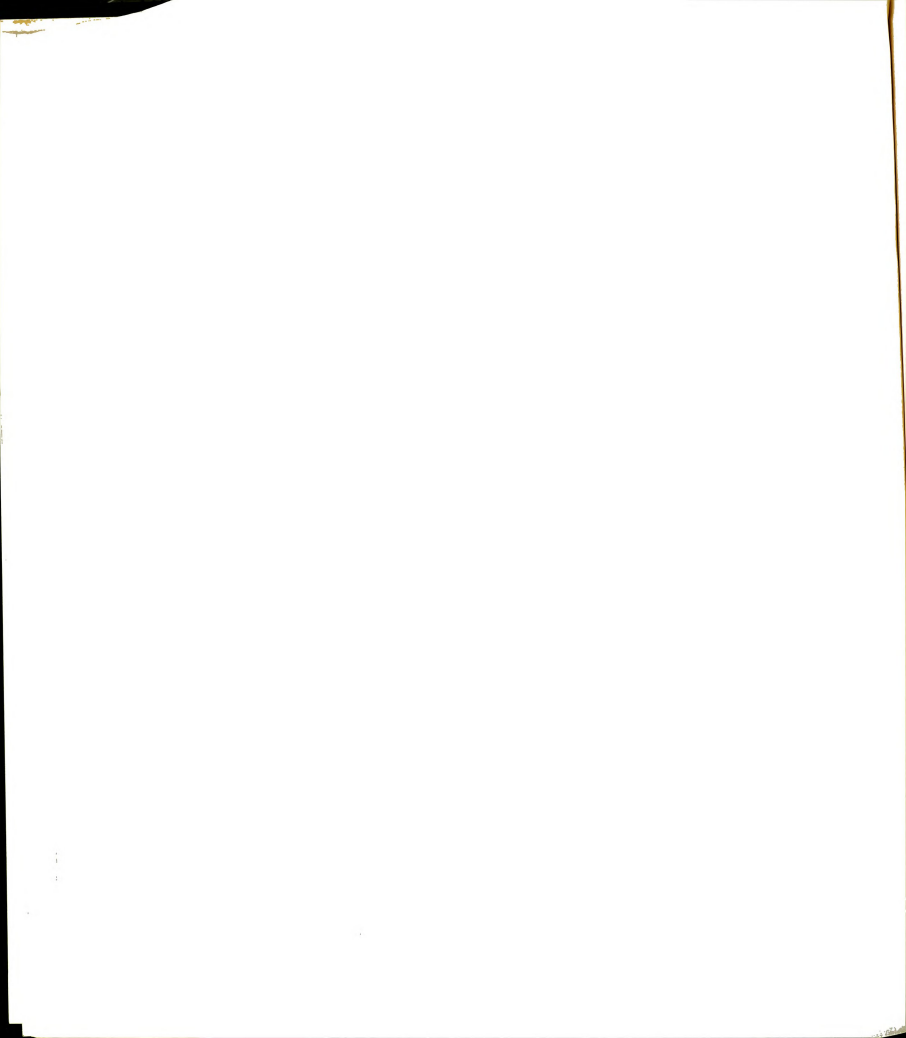


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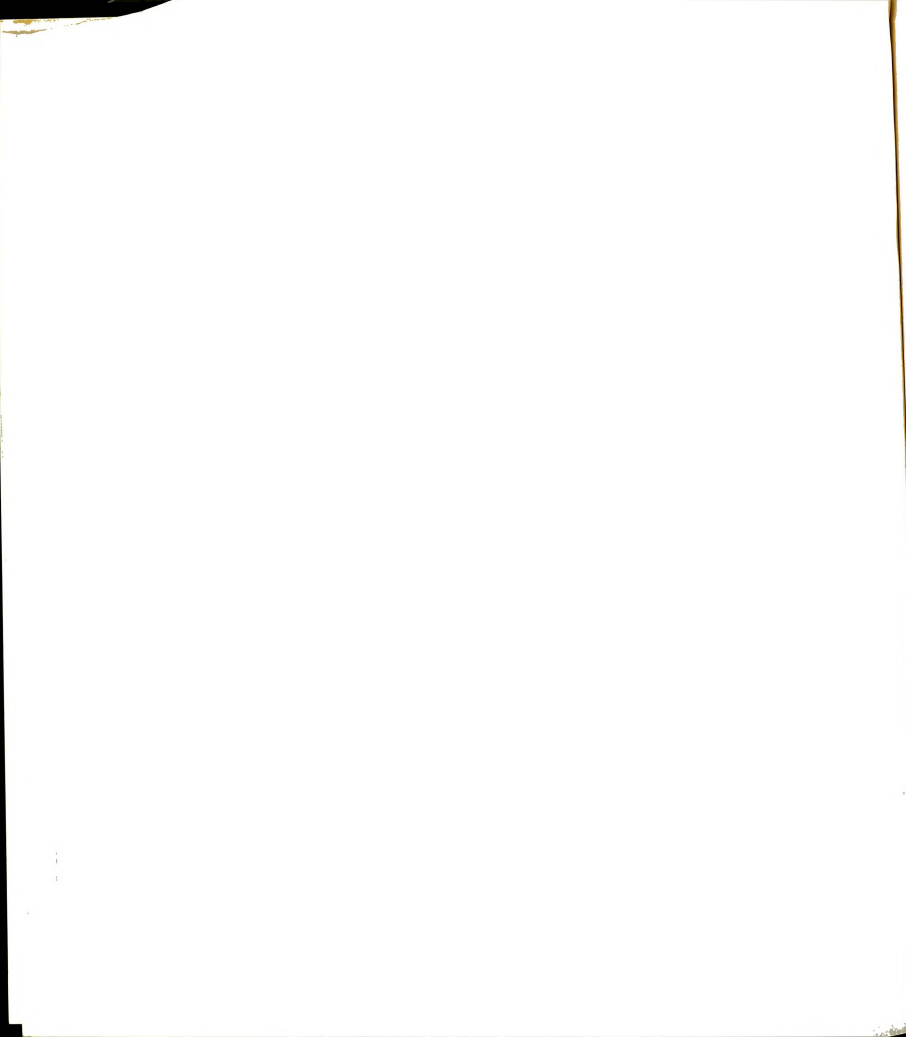


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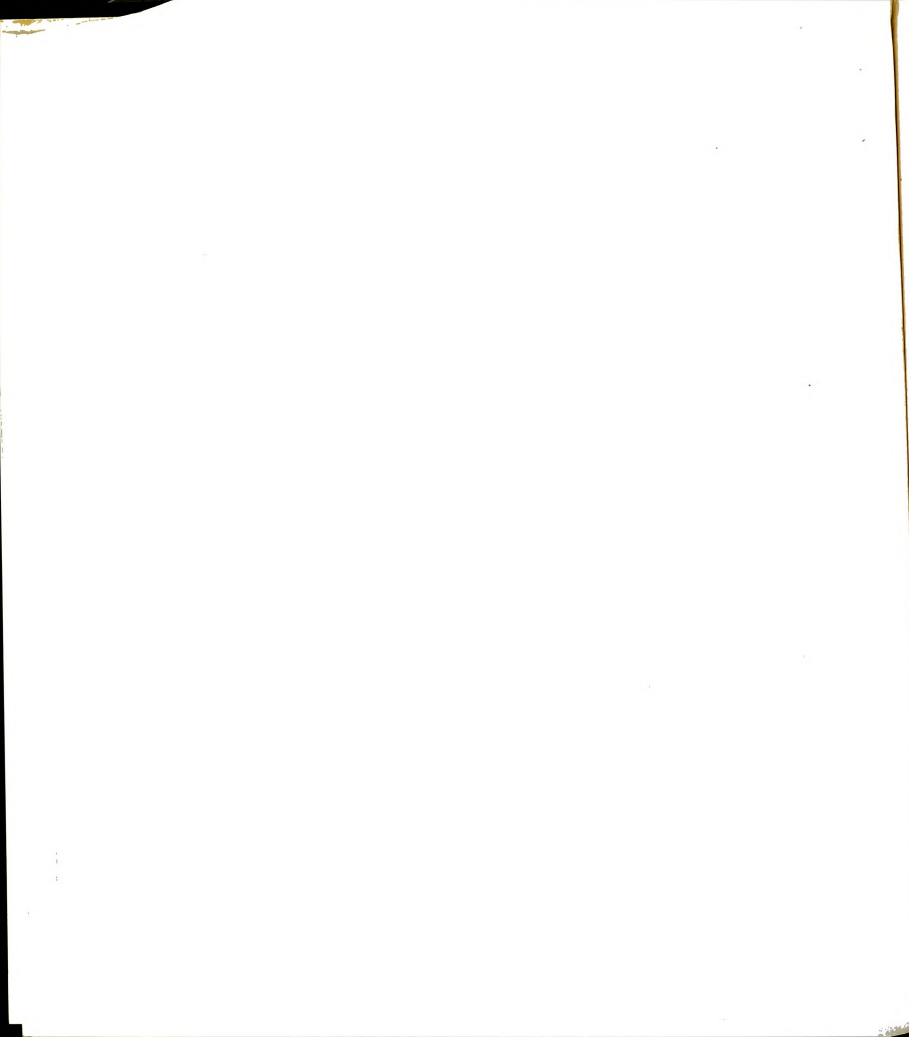
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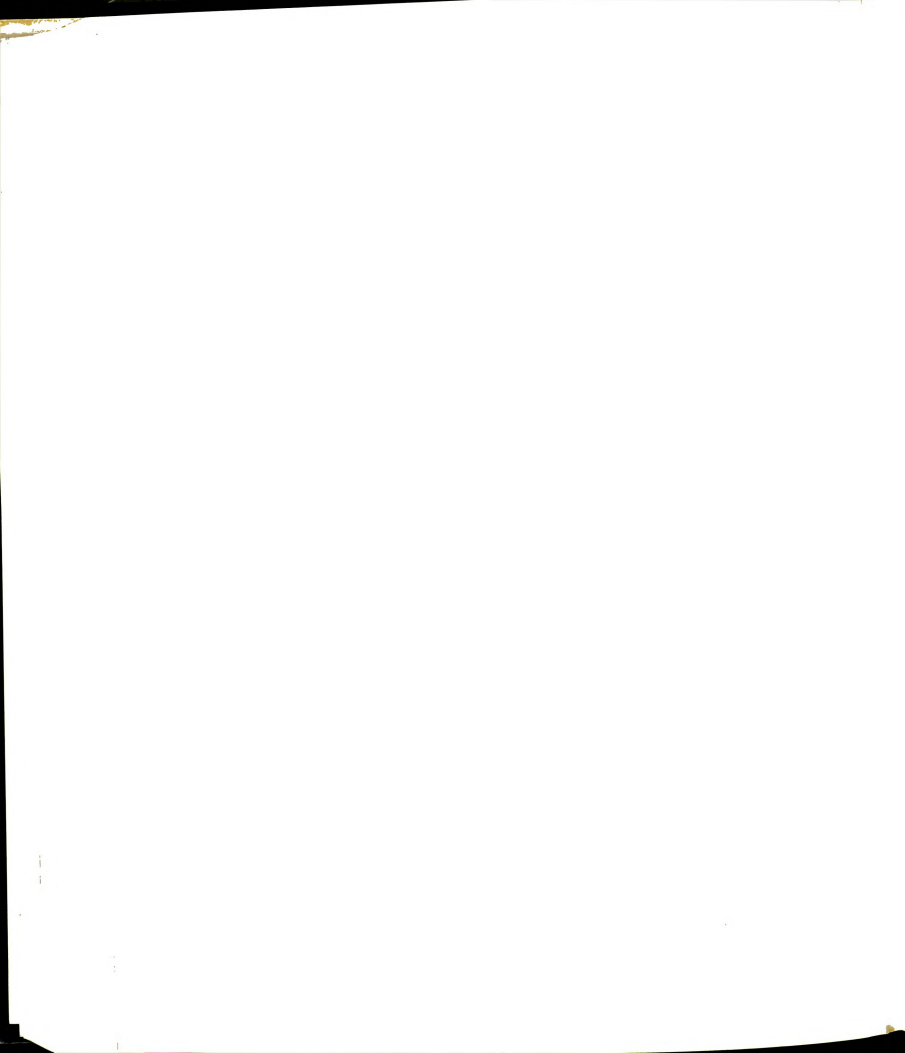


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