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Friendship, Marriage and Self-esteem:  
An Investigation of the Dimensions of Friendship  
and the Link Between Significant Interpersonal  
Relationships and Self-esteem.

Kirsten Voss

A Thesis  
in  
The Department  
of  
Psychology

Presented in Partial Fulfilment of the Requirements  
for the Degree of Master of Arts at  
Concordia University  
Montreal, Quebec, Canada

June 1995

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ISBN 0-612-05103-X

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## **ABSTRACT**

Friendship, Marriage and Self-esteem:  
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and the Link Between Significant Interpersonal  
Relationships and Self-esteem

Kirsten Voss

Although past research has shown that significant interpersonal relationships play an important role in subjective well-being, few studies have attempted to link particular facets of relationships to self-esteem. Furthermore, little attention has been given to the investigation of friendship between married partners. In the present study, the characteristics of friendship between best same-sex friends and between married partners are examined in relation to self-esteem. Additional consideration is given to dimensions of marital adjustment. The possibility of buffering effects on self-esteem is also examined. A sample of 219 couples completed the Dyadic Adjustment Scale (Spanier, 1976), the Acquaintance Description Form (Wright, 1988), and the Rosenberg Self-Esteem Scale (Rosenberg, 1965). Findings indicated that marital adjustment and dimensions of spousal friendship significantly predicted self-esteem for both sexes. Contrary to prediction, dimensions of women's best friendships were not independently related to their self-esteem. Dimensions of men's friendships, on the other hand, were independent predictors of men's self-esteem. For men, low marital conflict buffered the negative impact of high friend conflict on

self-esteem: men with low marital conflict and high friend conflict had levels of self-esteem that did not differ significantly from those of men with low conflict in both relationship domains. These results imply that men may place more importance on friendships than previously suggested in the literature.

## **Acknowledgements**

I would like to express my gratitude to all those who have made the completion of this thesis possible. To my advisor, Dr. Dorothy Markiewicz, my thanks for her help and support along the way. Her dedication, availability, and warmth have added to the richness of this learning experience. To my committee members, Dr. Dolores Pushkar Gold and Dr. Jim Pfaus, my appreciation for their useful comments and encouragement. To Dr. Anna-Beth Doyle, who was kind enough to read and comment on draft versions, my gratitude. Further thanks to Dr. John Lydon, the external examiner, whose comments will be useful when the contents of this thesis are prepared for publication.

To the members of the Friendship Project Team, particularly Melissa Lieberman, I extend my thanks for your patience and reinforcement. A special thanks to Li Yu Fu - without your statistical knowledge and lighthearted anecdotes my perseverance may have swayed. To my classmates, I am grateful for solidarity and encouragement.

I would also like to extend my thanks to my partner, Eric, who managed to live with me throughout this process. His patience and reassurance have made it possible for me to reach the point I have today. To my family, my thanks for encouraging me to attain my goals, and for their faith in my abilities.

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**Friendship, marriage and self-esteem: An investigation of the dimensions of friendship and the link between significant interpersonal relationships and self-esteem.**

Numerous researchers have investigated the role social relationships play in subjective well-being, yet few have examined the connection between social relationships and self-esteem, particularly in the area of adult friendship. More often, attention is given to the association between relationships and loneliness, depression, and physical symptomatology. Furthermore, it has proved difficult to identify which facets of personal relationships are the most important contributors to the way people feel about themselves.

The present study attempts to reach a better understanding of the link between significant relationships and self-esteem in an adult sample. Emphasis is placed on two important types of interpersonal relationships: marriage and best friendships. In addition, attention is given to the characteristic dimensions of same-sex friendship and of friendship within the marriage.

Self-esteem

Although self-esteem has been defined by some (e.g., Rosenberg, 1965) as self-acceptance, or as a general attitude toward the self, others (e.g., Marsh, 1988) see it as a superordinate construct inferred from a hierarchy of self-perception in a variety of specific domains (athletic ability, physical appearance). Yet, even though definitions of self-esteem may vary, researchers concur that self-esteem is an evaluative way of seeing oneself in general rather than one's perception of ability in particular areas of functioning (which is more often

referred to as self-concept). Furthermore, most authors agree that self-esteem constitutes an essential human need (Greenberg, et al., 1992). Self-esteem derives from many different sources and is constantly affected by numerous factors of daily life. It exerts influence on everyday functioning and has important consequences for personal well-being (e.g., feeling safe, secure, Greenberg, et al., 1992; Pugliesi, 1989).

The way individuals feel about themselves is a function of their life experience. Ethnicity, family background, culture, socialization, developmental changes, relationships (Block & Robins, 1993; Farrell, 1986; Grey, 1991; Wood, 1993) - all contribute to how human beings come to see themselves. In particular, the relationships one has with others play a significant role in psychological development.

Research on self-esteem has occasionally revealed gender differences. In some cases men have been shown to have higher self-esteem than women, while in others the reverse is true. Taken together, the findings of these numerous studies are equivocal and the general conclusion drawn is that gender differences in self-esteem are unreliable (Maccoby & Jacklin, 1974; Wylie, 1979 in Josephs, Markus, & Tatarodi, 1992). Given that life experience is generally different for men and women, certain authors have proposed that the self-definitional processes for the sexes may differ (Berzoff, 1989; Josephs, et al., 1992; Wood, 1986, 1993) even though the end result is similar.

The literature on personal relationships and friendships has consistently

shown that women tend more than men to appreciate and value contact and interconnectedness with others (e.g., Bell, 1981; Davidson & Duberman, 1982; Grey, 1991; Parker & de Vries, 1993). Men, on the other hand, are more likely to value independence and individuation more than do women (e.g., Bell, 1981; Reissman, 1981). It is not surprising then that more women tend to develop "collectivist, ensembled or connected" self schemas whereas more men tend to develop "individualist, independent or autonomous" self schemas (Josephs, et al., 1992: 391). Josephs and his colleagues underscore that self-esteem derives in part from succeeding at what is valued by one's particular socio-cultural group. Using this perspective, men (more than women) are thought to derive their self-esteem from success in situations in which they can assert their independence; whereas women (more than men) are thought to derive their self-esteem from success in situations in which they can achieve connection to others. Grey (1991) also notes that women are encouraged to construct their self-esteem on the basis of their connections with others, whereas men's self-esteem has a broader base.

Three studies completed by Josephs and his colleagues (1992) illustrate these gender differences. In the first study, men with high self-esteem were shown to individuate themselves on various measures of ability. They rated themselves as significantly better than classmates in social, athletic, academic and creative domains than did women with high or low self-esteem and men with low self-esteem. The second study showed that women with high self-

esteem performed significantly better on a word recall task than did all other groups when encoding instructions specified the use of associations to self or significant others, suggesting that women with high self-esteem value connectedness with others. In a third study, subjects were given false feedback regarding scores of individual attainment and interpersonal development on a bogus personality test. When given the opportunity to predict future test scores, men with high self-esteem anticipated higher scores on individual attainment but not on interpersonal development whereas the reverse was true for high self-esteem women. Both men and women in the low self-esteem groups did not compensate for low scores (i.e., predict higher scores).

The emphasis on individuation for men, and on connection for women, is also evident within their interpersonal relationships. For example, Wood (1986) has shown that women tend to define relationship crises in terms of difficulties arising between partners and place emphasis on the dyad. Men, on the other hand, were more likely to blame their partner or external circumstances as the cause of relational crises and as such, distanced themselves from the conflict. In addition, women reported feelings of pride when they were capable of maintaining an open climate when dealing with relationship crises, and continuing to care for the other person during the conflict. Men were more likely to be proud of being able to adhere to principles or external rules when in a relationship crisis. Nonetheless, men regretted that they did not place more emphasis on the relationship and on caring when dealing with conflict.



Interestingly, the same was true for women: they would have liked to attend more to the relationship and be more caring, even though they had already been originally. It appears as though women feel a greater responsibility for ensuring the integrity of the relationship than do men (Wood, 1986).

An investigation of self-esteem should consequently take into consideration the possibility that certain influential factors differ in importance for men and women. One may hypothesize that close relationships of the same quality may in fact have a differential impact on self-esteem for men and women. Specifically, the correlation between quality of close interpersonal relationships and self-esteem should be stronger for women than for men.

#### Interpersonal relationships

In order to better understand the way in which important interpersonal relationships influence self-esteem, their nature must be further explored. Studies have revealed that the social support provided by interpersonal relationships contributes positively to mental health and buffers against stress. Research has also shown that different types of relationships provide different forms of social support (Abbey, Abramis, & Kaplan, 1985; Dykstra, 1993; Felton & Berry, 1992; Heiler & Lakey, 1985; Procidano & Heller, 1983), hence the importance of examining different kinds of relationships separately (Sarason, Pierce & Sarason, 1990; Vinokur & von Ryn, 1993). The current investigation considers close same-sex friendships, cross-sex friendship between spouses as well as marital adjustment.

### Relational provisions

Identifying the various provisions that specific interpersonal relationships offer is not an easy task. Although attempts to uncover the provisions of different types of adult relationships have yielded interesting results, they have often focused on distinctive populations (e.g.: the elderly, or psychiatric patients). Weiss (1974) however, has addressed this issue in a non-clinical sample of non-elderly adults. He has identified six categories of relational provisions: attachment, social integration, opportunity for nurturance, reassurance of worth, reliable alliance, and guidance. In most cases, a given relationship will be associated with a particular provision. For example, participation in a social network provides social integration, and children provide an opportunity for nurturance. However, certain relationships offer a variety of provisions. This is particularly the case when considering attachment relationships.

Attachment relationships are those in which an individual feels comfortable and gains a sense of security. For an adult, these attachment bonds are present in close friendships and marriage. Weiss' work (1974) has revealed that the marital relationship offers numerous provisions, yet cannot eliminate the loneliness resulting from lack of friends. Similarly, friendship may alleviate loneliness resulting from the loss of one's spouse (through death, divorce, separation), but will not eradicate it (Weiss, 1974). Thus, although close friendships and marriage may share many functions, it would appear that

they also offer unique provisions.

Studies conducted on samples of older adults may shed light on the similarities and differences in provisions according to relationship type. For example, Feitton and Berry (1992) have shown that for elderly adults (between the ages of 63 and 90), the provisions of opportunity for nurturance, and guidance come more often from kin (including spouses) than from nonkin, whereas social integration comes more often from nonkin. No significant differences were found between kin and nonkin on the remaining provisions (i.e., attachment, reliable alliance, and reassurance of worth).

Further support for the hypothesis that close friendships and marriage offer unique provisions in addition to parallel ones comes from the work of Sheldon and West (1989). Their investigation of relationships in a sample of 19-25 year olds, revealed that lovers and best friends fulfill many of the same functions (e.g., provide sense of worth, reassurance, offer mutual confiding and trust). However, certain descriptors, such as "sense of being needed" and "other's happiness is a goal for you" were endorsed more frequently when responses pertained to lover.

The present investigation will attempt to further clarify the provisions of friendship and marriage by examining the similarities and differences in friendship quality between best same-sex friends and between spouses.

### Intimate relationships

Close personal relationships involve higher levels of intimacy than do

casual friendships. Unfortunately, an adequate definition of intimacy proves quite elusive. Many authors concur that self-disclosure is a central concept in intimacy (e.g., Altman and Taylor, 1973; Helgeson, et al., 1987; Monsour, 1992). Emotional expressiveness is also frequently mentioned (e.g., Helgeson, et al., 1987; Monsour, 1988; Monsour, 1992). Phenomenological studies of intimacy have revealed that dimensions such as non-verbal communication, spiritual closeness, altered perception of time, surprise and spontaneity, destiny (i.e., sense of comfort and security), unity (Register & Henley, 1992), importance of physical contact (Monsour, 1992; Register & Henley, 1992), trust, support, activity sharing, and sexual contact (Monsour, 1992) are also important components of intimate experience.

Furthermore, although men and women may define intimacy using similar themes, there are gender differences in terms of the importance and proportion of respondents endorsing particular themes (Monsour, 1992). For example, Monsour's (1992) study of intimacy revealed that although self-disclosure was identified as most important by both men and women in same-sex friendships, this was true for a greater proportion of women than of men. In addition, while men rated emotional expressiveness as second most important in their friendships, for women this theme was rated third after physical contact.

In a study by Parker & de Vries (1993), age of friend, shared activities and control were considered more important for men in their friendships whereas self-disclosure, appreciation of other, empathic understanding,

deepening of other's self-awareness, authenticity and connectedness were more important for women. Moreover, "moderate levels of intimacy and importance translate differently for males and females" (Monsour, 1993: 544), with men labelling such cross-sex relationships as "close" and women labelling them "casual".

### Friendship

In addition, it appears that women and men experience their friendships differently, although such differences are often in terms of degree rather than categorical distinctions in characteristics of the relationship (Wright, 1988). Women's friendships are often considered more involved, deeper (Barth & Kinder, 1988), more intimate (Farrell, 1986), and of longer duration (Barth & Kinder, 1988; Parker & de Vries, 1993) than are men's friendships. Their relationships are said to be more holistic (Wright, 1982), with higher levels of solidarity than hierarchy (McWilliams & Howard, 1993), and are described as affectively richer (Booth, 1972) than men's friendships. Women's friendships are also defined as reciprocal (Reissman, 1981; Weiss & Lowenthal, 1975) and "face to face" (Wright, 1988), whereas men's friendships are described as associative (Reissman, 1981), agentic (Booth, 1981), "side by side" (Wright, 1988) and with more emphasis on commonality (Bell, 1981; Weiss & Lowenthal, 1975).

Women's friendships are more often dyadic while men's tend to involve more than two members (Farrell, 1986). Comradeship and activity orientation

characterize men's friendships more than women's (Bell, 1981). In their same-sex relationships, men and women are likely to reveal both their strengths and their weaknesses, although this is true for a greater proportion of men than of women. In addition, a greater proportion of women than men are likely to reveal only their weaknesses (Hacker, 1982). Given that revelation of strengths may increase competition between friends, this finding is consistent with the view that conflict, or maintenance difficulty, is considered more frequently by women as detrimental to their relationships (Wright, 1982).

Thus, an investigation of same-sex friendships is expected to reveal gender differences in the characteristic dimensions of such relationships, although considerable overlap in distributions is to be expected. Regarding same-sex friendships, higher scores on dimensions of sociality (i.e.: those dimensions related to companionship and shared activities) are anticipated for men than for women. Women, on the other hand, will likely rate their same-sex friendships higher on dimensions of connectedness (i.e., those dimensions related to closeness and communication) than will men.

#### Friendship and self-esteem

The link between friendship and self-esteem is most likely a function of the quality of the relationship and the salience of particular aspects of the friendship. Schwalbe and Staples (1991) have shown that men and women present similar patterns when ranking the importance of various sources of self-esteem: both sexes ranked reflected appraisals (the way others react to an

individual) as most important, followed by self-perceived competence (an individual's perception of his/her own capabilities) and social comparisons (comparing oneself to others). Although there were no significant differences across gender for self-perceived competence, women attached significantly more importance to reflected appraisals than did men, and men rated social comparisons as more important than did women. This finding suggests that relationships influence both men's and women's self-esteem, although the nature of such influence may vary according to gender.

Past research has also shown that women's psychological well-being is positively related to emotionally and intellectually supportive same-sex friendships (Goodenow, 1985 in Rose & Roades, 1987). Small but significant positive correlations between level of self-disclosure and women's general and total self-esteem have also been found by Dolgin, Meyer and Schwartz (1991). However, the same statistical relationship was not found when considering these variables for male subjects.

#### A note concerning cross-sex friendship

When considering cross-sex friendships, the pattern of findings is occasionally different from those found regarding same-sex friendships. Parker and de Vries (1993) have demonstrated that when with female friends, men show greater appreciation, empathic understanding, deepened self-awareness, responsibility and connectedness than when with male friends. Vonk and von Nobelen (1993) have also found that men tend to endorse more stereotypically

feminine characteristics (i.e., helpful, compliant) when describing their behaviour in intimate cross-sex relationships than when describing their behaviour in general.

Solidarity and hierarchy play a more salient role in cross-sex friendships. The presence of a woman in such relationships may lead to increases in solidarity for the dyad, whereas the presence of a man may lead to increases in hierarchy for the dyad, creating particular challenges for the existence of the friendship (McWilliams & Howard, 1993).

Cross-sex friendships also raise the probability of sexual or romantic attraction in the relationship. There is, however, disagreement over the extent to which such attraction is prevalent in cross-sex *friendships* (e.g., McWilliams & Howard, 1993, Monsour, 1992). Monsour (1992) found that sexual contact was more frequently mentioned as a meaning of intimacy by heterosexual men in cross-sex friendships than by heterosexual women in such friendships. When considering same-sex friendships, sexual contact was the least frequently mentioned variable by both men and women.

#### Friendship in marriage

The cross-sex friendship that exists between married individuals is rarely investigated. Studies of married subjects have focused more often on marital satisfaction than on friendship quality. However, certain investigators are beginning to study this type of friendship with great interest. Certainly, the finding that friendship plays a more important role in marriage for young adults



than does passion (Hendrick & Hendrick; 1993) underscores the need for more research in the area. The current study will examine the role such friendship plays in self-esteem.

Wright (1985) has examined friendship in romantic and non-romantic partners utilizing the Acquaintance Description Form, a measure of the different components of friendship. Results indicated that women distinguished romantic partners from cross-sex friends to a greater degree than do men. However this gender difference was weak and considered tentative. Predictably, scores on measures of voluntary interdependence, exclusiveness, permanence, and emotional expression were higher for both male and female respondents when answers pertained to spouse, fiancé(e) or romantic partner rather than friends of either sex. For women, the same was true for a scale measuring the extent to which the relationship is influenced by social norms (Social Regulation), but men obtained higher scores on this scale for male friends than they did for romantic partners or female friends. A scale measuring conflict distinguished between romantic relationships and friendships for male respondents, but not for women. Men reported higher levels of conflict with spouses, fiancées, and romantic partners.

#### Marital adjustment

The marital relationship is a significant relationship in most adults' lives. Although friendship between partners most likely plays a significant role in marital satisfaction and adjustment, other variables are also important to

consider.

According to Lewis and Spanier (1979), marital adjustment is a function of both marital quality and marital stability. Taken together, these dimensions help characterize the marital relationship. These authors view marital quality as determined by sources of attraction and sources of tension pertaining to dyadic interactions within the marital relationship. Marital quality can be high or low, and is influenced by marital satisfaction, happiness, conflict/strain, communication and integration. Marital stability depends on external pressures to remain married and sources of alternative attractions (outside the marriage). It is influenced by factors such as social stigma, religious doctrine, and commitment. The Dyadic Adjustment Scale, a measure of marital adjustment developed by these authors, takes these variables into account and will be used in the current investigation to tap areas other than friendship in the marital relationship.

It should be noted that marital satisfaction is not synonymous with marital adjustment. Rather, satisfaction is but one component of marital adjustment, which also encompasses marital cohesion, consensus and affection. Although certain authors have proposed that satisfaction and adjustment are highly interrelated and perhaps redundant, Eddy, Heyman and Weiss (1991) have shown that this is not necessarily the case. These authors found that satisfaction accounted for approximately 25% of the variance in marital adjustment. It appears as though measures of marital adjustment offer a more

comprehensive view of the marital relationship than do measures of marital satisfaction. Nonetheless, marital satisfaction makes an important contribution to adjustment, and warrants consideration.

Studies have shown that marital satisfaction is positively related to personal and partner's emotional expressiveness (King, 1993); pleasurable affectional behaviour (Huston & Vangelisti, 1991; Wills, Weiss, & Patterson, 1974); frequency of activities with spouse alone (Barnett & Nietzel, 1979) or with spouse and friends (Kamo, 1993); sexual activity level (Barnett & Nietzel, 1979; Martin, 1985) and level of other rewards including love, status, services, money, and sharing information (Martin, 1985). Pleasurable instrumental behaviours and variables such as income and household repairs have also been positively linked to marital satisfaction (Kamo, 1993; Wills, et al., 1974).

Using a sample of dating couples, Hendrick and colleagues (1988) have shown that various love styles are linked to satisfaction as measured by the Dyadic Adjustment Scale. Passionate and altruistic love styles were positively related to satisfaction whereas the opposite was true for a game playing love style. This study also showed that self-disclosure, and women's (but not men's) degree of investment in the relationship were positively related to both partners' satisfaction.

For couples in which both partners' commitment to work was stronger than commitment to family, Terry and Scott (1987) found that competence in opposite sex-typed roles was important for satisfaction in the marriage. In more

traditional couples, where wives were more committed to family and husbands more committed to work, competence in same sex-typed roles was important for both genders, but for husbands, satisfaction was also related to their wives' competence in opposite sex-typed roles.

Gender differences in the correlates of marital satisfaction are apparent. For example, Huston and Vangelisti (1991) found that although receipt of affection was related to satisfaction for both men and women, giving affection was more strongly related to men's than to women's satisfaction. In dating couples, eliciting self-disclosure and having a friendship based love style were more important for women's than for men's feelings about the relationship (Hendrick, et al., 1988). In a study conducted by King (1993), husbands' and wives' ratings of each other's emotional expressiveness were positively related to marital satisfaction for both partners, although the relationship was stronger for husbands.

Conflict (Gottman & Krokoff, 1989), expression and receipt of negativity (Huston & Vangelisti, 1991), displeasurable affectional behaviours (Wills, et al., 1974), displeasurable instrumental behaviours (Barnett & Nietzel, 1979; Wills, et al., 1974), instrumental/manipulative sexual attitudes (Hendrick, et al. 1988), and husband's ambivalence over emotional expression (King, 1993) are negatively related to marital satisfaction for both sexes. Marital satisfaction is also a function of marital disagreement, which has been shown to be negatively related to length of marriage, social support from spouse, and prior history of marriage

(subjects who were in their second or third marriage reported being more satisfied than subjects who were in their first marriage; McGonagle, Kessler & Schilling, 1992).

Furthermore, negative aspects of marital interaction have consistently been found to be more strongly related to concurrent marital satisfaction and adjustment than are positive aspects of marital interaction (Barnett & Nietzel, 1979; Gottman & Krokoff, 1989; Huston & Vangelisti, 1991; Wills, et al., 1974). Nonetheless, Gottman and Krokoff (1989) have suggested that disagreement and expression of anger between spouses may have beneficial long term effects. Their investigation showed that although negative interaction predicted concurrent dissatisfaction, it also predicted improvement in marital satisfaction over a three year period. However, husbands' defensiveness, stubbornness, and withdrawal from interaction consistently predicted marital dissatisfaction, concurrently and longitudinally.

Marriage is an intimate relationship, which offers much more than friendship to its members. Any investigation of friendship between married individuals must therefore take this into account. The permanence and exclusiveness of such a relationship relative to friendship (Wright, 1985) also suggest that characteristics of marriage are likely to be particularly important for self-esteem.

#### Marriage and self-esteem

Marriage, like friendship, exerts influence on personal well-being. In

1979, Barnett and Nietzel found that marital adjustment was related to self-esteem for both men and women, although a stronger relationship was found for women. Their study showed that women's self-esteem was also related to other relationship variables such as frequency of activities with spouse alone, with spouse and other adults, and frequency of sexual activity. More recently, Zuckerman (1989) has shown that women's (and not men's) self-esteem is related to stress in intimate relationships. Terry and Scott (1987) have also found that for dual career couples (both partners more strongly committed to work than to family), the relationship between satisfaction and self-esteem is greater for women than for men. In traditional couples (i.e., husband committed to work more than to family, wife committed to family more than to work) the correlation between self-esteem and marital satisfaction was similar for both sexes. In dating couples, however, men's (but not women's) self-esteem has been linked significantly to satisfaction (Hendrick, et al., 1988).

Further evidence for the relationship between marriage and well-being comes indirectly from studies linking ambivalence over expressing emotion - which influences marital satisfaction - to feelings of depression, anxiety, and guilt in self (King & Emmons, 1990) as well as to physical symptomatology in self and in spouse, and alcohol consumption in spouse (King & Emmons, 1991). Frequency of marital disagreement is also an important predictor of daily mood variation (Bolger, et al., 1989).

Consistent with research indicating that social negativity (i.e. conflict,

criticism, etc.) exerts a more significant effect on well-being than does social support, studies have demonstrated that marital disagreements have a greater impact on mental health than does global marital adjustment (Hooley & Teasdale, 1989; McGonagle & Kessler, 1991 in McGonagle, Kessler, & Schilling, 1992).

Researchers have speculated that the adverse effects of social negativity may be stronger for women than for men (Lepore, 1992). This is likely to be the case, given the importance women place on their connections with others and the influence such connections have on their self-definitional processes. In addition, women are more often described as feeling responsible for maintaining their relationships and managing marital disagreements than are their male partners (Gottman & Krokoff, 1989; Hendrick, et al., 1988; Wood, 1993). Consequently, conflict within marriage is expected to have a more detrimental effect on women's self-esteem than on men's.

#### Buffering effects of relationships

Although levels of social support have been shown to correlate inversely with levels of social negativity within a given close relationship (Abbey, Abramis, & Kaplan, 1985; Schuster, et al., 1990), this is not necessarily the case across relationships. Lepore (1992), for example, found that level of conflict between partners predicted level of support *within* the two relationship domains he studied (i.e. best friendships and relationships with "new" roommates) but not *across* these domains. This study also demonstrated cross-domain buffering

effects of social support: a positive relationship was found between roommate conflict and psychological distress for individuals with low levels of friend support, and between friend conflict and psychological distress for individuals with low levels of roommate support. However, no significant relationship was found between conflict in one domain and psychological distress when subjects received high levels of social support in the second domain.

In his discussion, Lepore (1992: 865) states:

A spouse, or other family member might be a primary source of support most of the time. However, when conflicts arise or tensions mount in a familial relationship, turning to friends for support may be psychologically beneficial.

The current study will investigate the possibility of cross-domain buffering effects of same-sex friendships and spousal friendships on self-esteem in a sample of adults. The presence of a relationship characterized by low levels of conflict in one domain is expected to buffer the negative impact (on self-esteem) of a highly conflictual relationship in the second domain. Such a finding would be consistent with views that both the marital relationship and close friendships fulfill similar functions (Sheldon & West, 1989) - particularly regarding the provision of attachment (Weiss, 1974), and that these functions are related to well-being.

Given the components (i.e., nurturance, empathy) that characterize women's relationships, certain authors have proposed that women's friendships may be more effective than men's in buffering the impact of stress (e.g., Farrell, 1986). Consequently, high quality same-sex friendships are expected to have



greater buffering effects on self-esteem for women than for men.

### Objectives and Hypotheses

The main objectives of the current investigation are to:

- (1) compare the characteristics of friendship across different domains (i.e.: same-sex dyads and cross-sex married couples);
- (2) examine the correlation between significant relationships and self-esteem; and
- (3) investigate the possibility of cross-domain buffering effects of relationships on self-esteem;

bearing in mind the possibility of gender differences in these three areas.

Specifically, this investigation will permit a test of the following hypotheses:

- H<sub>1</sub>. Regarding their same-sex friendships, (a) women's friendships will be characterized by higher levels of connectedness (i.e.: those dimensions related to closeness and communication) than will men's, and (b) men's friendships will be characterized by higher levels of sociality (i.e.: those dimensions related to companionship and shared activities) than will women's.
- H<sub>2</sub>. Relationships are predicted to have differential impact on self-esteem for men and women. Specifically, the correlation between quality of close interpersonal relationships and self-esteem will be stronger for women than for men.

- H<sub>3</sub>. Furthermore, adverse effects of marital conflict on self-esteem will be stronger for women than for men, given their self-definitional processes. Women in conflictual marriages will have lower self-esteem than will men in similar relationships.
- H<sub>4</sub>. Inspired by Lepore's (1992) work on the buffering effects of social support, cross-domain buffering effects of friendship or marital relationship on self-esteem are expected. Specifically, individuals who concurrently experience a highly conflictual relationship in one domain and a relationship characterized by low levels of conflict in the second domain are expected to report similar levels of self-esteem as individuals experiencing low levels of conflict in both domains.
- H<sub>5</sub>. Consistent with research showing differential self-definitional processes for men and women, buffering effects of high quality same-sex friendships on self-esteem, if present, will be greater for women than for men.

## Method

### Sample and procedure

Subjects were recruited as part of a larger investigation of intergenerational associations between parent and child friendships. Data collection began in the fall of 1991 and continued until the summer of 1994.

Participants were selected through a two-step process. First, parents were contacted in order to obtain their consent for their child's participation in a study regarding friendship. Participating schools (3 high schools and 2 of their feeder elementary schools) located on the West Island of Montreal were selected in order to obtain a primarily English speaking sample. Only those parents who consented to have their children tested in this first phase of the project were eligible for inclusion in the final sample.

After an initial period of data collection in the schools, those parents who had given consent for the initial phase were recontacted in order to obtain written consent for their own participation in the second phase of the project. Those who agreed to participate (269 single mothers, 54 single fathers, and 331 couples) were subsequently sent questionnaire packages, which took approximately one hour to complete. Couples were sent two individual packages and were requested to complete their packages individually, without consultation with their partner.

In addition to a cover letter explaining the nature of the study, each mail-out package contained the Rosenberg self-esteem scale (Rosenberg, 1965); the Acquaintance Description Form - Final (an original or adapted version; Wright, 1985) - for best same-sex friend and for spouse; the Dyadic Adjustment Scale (Spanier, 1976); a measure of social support; a measure of adult attachment (the latter two were not of interest in the current investigation); and a pre-stamped return envelope (see Appendix A for sample package). Participants

were urged to return the questionnaire package within approximately two weeks. Upon receipt of their completed package, respondents were sent \$10 each for their participation. The final sample for the present investigation consisted of couples in which both partners participated (N = 219: 3 common-law, 10 remarried and 206 married). The response rate for couples was 66%.

The racial composition of the final sample was 86.5% White, 2.7% Black, 7% Oriental, 1.1% Aboriginal, and 2.7% Other for women; and 85.2% White, 2.7% Black, 6.6% Oriental, 1.6% Aboriginal, and 3.8% Other for men. The average age was 40.0 years old for women (range: 31-71) and 42.9 years old for men (range: 28-82). Mean education levels for men and women fell between "High School Graduate" (i.e., Grade 11 or Secondaire V) and "Partial College" (Grades 12 and 13 or partial CEGEP). Most women were currently employed part-time or full-time (65.3%) or looking for work (7.5%). The remaining 27.2% described themselves as homemakers. Of the men who were not currently employed part-time or full-time (3.8%), all were looking for work. None of the fathers reported being homemakers. Socio-economic status, calculated using the Hollingshead (1975) method indicated that, on average, the socio-economic level of the present sample is characteristic of medium business owners, minor professionals, and technical workers (mean SES = 42.2).

In their homes, the majority of families spoke English (58,7%) only. An additional 6% of couples reported solely speaking languages other than English

in the home (2.3% French, 3.7% Other). The remaining families (35.3%) spoke two or more languages at home. Most often, parents had two children in the home (46.3%); 37.1% had more than two children. The final 16.4% only had one child.

### Measures

#### Self-esteem scale.

The Rosenberg self-esteem scale (Rosenberg, 1965) was used in the current study. The Rosenberg is a 10 item scale with a four point response format ranging from strongly agree (1) to strongly disagree (4). Items such as "I feel that I have a number of good qualities" and "I wish I could have more respect for myself" tap how respondents feel about themselves. Positively worded items are recoded prior to summation such that high scores indicate high self-esteem. Global scores vary between 10 and 40.

This scale, although originally developed for use with adolescents, has also been used with adult populations and demonstrates adequate psychometric properties. Reported test-retest reliability coefficients are high: .85 over a two week interval (Fleming & Courtney, 1984), .82 over a one week interval (Silber & Tippett, 1965). Internal consistency is also acceptable, ranging from alpha = .77 (Dobson, Goudy, Keith, & Powers, 1979) to alpha = .88 (Fleming & Courtney, 1984). In the present sample, standardized alpha = .84 for men and .89 for women.

Validity studies have shown that the Rosenberg correlates well with other

measures of self-esteem, with measures of confidence, as well as with measures of self-regard (Blascovich & Tomaka, 1991). However, the brevity of the Rosenberg coupled with its ease of administration make it an ideal choice when subjects are required to complete multiple questionnaires. Research has shown that the Rosenberg scale has a unidimensional factor structure (e.g., Hensley, 1977; Simpson & Boyal, 1975), although certain authors have reported a highly correlated two-factor structure with positively worded items loading on the first factor and negatively worded items loading on the second (Dobson, et al., 1979; Hensley & Roberts, 1976; Kaplan & Pokorny, 1969). In the present investigation, subjects' overall scores were used to reflect a single construct: global self-esteem.

#### Dyadic Adjustment Scale.

Marital adjustment was determined by the Dyadic Adjustment Scale, (DAS; Spanier, 1976) which was designed for use with either married or unmarried cohabiting couples (Harrison & Westhous, 1989). This 32 item measure consists of four subscales that tap (1) Dyadic Satisfaction (10 items; e.g., "In general, how often do you think that things between you and your partner are going well?"); (2) Dyadic Consensus (13 items; e.g., degree of agreement/disagreement on religious matters); (3) Dyadic Cohesion (5 items; e.g., "How often do you and your mate laugh together?"), as well as (4) the degree of Affectional Expression in the marriage (4 items; e.g., degree of agreement/disagreement regarding sex relations). The majority of items (29 out

of 32) require the respondent to indicate either their level of agreement with a statement or the frequency of a particular occurrence. The remaining items are categorical in nature. Total scores vary between 0 and 151.

Spanier (1976) reports internal consistency estimates for the DAS ranging from  $\alpha = .73$  for the Affectional Expression subscale to  $.90$  for the Dyadic Consensus subscale, with a Full Scale  $\alpha$  of  $.96$ . In the present investigation, internal consistency estimates range from a low of  $.71$  for the Affection subscale to a high of  $.88$  for the Satisfaction and Consensus subscales, with a Full Scale  $\alpha$  of  $.94$  for both men and women. Husband's and wife's total scores correlate  $.67$  in the present sample.

The DAS has been shown to correlate well with the Locke-Wallace Marital Adjustment scale (Spanier, 1976). However it should be noted these scales share many items (Eddy, et al., 1991). Convergent validity has also been demonstrated with DAS total scores correlating highly ( $r > .85$ ) with the Relationship Satisfaction Questionnaire, and the Quality of Marriage Index (Heyman, Sayers, & Bellack, 1994). Total scores of the DAS are negatively related to the amount of change desired in the marriage ( $r = -.67$  and  $-.68$  for women and men respectively), and positively related to four subscales on the Marital Attitude Scale (MAT), a measure of attributions related to marital discord (Attribution to the Partner's - Behaviour, - Personality, - Malicious Intent and - Lack of Love; Heyman, et al., 1994). Subscales on the MAT are scored in reverse, such that high scores reflect lower negative attitudes. Factor analyses

have also supported the underlying four factor structure of the DAS (Spanier, 1976; Eddy, et al., 1991).

Acquaintance Description Form.

In order to assess the various dimensions of both same-sex and spousal friendship, Wright's (1985) Acquaintance Description Form - Final (ADFF) was used. The ADFF is a 65 item self-report measure that assesses 13 facets of friendship. The version used in the current investigation contained 45 of the original items. Of the 13 subscales, nine were of interest in the present study. They are regrouped in four global categories (Wright, 1985):

- **measures of relationship strength:** (1) Voluntary Interdependence (degree of commitment), (2) Person Qua Person (friend as unique, irreplaceable);
- **measures of interpersonal rewards:** (3) Stimulation Value (friend as interesting/stimulating), (4) Utility Value (friend as resource person), (5) Self-affirmation Value (facilitation of recognition/expression of highly valued self-attributes), (6) Ego Support Value (supportiveness of friend), (7) Security Value (degree to which friend is viewed as safe and non-threatening);
- **a measure of tension or strain:** (8) Maintenance Difficulty; and
- **a measure of (9) General Favourability** (toward the friendship and in response style).

These subscales were judged to be most relevant to the research questions



asked. Measures differentiating types of relationships (exclusiveness, permanence, social regulation, and emotional expression) were excluded in an effort to reduce the length of the questionnaire and also because they were not considered essential to the overall investigation.

Each subscale consists of 5 items which require respondents to rate, on a seven point scale, the degree of applicability of certain statements, or the frequency of occurrence of particular events, regarding their friendship with a particular individual (best friend, or spouse; see Table 1 for sample items from the original version). Subscale scores range from a low of 0 to a high of 6.

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Insert Table 1 about here

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In addition, two new subscales were created from the original items: Sociality and Connectedness. Three independent raters were instructed to select items they judged measured Sociality or Connectedness basing themselves on the following definitions:

**Sociality** (companionship and shared activities)

Relationships characterized by Sociality are those in which people enjoy doing things together, hanging around together, playing games. In other words, people in these relationships enjoy being together and doing things.

**Connectedness** (closeness and communication)

Relationships characterized by Connectedness are those in which people feel free to express their deep emotions and feelings without worry over what others might think of them. Partners in

Table 1: Subscales of the ADFP and sample items.

Subscale	Sample item
Voluntary Interdependence (VID)	When I plan for leisure time activities, I make it a point to get in touch with this friend <sup>a</sup> to see if we can arrange to do things together.
Person Qua Person (PQP)	This friend expresses so many personal qualities I like that I think of her/him as being "one of a kind", a truly unique person.
Stimulation Value (SV)	This friend can come up with thoughts and ideas that give me new and different things to think about.
Utility Value (UV)	If I were looking for a job, I could count on this friend to try his/her best to help me find one.
Self-affirmation Value (SAV)	This friend treats me in ways that encourage me to be my "true self".
Ego Support Value (ESV)	If I have some success or good fortune, I can count on this friend to be happy and congratulatory about it.
Security Value (SecV)	I feel free to reveal private or personal information about myself to this friend because s/he is not the kind of person who would use such information to my disadvantage.
Maintenance Difficulty (MD)	This friend's ways of dealing with people make him/her rather difficult to get along with.
General Favourability (GF)	This friend is a pleasant person to be around.

<sup>a</sup> Questionnaires pertaining to friends included the word "friend" while questionnaires pertaining to spouses included the word "spouse"

such relationships feel secure with one another and self-disclose easily. Items were selected if they were scored in the same direction as the original scoring criteria dictated, and if 100% agreement was obtained among the raters. As a result, 9 items were retained for the Connectedness subscale and 6 were retained for the Sociality subscale (see Appendix B).

In addition, a total score was created. Prior to summation across subscales, Maintenance Difficulty (MD) scores were recoded such that high scores reflect relationships characterized by low conflict, whereas low scores indicate relationships characterized by high conflict. Thus high scores on each subscale indicate positive ratings of relationships and low scores indicate negative ratings of relationships. The total score represents the mean of all 9 original subscales, using the recoded MD scores. Sociality and Connectedness subscales were not included in this calculation.

Wright (1985) reports internal consistency estimates for the ADFP subscales of .83 or above except for Maintenance Difficulty, with  $\alpha = .76$  for a male sample. Test-retest reliability coefficients (over an unspecified time period) ranged from .72 to a high of .97 (Wright, 1985). Validity studies conducted by Wright (1985) have also supported the differential sensitivity of this instrument to different types of relationships (i.e., friendship with best, good, moderate friends; acquaintances; fiancé(e)s; romantic partners).

The ADFP was originally designed for use with college students and certain items contain complex vocabulary. Given that the sample under

investigation was drawn from the general population, and includes individuals without college level education, efforts were made to simplify the wording of the ADFP in order to make the instrument more suitable for use with the general population. Subjects in the final sample completed either the original (n = 123) or an adapted version (n = 96) of the ADFP in which some items were reworded using more commonly used language<sup>1</sup>. A small group of subjects who were initially sent the adapted version also completed the original version at a later date (n = 60), in order to evaluate the equivalence of the two versions. (See Table 2 for alpha reliabilities in the current sample.)

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Insert Table 2 about here

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## Results

### Preliminary analyses

Prior to the main analyses, the two versions of the ADFP were compared in order to assess their degree of concordance. Significant mean differences were found between the two versions on all subscales. However, both the original and adapted versions showed similar patterns of skewness and, when used to analyze the characteristics of friendship, culminated in parallel results. Consequently, the decision was made to combine the two versions of the ADFP in order to allow for a single sample. Scores on the adapted version were

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<sup>1</sup> Pilot data verified that the adapted version differentiated between friends and non-friends, and showed good item and subscale correlations with the original version.

Table 2: Standardized alpha reliabilities for the ADFP subscales (original and adapted).

ADFP	WOMEN				MEN			
	FRIEND		SPOUSE		FRIEND		SPOUSE	
	O	A	O	A	O	A	O	A
SV	.85	.84	.82	.80	.75	.79	.85	.89
UV	.77	.66	.85	.67	.74	.79	.71	.90
SAV	.86	.78	.93	.82	.73	.73	.89	.89
MD	.67	.73	.69	.80	.59	.80	.62	.84
ESV	.84	.76	.89	.86	.70	.75	.79	.84
GF	.93	.83	.93	.91	.84	.83	.88	.93
SECV	.71	.35	.85	.52	.71	.44	.74	.63
VID	.76	.66	.82	.79	.70	.75	.76	.77
PQP	.84	.77	.89	.83	.80	.80	.80	.84
SOC	.82	.74	.88	.87	.83	.80	.82	.84
CON	.85	.74	.91	.83	.80	.70	.85	.87
TOTAL	.96	.93	.97	.96	.94	.94	.96	.97

Note. SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary Interdependence, PQP = Person qua Person, O = original version, A = adapted version

modified to make the two versions equivalent in subscale means and standard deviations (see Appendix C for further explanation).

Preliminary data screening was undertaken on all subscales of the ADFP - for friend and for spouse, the DAS and the Rosenberg. All subscales were negatively skewed, except for Maintenance Difficulty (MD) on the ADFP, which was skewed in the positive direction. Consequently, all subscales except MD were reflected, such that high scores became low scores, prior to square root transformations. This transformation corrected the skewness somewhat although certain subscales remained significantly skewed. Logarithmic transformations were considered but rejected because they resulted in very diverse patterns of skewness. (Tables contain untransformed means.)

No univariate outliers were found for any variable. Furthermore, no multivariate outliers were found using Cook's distance as a criterion. After each regression analysis (see below), residual plots were examined for normality and no significant departures were evident.

### **Friendship characteristics**

In order to examine the characteristics of friendship by gender and by domain (i.e.: friendship with friend or with spouse), the data were analyzed using a 2 X 2 repeated measures multivariate analysis of variance design. The independent variables in the design were gender (GENDER) and friendship domain (REL; i.e., with friend and with spouse), with the nine subscales of the ADFP as dependent variables (see Table 3 for means and standard deviations).

Gender was treated as a repeated factor in this analysis because it was deemed that the data obtained from married individuals are not entirely independent.

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Insert Table 3 about here

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Although certain subscales on the ADFP were highly correlated (see Tables 4 through 7), the intercorrelations were not high enough to create problems of multicollinearity. Hence the subscales were considered individually in the analysis.

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Insert Tables 4 through 7 about here

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Using Pillai's criterion, significant multivariate main effects for GENDER and REL were found as well as a significant multivariate GENDER by REL interaction (see Table 8). Univariate tests indicated significant interactions ( $p < .001$ ) for all of the ADFP subscales except Stimulation Value and Maintenance difficulty (see Table 9 for specific  $F$  values). Significant GENDER and REL effects were also found for all dependent variables except UV, which was not significantly different across gender (see Tables 10 & 11).

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Insert Tables 8 through 11 about here

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Table 3: Means and standard deviations for the 9 subscales of the ADFP (based on means included in global MANOVA).

ADFP subscale	Women rating friends	Women rating spouses	Men rating friends	Men rating spouses
SV	4.18 (.85)	4.38 (.99)	3.92 (.93)	4.25 (.99)
UV	4.82 <sup>a</sup> (.93)	5.34 <sup>b</sup> (.83)	4.62 <sup>c</sup> (.94)	5.44 <sup>b</sup> (.94)
SAV	4.89 <sup>a</sup> (.86)	4.85 <sup>a</sup> (1.08)	4.45 <sup>b</sup> (.86)	4.91 <sup>a</sup> (.98)
MD	1.71 (1.08)	2.01 (1.10)	1.96 (.99)	2.19 (1.08)
ESV	4.93 <sup>a</sup> (.80)	4.90 <sup>a</sup> (.98)	4.56 <sup>b</sup> (.77)	4.96 <sup>a</sup> (.83)
GF	5.18 <sup>a</sup> (.82)	5.21 <sup>a</sup> (.88)	4.83 <sup>b</sup> (.80)	5.25 <sup>a</sup> (.75)
SECV	5.06 <sup>a</sup> (.76)	4.64 <sup>b</sup> (1.03)	4.67 <sup>b</sup> (.86)	4.65 <sup>b</sup> (.96)
VID	4.58 <sup>a</sup> (.97)	5.26 <sup>b</sup> (.83)	4.06 <sup>c</sup> (.99)	5.29 <sup>b</sup> (.77)
PQP	5.20 <sup>a</sup> (.79)	5.48 <sup>b</sup> (.79)	4.69 <sup>c</sup> (.94)	5.46 <sup>b</sup> (.69)

*Note.* SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary Interdependence, PQP = Person qua Person  
Means in a given row with different notations differ significantly from other means, according to Tukey post-hoc tests.



Table 4: Intercorrelations among ADFE subscales completed by women when responses pertained to friend ( $p < .01$ ).

Variable	1	2	3	4	5	6	7	8	9
1. SV	-	.61	.64	.20	.63	.50	.40	.61	.58
2. UV		-	.75	.38	.73	.63	.52	.67	.71
3. SAV			-	.42	.86	.78	.64	.64	.81
4. MD <sup>a</sup>				-	.45	.50	.46	.25	.44
5. ESV					-	.75	.64	.60	.77
6. GF						-	.65	.53	.82
7. SECV							-	.44	.67
8. VID								-	.70
9. PQP									-

*Note.* SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary Interdependence, PQP = Person qua Person

<sup>a</sup> Maintenance Difficulty scores were transformed such that high scores reflect low maintenance difficulty.

Table 5: Intercorrelations among ADFP subscales completed by women when responses pertained to spouse ( $p < .01$ ).

Variable	1	2	3	4	5	6	7	8	9
1. SV	-	.67	.74	.44	.67	.62	.49	.64	.69
2. UV		-	.75	.36	.75	.61	.56	.64	.72
3. SAV			-	.56	.82	.79	.70	.67	.78
4. MD <sup>a</sup>				-	.54	.58	.55	.38	.51
5. ESV					-	.71	.69	.62	.74
6. GF						-	.62	.62	.79
7. SECV							-	.50	.61
8. VID								-	.73
9. PQP									-

Note. SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary Interdependence, PQP = Person qua Person

<sup>a</sup> Maintenance Difficulty scores were transformed such that high scores reflect low maintenance difficulty.

Table 6: Intercorrelations among ADFE subscales completed by men when responses pertained to friend ( $p < .01$ , unless specified).

Variable	1	2	3	4	5	6	7	8	9
1. SV	-	.50	.57	-.06 <sup>b</sup>	.52	.43	.19	.53	.50
2. UV		-	.72	.30	.70	.65	.43	.57	.66
3. SAV			-	.33	.76	.69	.48	.53	.72
4. MD <sup>a</sup>				-	.36	.45	.46	.09 <sup>b</sup>	.32
5. ESV					-	.72	.51	.53	.70
6. GF						-	.52	.49	.71
7. SECV							-	.26	.52
8. VID								-	.67
9. PQP									-

Note. SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary interdependence, PQP = Person qua Person

<sup>a</sup> Maintenance Difficulty scores were transformed such that high scores reflect low maintenance difficulty.

<sup>b</sup> This correlation is not significant.

Table 7: Intercorrelations among ADFE subscales completed by men when responses pertained to spouse ( $p < .01$ ).

Variable	1	2	3	4	5	6	7	8	9
1. SV	-	.55	.72	.31	.65	.65	.40	.64	.59
2. UV		-	.76	.44	.75	.70	.55	.62	.71
3. SAV			-	.57	.79	.81	.59	.68	.77
4. MD <sup>a</sup>				-	.53	.53	.57	.44	.53
5. ESV					-	.76	.56	.66	.69
6. GF						-	.54	.64	.81
7. SECV							-	.44	.55
8. VID								-	.74
9. PQP									-

Note. SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary Interdependence, PQP = Person qua Person

<sup>a</sup> Maintenance Difficulty scores were transformed such that high scores reflect low maintenance difficulty.

Table 8: Repeated measures multivariate analysis of variance of friendship dimensions.

Source of variance	Pillai's criterion	Hypoth. df	Error df	Multivariate F
Gender	.19386	9	194	5.18***
Relationship	.74536	9	194	63.09***
Gender by Relationship	.24184	9	194	6.88***

\*\*\*  $p < .001$

Table 9: Univariate F tests and effect sizes for significant multivariate Gender by Relationship effect, with 1 and 202 degrees of freedom.

Variable	Hypoth. <u>SS</u>	Error <u>SS</u>	Univariate <u>F</u>	$\eta^2$ (ait)
SV	0.07	8.05	1.70	na
UV	0.51	8.80	11.73***	.05
SAV	1.49	8.64	34.74***	.15
MD	0.26	19.43	2.75	na
ESV	1.03	9.35	22.24***	.10
GF	0.97	8.88	22.11***	.10
SECV	0.91	12.10	15.22***	.07
VID	1.60	8.69	37.30***	.16
PQP	1.36	7.66	35.90***	.15

Note. SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary Interdependence, PQP = Person qua Person.

\*\*\*  $p < .001$ .

na: effect sizes were not calculated for non significant effects

Table 10: Univariate F tests for significant multivariate Gender effect, with 1 and 202 degrees of freedom.

Variable	Hypoth. <u>SS</u>	Error <u>SS</u>	Univariate <u>F</u>
SV	0.64	15.71	8.19**
UV	0.09	13.92	1.30
SAV	0.89	13.77	13.14***
MD	2.19	30.36	14.58**
ESV	0.69	11.67	11.97***
GF	0.72	13.46	10.87***
SECV	0.88	14.68	12.07***
VID	1.18	13.19	18.02***
PQP	1.84	12.85	28.99***

Note. SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary Interdependence PQP = Person qua Person.

\*\*  $p < .01$ , \*\*\*  $p < .001$ .

Table 11: Univariate F tests for significant multivariate Relationship effect, with 1 and 202 degrees of freedom.

Variable	Hypoth. <u>SS</u>	Error <u>SS</u>	Univariate <u>F</u>
SV	1.51	14.05	21.65***
UV	11.26	15.83	143.71***
SAV	1.32	20.34	13.11***
MD	2.77	35.73	15.65***
ESV	0.97	35.73	13.26***
GF	1.41	14.82	17.73***
SECV	0.93	17.63	10.68***
VID	21.17	16.28	262.64***
PQP	7.58	17.00	90.04***

Note. SV = Stimulation Value, UV = Utility Value, SAV = Self-affirmation Value, MD = Maintenance Difficulty, ESV = Ego Support Value, GF = General Favourability, SECV = Security Value, VID = Voluntary Interdependence, PQP = Person qua Person.  
 \*\*  $p < .01$ , \*\*\*  $p < .001$ .



Eta square for factorial designs<sup>2</sup> was calculated for each significant interaction in order to assess whether post-hoc procedures were appropriate given the percentage of variance explained (see Table 9). Since eta square ranged from a low of .05 (UV) to a high of .16 (VID) post-hoc procedures were deemed appropriate. The Tukey Honestly-Significant-Difference procedure was chosen for conducting all possible pairwise comparisons.

Comparisons between husbands' and wives' ratings of spousal friendship revealed no significant gender differences on these seven subscales. However, significant differences between men and women regarding best friendship with friend were found (see Table 3 for means). Women consistently rated their same-sex friendships higher on all seven subscales than did men.

Comparisons between spousal friendship and same-sex friendship revealed that both men and women see their spouse as providing higher levels of UV, VID and PQP than their friend. Men also rate their spousal friendships significantly higher than their same-sex friendships on GF, SAV and ESV, but women do not differentiate between same-sex friends and spouses when rating these dimensions. In addition, men's same-sex friendships are characterized by lower levels of GF, SAV, and ESV than all other friendship groups.

Women's same-sex friendships are characterized by higher levels of

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2

$$\eta^2_{alt} = \frac{SS_{effect}}{SS_{effect} + SS_{error}}$$

SecV than are (1) their spousal friendships and (2) men's friendships in both domains. Male respondents do not differentiate between their spouse and friend on this particular dimension.

Examination of the significant main effects for the two remaining subscales - Stimulation Value (SV) and Maintenance Difficulty (MD) - revealed that women's relationships were characterized by higher levels of SV and lower levels of MD than were men's, whereas friendship with spouse was characterized by higher levels of SV and of MD than was friendship with friend for both sexes.

#### **H<sub>1</sub> : Sociality and Connectedness**

In order to test the hypothesis that men's same-sex friendships are characterized by higher levels of Sociality than are women's and that women's same-sex friendships are characterized by higher levels of Connectedness than are men's, a repeated measures MANOVA was conducted. Gender of subject was the independent variable with Sociality (SOC) and Connectedness (CON) as dependent variables. Follow-up analyses of the significant Gender multivariate effect ( $F(1,207) = 21.38, p < .001$ ) revealed the following. Regarding Connectedness, the hypothesis was confirmed: women's mean score on Connectedness (5.05) was significantly higher ( $F(1, 208) = 38.28, p < .001$ ) than men's (4.67). However, women also rated their same-sex friendships significantly higher on Sociality (4.63) than did men (4.27) ( $F(1, 208) = 26.31, p < .001$ ).

Although no specific hypothesis was formulated regarding Sociality and Connectedness in spousal friendship, it is worth noting that no significant gender differences were found when ratings pertained to spouses.

### **H<sub>2</sub>: Relationships and self-esteem**

Prior to analyses regarding the link between interpersonal relationships and self-esteem, the possibility of gender differences in self-esteem was addressed. A paired T-test indicated that, in the present sample, men reported significantly higher self-esteem than did women ( $3.42 > 3.32, p < .05$ ).

Although this difference was statistically significant, it was of small magnitude.

Next, a series of hierarchical regressions were conducted in order to evaluate the association between significant interpersonal relationships and self-esteem. Separate analyses were conducted for men and for women because of the dependence of scores obtained from married couples. For each analysis, socioeconomic status (SES) was entered on the first step, followed by spouse and friend variables on the second step, with the interaction between these latter variables entering the equation on the last step. SES consistently accounted for 5% of the variance in self-esteem for women, and 6% for men.

Employment status (employed versus non-employed), education level and age were also considered as potential control variables. However, given that these variables proved to be non-significant covariates, those analyses will not be presented here. One exception should however be noted. Men's education levels were significantly related to their self-esteem. Nevertheless,

this variable is taken into consideration when calculating SES (which accounts for a greater proportion of variance) and therefore was not considered independently.

In the first regression, total scores on the ADFP for friend and for spouse were entered as a block on the second step. For women, this block accounted for an additional 4% of the variance after controlling for SES. Total scores for spouse accounted uniquely for this variance, as indicated by the value of the  $s_r^2$  (.04; see Table 12).

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Insert Table 12 about here

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For men, relationships accounted for 9% of the variance in self-esteem. Furthermore, both total score for friend and for spouse contributed uniquely to the prediction of self-esteem ( $s_r^2 = .04$  and  $.03$  respectively). This indicates, that when men have both a best friend and a spouse, the two relationships not only combine to influence self-esteem: each also makes a unique contribution to the prediction of self-esteem. The interaction terms entered on the third step were not significant for either sex (see Table 13).

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Insert Table 13 about here

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In order to assess whether the correlation between close interpersonal

Table 12: Hierarchical multiple regression predicting female self-esteem from total scores.

Variables	Beta	r	sr <sup>2</sup>	t	R <sup>2</sup> <sub>chg</sub>	F <sub>chg</sub>
<u>Step 1</u>					0.05	10.08**
SES	0.22	0.22	0.05	3.17**		
<u>Step 2</u>					0.04	4.92**
WTS	0.20	0.21	0.04	2.90**		
WTF	0.04	0.07	0.00	0.62		
<u>Step 3</u>					0.04	1.41
WTS X WTF	1.13	0.19	0.01	1.19		
	<u>R</u> = .31		adj <u>R</u> <sup>2</sup> = .08		<u>F</u> = 5.44***	

\*\* p < .01

\*\*\* p < .001

WTS = Total score for women rating spouses.

WTF = Total score for women rating friends.

Table 13: Hierarchical multiple regression predicting male self-esteem from total scores.

Variables	Beta	<i>r</i>	<u>sr</u> <sup>2</sup>	<u>t</u>	<u>R</u> <sup>2</sup> <sub>chg</sub>	<u>F</u> <sub>chg</sub>
<u>Step 1</u>					0.06	13.63***
SES	0.25	0.25	0.06	3.69***		
<u>Step 2</u>					0.09	11.67***
MTS	0.17	0.22	0.03	2.49**		
MTF	0.21	0.25	0.04	3.16***		
<u>Step 3</u>					0.01	2.41
MTS X MTF	-1.26	0.28	0.01	0.06		
	<u>R</u> = .40		adj <u>R</u> <sup>2</sup> = .15	<u>F</u> = 10.10***		

\*\* p < .01

\*\*\* p < .001

MTS = Total score for men rating spouses.

MTF = Total score for men rating friends.

relationships and self-esteem is greater for women than for men, Fisher-transformed zero-order correlations between total scores and self-esteem for both genders were compared using the method suggested by Steiger (1980). This method which incorporates the null hypothesis that two dependent correlations are equivalent is an improvement of the Fisher  $r$  to  $z$  transformation. Zero-order correlations between total scores (for friend and for spouse) were significantly related to self-esteem for both sexes ( $p < .01$ ), with the exception of women's total score for friend. Although a non-significant trend toward gender differences was found between the friend total/self-esteem correlations ( $z = -1.89, p < .06$ ), spouse total/self-esteem correlations were not significantly different for men and women ( $z = -.32, p > .05$ ). The hypothesis was therefore not supported. Although spousal friendship is related to self-esteem for men and women, same-sex friendship total scores are only significantly related to men's self-esteem.

Particular attention was then given to the four global categories of the ADFF (Relationship Strength (RS), Interpersonal Rewards (IR) and the GF and MD subscales) in order to explore the link between interpersonal relationships and self-esteem. Although significant predictions of self-esteem for women were not found when using friend total scores, global categories may prove to be significant predictors. Analyses included women's ratings of the dimensions of their same-sex friendships to evaluate this possibility.

Intercorrelations between the global categories for a given target person

(i.e., spouse or friend) were high and precluded their inclusion in a global analysis for reasons of multicollinearity (see Tables 14 and 15). However, such high intercorrelations are not surprising given the intimate nature of the relationships under investigation. Best friendships and spousal friendships are likely to have many positive characteristics, and the intimacy of such relationships may be such that scores on subscales measuring these characteristics will fall in a similar range. Nonetheless, the strength of the relationship, the interpersonal rewards it provides, and the general attitude one has toward the relationship are conceptually distinct. This distinctiveness has also been shown statistically in at least one sample. In a study regarding undergraduate students' friendships, Lea (1989) factor analyzed items on the ADFP, and found support for Wright's global categories. His investigation also showed lower intercorrelations among the categories than those found in the current study.

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Insert Tables 14 and 15 about here

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Therefore, each global category was examined separately by gender, such that a total of eight regressions were conducted. All regression analyses followed the same general pattern: SES was entered on the first step, followed by friend and spouse variables (for the particular global category investigated) entered as a block on the second step, with the interaction term (friend X



Table 14: Intercorrelations among SES, the ADFF Global Categories for friend and for spouse, and self-esteem for women ( $p < .01$ , unless otherwise specified).

Variable	1	2	3	4	5	6	7	8	9	10	11	12
1. SES	.	.45	.04 <sup>a</sup>	-.05 <sup>a</sup>	.00 <sup>a</sup>	-.02 <sup>a</sup>	.04 <sup>a</sup>	.04 <sup>a</sup>	.04 <sup>a</sup>	-.04 <sup>a</sup>	-.17 <sup>b</sup>	.22
2. EDU		.	.01 <sup>a</sup>	.11 <sup>a</sup>	.08 <sup>a</sup>	.06 <sup>a</sup>	.10 <sup>a</sup>	.00 <sup>a</sup>	.07 <sup>a</sup>	-.05 <sup>a</sup>	-.05 <sup>a</sup>	.08 <sup>a</sup>
3. AGE			.	-.08 <sup>a</sup>	-.02 <sup>a</sup>	-.04 <sup>a</sup>	.10 <sup>a</sup>	-.06 <sup>a</sup>	-.04 <sup>a</sup>	.00 <sup>a</sup>	-.05 <sup>a</sup>	.05 <sup>a</sup>
4. RSF				.	.15 <sup>b</sup>	.82	.17 <sup>b</sup>	.71	.17 <sup>b</sup>	-.36	-.13 <sup>b</sup>	.11 <sup>a</sup>
5. RSS					.	.15 <sup>b</sup>	.82	.06 <sup>a</sup>	.75	.05 <sup>a</sup>	-.47	.20
6. IRF						.	.19	.77	.21	-.45	-.21	.10 <sup>a</sup>
7. IRS							.	.11 <sup>a</sup>	.77	.02 <sup>a</sup>	-.58	.28
8. GFF								.	.17	-.51	-.15 <sup>b</sup>	.08 <sup>a</sup>
9. GFS									.	.03 <sup>a</sup>	-.58	.19
10. MDF										.	.34	-.21
11. MDS											.	-.32
12. SE												.

Note <sup>a</sup> non significant, <sup>b</sup>  $p < .05$ ; SES = Socioeconomic status; EDU = education; RSF = Relationship Strength for friend; RSS = Relationship Strength for spouse; IRF = Interpersonal Rewards for friend, IRS = Interpersonal Rewards for spouse; GFF = General Facourability for friend, GFS = General Favourability for spouse, MDF = Maintenance Difficulty for friend; MDS = Maintenance Difficulty for spouse; SE = Self-esteem.

Table 15: Intercorrelations among SES, the ADFF Global Categories for friend and for spouse, and self-esteem for men ( $p < .01$ , unless otherwise specified).

Variable	1	2	3	4	5	6	7	8	9	10	11	12
1. SES	-	.74	.04 <sup>a</sup>	-.10 <sup>a</sup>	.00 <sup>a</sup>	.03 <sup>a</sup>	-.01 <sup>a</sup>	-.03 <sup>a</sup>	-.07 <sup>a</sup>	-.09 <sup>a</sup>	-.06 <sup>a</sup>	.23
2. EDU		-	.01 <sup>a</sup>	.19	.02 <sup>a</sup>	.05 <sup>a</sup>	.03 <sup>a</sup>	.08 <sup>a</sup>	.09 <sup>a</sup>	-.09 <sup>a</sup>	.00 <sup>a</sup>	.17 <sup>b</sup>
3. AGE			-	.03	.29	-.02 <sup>a</sup>	.18 <sup>b</sup>	-.04 <sup>a</sup>	.14 <sup>a</sup>	.04 <sup>a</sup>	-.13 <sup>a</sup>	.07 <sup>a</sup>
4. RSF				-	.31	.75	.22	.65	.25	-.21	-.21	.19
5. RSS					-	.30	.81	.25	.77	-.06 <sup>a</sup>	-.52	.19
6. IRF						-	.27	.74	.27	-.33	-.23	.26
7. IRS							-	.22	.82	.05 <sup>a</sup>	-.57	.27
8. GFF								-	.25	-.45	-.17 <sup>b</sup>	.21
9. GFS									-	.06 <sup>a</sup>	-.53	.20
10. MDF										-	.28	-.14
11. MDS											-	-.30
12. SE												-

Note. <sup>a</sup> non significant, <sup>b</sup>  $p < .05$ ; RSF = Relationship Strength for friend; RSS = Relationship Strength for spouse; IRF = Interpersonal Rewards for friend; IRS = Interpersonal Rewards for spouse; GFF = General Favourability for friend; GFS = General Favourability for spouse; MDF = Maintenance Difficulty for friend; MDS = Maintenance Difficulty for spouse; SE = Self-esteem.

spouse) entered on the third and final step.

Dimensions of relationships were significantly related to self-esteem for both men and women. When individuals have both a best friend and a spouse, these relationships are related to their self-esteem.

In all but one case, spouse variables also accounted for unique proportions of the variance in both men's and women's self-esteem (please refer to Tables 16 through 23). The exception - husband's ratings of RS for spouse - showed a trend toward significance ( $t = 1.79, p < .08$ ). In general, women's ratings of the dimensions of their same-sex friendships did not contribute uniquely to the prediction of their self-esteem. However, women's ratings of conflict in their friendships (MD) bordered on significance ( $t = 1.77, p < .08$ ). For men, the opposite pattern was found. Men's ratings of IR, RS and GF in their same-sex friendships accounted for unique proportions of the variance in their self-esteem. Ratings of MD in the friendship, however, did not contribute uniquely to self-esteem for men.

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Insert Tables 16 through 23 about here

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A closer examination of spouse variables was undertaken using the subscales of the Dyadic Adjustment Scale as predictor variables, and self-esteem as the dependent variable. Once again, these analyses were conducted separately for women and for men in order to explore the link

Table 16: Hierarchical multiple regression predicting women's self-esteem, from Relationship Strength scales.

Variables	Beta	r	sr <sup>2</sup>	t	R <sup>2</sup> <sub>chg</sub>	F <sub>chg</sub>
<u>Step 1</u>					0.05	10.94***
SES	0.23	0.23	0.05	3.31***		
<u>Step 2</u>					0.04	4.75**
WRSS	0.16	0.18	0.03	2.41*		
WRSF	0.10	0.12	0.01	1.53		
<u>Step 3</u>					0.01	2.26
WRSS X WRSF	0.81	0.21	0.01	1.50		
	R = .32		adj R <sup>2</sup> = .09		F = 5.81***	

\* p < .05

\*\* p < .01

\*\*\* p < .001

WRSS = Women's ratings of Relationship Strength for spouses.

WRSF = Women's ratings of Relationship Strength for friends.

Table 17: Hierarchical multiple regression predicting men's self-esteem from Relationship Strength scales.

Variables	Beta	r	sr <sup>2</sup>	t	R <sup>2</sup> <sub>chg</sub>	F <sub>chg</sub>
<u>Step 1</u>					0.06	13.17***
SES	0.24	0.24	0.06	3.63***		
<u>Step 2</u>					0.06	7.49***
MRSS	0.12	0.18	0.01	1.79		
MRSF	0.19	0.20	0.03	2.69**		
<u>Step 3</u>					0.00	0.86
MRSS X MRFF	-0.54	0.23	0.00	-0.92		
	R = .36		adj R <sup>2</sup> = .11		F = 7.45***	

\*\* p < .01

\*\*\* p < .001

MRSS = Men's ratings of Relationship Strength for spouses.

MRSF = Men's ratings of Relationship Strength for friends.

Table 18: Hierarchical multiple regression predicting women's self-esteem from Interpersonal Reward scales.

Variables	Beta	r	$\Delta R^2$	t	$R^2_{\text{chg}}$	$F_{\text{chg}}$
<u>Step 1</u>					0.05	10.94***
SES	0.23	0.23	0.05	3.31***		
<u>Step 2</u>					0.07	8.24**
WIRS	0.25	0.27	0.06	3.68***		
WIRF	0.07	0.11	0.00	0.98		
<u>Step 3</u>					0.00	0.61
WIRS X WIRF	0.51	0.26	0.00	0.78		
	$R = .36$		$\text{adj } R^2 = .11$	$F = 7.19***$		

\*\*  $p < .01$

\*\*\*  $p < .001$

WIRS = Women's ratings of Interpersonal Rewards for spouses.

WIRF = Women's ratings of Interpersonal Rewards for friends.

Table 19: Hierarchical multiple regression predicting men's self-esteem from Interpersonal Reward scales.

Variables	Beta	r	sr <sup>2</sup>	t	R <sup>2</sup> <sub>chg</sub>	F <sub>chg</sub>
<u>Step 1</u>					0.06	12.93***
SES	0.24	0.24	0.06	3.60***		
<u>Step 2</u>					0.10	13.04***
MIRS	0.21	0.26	0.04	3.17**		
MIRF	0.19	0.26	0.03	2.95**		
<u>Step 3</u>					0.01	1.56
MIRS X MIRF	-0.74	0.31	0.01	-1.25		
	<u>R</u> = .41		adj <u>R</u> <sup>2</sup> = .15	<u>F</u> = 10.54***		

\*\* p < .01

\*\*\* p < .001

MIRS = Men's ratings of Interpersonal Rewards for spouses.

MIRF = Men's ratings of Interpersonal Rewards for friends.

Table 20: Hierarchical multiple regression predicting women's self-esteem from General Favourability scales.

Variables	Beta	r	sr <sup>2</sup>	t	R <sup>2</sup> <sub>chg</sub>	F <sub>chg</sub>
<u>Step 1</u>					0.05	10.94***
SES	0.23	0.23	0.05	3.31***		
<u>Step 2</u>					0.03	3.36*
WGFS	0.16	0.18	0.02	2.33*		
WGFF	0.05	0.09	0.00	0.74		
<u>Step 3</u>					0.00	0.70
WGFS X						
WGFF	-0.18	0.17	0.00	1.50		
	<u>R</u> = .29		adj <u>R</u> <sup>2</sup> = .06		<u>F</u> = 4.50**	

\*  $p < .05$

\*\*  $p < .01$

\*\*\*  $p < .001$

WGFS = Women's ratings of General Favourability for spouses.

WGFF = Women's ratings of General Favourability for friends.



Table 21: Hierarchical multiple regression predicting men's self-esteem from General Favourability scales.

Variables	Beta	r	sr <sup>2</sup>	t	R <sup>2</sup> <sub>chg</sub>	F <sub>chg</sub>
<u>Step 1</u>					0.06	12.93***
SES	0.24	0.24	0.06	3.59***		
<u>Step 2</u>					0.08	9.03***
MGFS	0.17	0.20	0.03	2.55**		
MGFF	0.18	0.21	0.03	2.63**		
<u>Step 3</u>					0.00	0.80
MGFS X MGFF	-0.47	0.25	0.00	-0.90		
	<u>R</u> = .37		adj <u>R</u> <sup>2</sup> = .12		<u>F</u> = 8.19	

\*\* p < .01

\*\*\* p < .001

MGFS = Men's ratings of General Favourability for spouses.

MGFF = Men's ratings of General Favourability for friends.

Table 22: Hierarchical multiple regression predicting women's self-esteem from Maintenance Difficulty scales.

Variables	Beta	r	sr <sup>2</sup>	t	R <sup>2</sup> <sub>chg</sub>	F <sub>chg</sub>
<u>Step 1</u>					0.05	10.94***
SES	0.23	0.23	0.05	3.31***		
<u>Step 2</u>					0.09	10.55***
WMDS	-0.24	-0.31	0.05	-3.36**		
WMDF	-0.12	-0.21	0.01	-1.77		
<u>Step 3</u>					0.00	0.59
WMDS X WMDF	-0.17	-0.30	0.00	-0.77		
	R = .38		adj R <sup>2</sup> = .13		F = 8.40***	

\*\* p < .01

\*\*\* p < .001

WMDS = Women's ratings of Maintenance Difficulty for spouses.

WMDF = Women's ratings of Maintenance Difficulty for friends.

Table 23: Hierarchical multiple regression predicting men's self-esteem from Maintenance Difficulty scales.

Variables	Beta	r	sr <sup>2</sup>	t	R <sup>2</sup> <sub>chg</sub>	F <sub>chg</sub>
<u>Step 1</u>					0.06	12.93***
SES	0.24	0.24	0.06	3.60***		
<u>Step 2</u>					0.08	9.86***
MMDS	-0.27	-0.30	0.07	-4.09***		
MMDF	-0.04	-0.13	0.00	-0.56		
<u>Step 3</u>					0.00	0.60
MMDS X MMDF	-0.24	-0.27	0.00	-0.77		
	R = .38		adj R <sup>2</sup> = .14		F = 8.57***	

\*\* p < .01

\*\*\* p < .001

MMDS = Men's ratings of Maintenance Difficulty for spouses.

MMDF = Men's ratings of Maintenance Difficulty for friends.

between dimensions of marital adjustment and self-esteem (please refer to Tables 24 through 27). After controlling for SES, the four subscales (Consensus, Cohesion, Satisfaction and Affection) were entered as a block. For women, this block accounted for an additional 13% of the variance in self-esteem. For men, it accounted for 9% of the variance. Inspection of the  $t$  values for women indicated that Consensus and Cohesion accounted for unique proportions of the variance in self-esteem. For men, none of the particular scales showed a significant, unique relationship with self-esteem.

In order to examine the joint contribution of Consensus and Cohesion, an interaction term was created. The remaining two subscales were also combined to form a second interaction term (Satisfaction X Affection). These interaction terms, entered on the third step were not significant predictors of self-esteem for either sex.

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Insert Tables 24 through 27 about here

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### **H<sub>3</sub>: Conflict and self-esteem**

Next, an analysis was conducted in order to determine whether men and women who report high levels of MD (conflict) with their spouse differ significantly from one another in terms of self-esteem. The distribution of MD scores was divided into thirds in order to create relationship groups characterized by high, medium, or low levels of conflict. A subsample of

Table 24: Intercorrelations among SES, education, age and the DAS subscales for women ( $p < .01$ , unless specified).

Variable	1	2	3	4	5	6	7	8
1. SES	.	.45	.04 <sup>a</sup>	.14	.07 <sup>a</sup>	-.01 <sup>a</sup>	.00 <sup>a</sup>	.21
2. EDU		.	.01 <sup>a</sup>	-.02 <sup>a</sup>	-.03 <sup>a</sup>	-.03 <sup>a</sup>	-.09 <sup>a</sup>	.08 <sup>a</sup>
3. AGE			.	.02 <sup>a</sup>	-.05 <sup>a</sup>	-.06 <sup>a</sup>	-.07 <sup>a</sup>	-.05 <sup>a</sup>
4. CONSEN				.	.72	.49	.55	.36
5. SATISF					.	.62	.60	.29
6. COHES						.	.45	.28
7. AFFECT							.	.27
8. SE								.

Note. SES = Socio-economic status; EDU = education; CONSEN = Consensus; SATISF = Satisfaction; COHES = Cohesion; AFFECT = Affection; SE = Self-esteem. <sup>a</sup> = This correlation is not significant.

Table 25: Hierarchical multiple regression predicting women's self-esteem from the Dyadic Adjustment Scale subscales.

Variables	Beta	$r$	$sr^2$	$t$	$R^2_{\text{chg}}$	$F_{\text{chg}}$
<u>Step 1</u>					.05	9.90**
SES	.22	.22	.05	3.15**		
<u>Step 2</u>					.13	8.00***
CONSEN	.22	.35	.02	2.37*		
SATISF	-.03	.29	.00	-.31		
COHES	.16	.28	.02	1.97*		
AFFECT	.09	.25	.01	1.12		
$R = .42$ $\text{adj } R^2 = .15$ $F = 6.14^{***}$						

Note. \*  $p < .05$  \*\*  $p < .01$ . CONSEN = Consensus, SATISF = Satisfaction, COHES = Cohesion, AFFECT = Affection.

Table 26: Intercorrelations among SES, education, age and the DAS subscales for men ( $p < .01$ , unless specified).

Variable	1	2	3	4	5	6	7	8
1. SES	-	.74	.04 <sup>b</sup>	.04 <sup>b</sup>	.08 <sup>b</sup>	-.03 <sup>b</sup>	.02 <sup>b</sup>	.22
2. EDU		-	.01 <sup>b</sup>	-.02 <sup>b</sup>	.05 <sup>b</sup>	.03 <sup>b</sup>	-.01 <sup>b</sup>	.17 <sup>a</sup>
3. AGE			-	-.10 <sup>b</sup>	-.19 <sup>b</sup>	-.19 <sup>b</sup>	.02 <sup>b</sup>	-.07 <sup>b</sup>
4. CONSEN				-	.74	.60	.50	.27
5. SATISF					-	.46	.53	.27
6. COHES						-	.46	.20
7. AFFECT							-	.19
8. SE								-

Note. SES = Socio-economic status; EDU = education; CONSEN = Consensus; SATISF = Satisfaction; COHES = Cohesion; AFFECT = Affection; SE = Self-esteem. <sup>a</sup> =  $p < .05$  <sup>b</sup> = This correlation is not significant.

Table 27: Hierarchical multiple regression predicting men's self-esteem from the Dyadic Adjustment Scale subscales.

Variables	Beta	$r$	$sr^2$	$t$	$R^2_{\text{chg}}$	$F_{\text{chg}}$
<u>Step 1</u>					.05	11.67 <sup>***</sup>
SES	.22	.22	.05	3.41 <sup>***</sup>		
<u>Step 2</u>					.09	5.31 <sup>***</sup>
CONSEN	.14	.28	.01	1.33		
SATISF	.13	.29	.01	1.30		
COHES	.03	.21	.00	.30		
AFFECT	.05	.19	.00	.61		
$R = .38$ $\text{adj } R^2 = .11$ $F = 4.87^{\text{***}}$						

Note. \*\*  $p < .01$  \*\*\*  $p < .001$ . CONSEN = Consensus, SATISF = Satisfaction, COHES = Cohesion, AFFECT = Affection.



couples where both partners reported high levels of MD was selected and a repeated measures analysis of variance was conducted in order to test for gender differences in reported levels of self-esteem. No significant differences were found between the sexes ( $F(1,40) = 3.55, ns.$ ) in this subsample. Thus the hypothesis that women are more adversely affected by conflict with their spouse was not supported.

It should also be noted, that whenever both partners reported the same level of MD in their spousal friendship (i.e., both reported high, medium, or low conflict), the significant gender difference in self-esteem was no longer evident.

#### **H<sub>4</sub>, H<sub>5</sub> : Buffering effects**

Subsequently, two analyses of variance were conducted in order to test the buffering hypothesis separately by sex. Analyses were confined to the extreme groups (i.e. top and bottom thirds of the MD distribution). Conflict with Friend (High vs. Low MD) and conflict with Spouse (High vs Low MD) were the two independent variables, with self-esteem as the dependent variable. For both sexes significant main effects for conflict with Spouse were found, with men and women experiencing higher conflict reporting lower self-esteem. Conflict with Friend did not have a significant main effect for either sex. For men, a significant Friend by Spouse interaction ( $F(1, 86) = 4.53, p < .04$ ) was found, however this was not the case for women.

Post-hoc analyses of the significant Spouse by Friend interaction, using the Scheffe procedure (see Table 28 and Table 29 for cell means), revealed that

men who experience high conflict in both domains (i.e. with friend and with spouse) report significantly lower self-esteem than do (1) men who experience low conflict in both domains, and (2) men who experience low conflict with spouse and high conflict with friend. In addition, these last two groups do not differ significantly from one another. Thus, having a spousal friendship characterized by low conflict buffers the negative impact of a conflictual same-sex friendship. Men who report high levels of MD for spouse and concurrently experience low conflict with same-sex friends do not differ significantly from men whose relationships are characterized by high or low conflict in both domains.

The post hoc analyses reveal that the buffering hypothesis was partially supported for men, but not for women. Consequently, the hypothesis regarding a greater buffering effect for women than for men may be rejected.

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Insert Tables 28 and 29 about here

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## Discussion

The objectives of this study were threefold: (1) to compare the similarities and differences between best same-sex friendships and spousal friendships; (2) to explore the link between significant interpersonal relationships and self-esteem; and (3) to investigate the possibility of cross-domain buffering effects of friendship on self-esteem. Much of this investigation was exploratory in nature,

Table 28: Women's mean levels of self-esteem as a function of Conflict levels with friend and with spouse (sample size in parenthesis).

		Conflict with Spouse	
		High <sup>a</sup>	Low <sup>b</sup>
Conflict with friend	High	3.06 (n=29)	3.40 (n=24)
	Low	3.19 (n=15)	3.56 (n=33)

*Note.* Subscript indicates significant main effect for Conflict with Spouse.

Table 29: Men's mean levels of self-esteem as a function of Conflict levels with friend and with spouse (sample size in parenthesis).

		Conflict with Spouse	
		High	Low
Conflict with friend	High	3.35 <sup>a</sup> (n=39)	3.73 <sup>b</sup> (n=12)
	Low	3.47 <sup>a,b</sup> (n=15)	3.61 <sup>b</sup> (n=24)

*Note.* Means with different subscripts differ significantly from one another.

although five specific hypotheses were tested regarding the characteristics of friendship and their relationship with self-esteem. Of the five, three were partially supported.

### **Characteristics of friendship in different domains**

When comparing various dimensions across the domains of best same-sex friendship and spousal friendship, greater discrepancies were found between men and women when asked about their best same-sex friends than when asked about their spouses.

The lack of significant gender differences on seven out of the nine dimensions of spousal friendship measured suggests that men and women behave in a similar fashion when with an intimate cross-sex partner. Nonetheless, men tend to see more conflict in their relationships in general and women tend to see their relationships as more stimulating. It is also noteworthy that men appear to make a greater distinction between their best same-sex friendships and their spousal friendships than do women. Men rated their spouses higher than their same-sex friends on all dimensions measured except security value, which they rated comparably for both friend and spouse. Women, on the other hand, saw their best female friends and their spouses as equally encouraging and supportive and viewed both relationships in a similar positive way.

Not surprisingly, both sexes saw their spousal friendships as stronger (in terms of commitment to the relationship and uniqueness of partner) than their

same-sex friendships. Spouses were also described as more helpful and willing to devote time and resources for assistance than were same-sex friends. Given the obligatory nature of a spousal relationship (Waite & Harrison, 1992) and the amount of time shared, this is to be expected. Higher conflict with spouse is also a likely result of time spent together, shared responsibilities, and greater demands and expectancies for the relationship.

That women reported feeling more secure and comfortable with same-sex friends than with their spouses was unanticipated: married couples are thought to be in an intimate relationship in which security is likely to be a more important factor than in same-sex friendship. Although this finding may be in part due to the poor psychometric properties of this particular subscale, an alternative explanation is also plausible. Women share a bond with their same-sex friends that they cannot experience with their husbands: they are both women. Thus, they may discuss women's issues or problems that they may not feel comfortable sharing with their husbands. They may also offer each other support regarding family issues, such as child-rearing, and their marital relationship. Women's same-sex friendships were also characterized by lower levels of conflict than their spousal relationships. Consequently, women may feel less threatened, and thus more secure, with their friends than with their husbands. The fear of losing one's spouse may also be more threatening than losing one's friend. Such fear may account for the difference in security reported. However, further investigation is necessary to support these

hypotheses.

Greater differences were found between men's and women's best same-sex friendships. Women rated their same-sex friendships higher on all positive dimensions than did men. Consistent with previous investigations, women's same-sex friendships were characterized by higher levels of supportiveness, security, concern, and desire to spend free time together than were men's. Higher scores on measures of Relationship Strength indicate that women's same-sex friendships in this sample may be described as stronger than men's.

Women viewed their best same-sex friends as more unique, stimulating, encouraging, and helpful than did men. Compared to their male friends, men rated their spouses higher on these dimensions as well. This finding suggests that women may behave in a similar fashion across friendship domains on these particular dimensions. However, given that the women being rated are from independent groups (i.e., the same-sex friends are not the same women as the spouses) future research is warranted to evaluate this possibility.

It should be noted that same-sex friendships were characterized by lower levels of conflict than spousal friendships for both sexes, and that women consistently reported less conflict than did men. Conflict may be more likely to occur in a cross-sex relationship because men feel more comfortable expressing disagreement than women (Wright, 1982) or because of the hierarchy created by gender differences (McWilliams & Howard, 1993). Alternatively, conflict may simply be more present in an intimate, passionate

relationship such as marriage, where all emotions are likely to be more intense. Nonetheless, women rated conflict lower in their spousal friendship than did their male partners. This difference may be due to the fact that men are more comfortable reporting disagreement than are women (Wright, 1982) or because women and men differ in their definitions of what constitutes conflict.

Men appear to display more traditionally feminine characteristics in their spousal friendships - men are rated as more supportive, helpful, and encouraging by their spouses than they rate their best male friends. It may be that, for men, spousal friendship is a more intimate experience than same-sex friendship, allowing them to feel more comfortable expressing themselves in non-traditional ways. Higher ratings (by both men and women) on measures of Relationship Strength for spouse suggest that this is a possibility. Alternatively, the role demands for men may be more varied than in their same-sex friendships. Once again, it should be noted that the men being rated are from independent groups, and as such, these results may reflect individual differences rather than differences which are due to the type of relationship under investigation.

As predicted, women's same-sex friendships were characterized by higher levels of connectedness than were men's. However, they were also characterized by higher levels of sociality. Consequently, women's friendships appear to be both expressive and agentic, and this to a greater degree than men's. This finding is similar to that of Duck and Wright (1993), who found that



women's friendships were not only more expressive (as defined by higher scores on the ADFP subscales of Salience of Emotional Expression and Self-affirmation value) but also more instrumental (as defined by higher scores on Utility Value and Stimulation Value) than were men's. Nonetheless, it should be noted that, in the present study, women consistently rated their female friends higher on all positive friendship dimensions, and scores on sociality and connectedness reflect this trend. In addition, the ADFP was not originally designed to measure Sociality and Connectedness, and the items chosen to reflect these constructs may not do so adequately. Perhaps a better measure of these constructs is warranted in order to accurately test this particular hypothesis.

### **Interpersonal relationships and self-esteem**

When men and women have both a best same-sex friend and a spouse, the quality of these relationships is significantly related to ratings of personal self-esteem. The strength of the links between best friendship and self-esteem, and between spousal friendship and self-esteem is statistically equivalent for both men and women, which is contrary to the original hypothesis. The quality of the spousal friendship accounted for unique proportions of the variance in self-esteem for both genders; however, quality of best same-sex friendships only accounted for unique variance in men's self-esteem. These findings suggest that although close interpersonal relationships are related to both men's and women's self-esteem, spousal friendship offers unique provisions

which are not found in best same-sex friendships. For men, same-sex friendship also provides something which is not available in their spousal friendship. This is not the case for women's same-sex friendships, when considered in relation to self-esteem.

Closer inspection of the global categories of friendship suggests that for men, positive characteristics of same-sex friendship (relationship strength, general favourability, interpersonal rewards) have a unique link to self-esteem which is independent of spousal friendship qualities. For women, negative characteristics in same-sex friendship (maintenance difficulty) appear to make an independent contribution to the prediction of self-esteem, although this effect only showed a trend toward significance.

Postulating that women as a group tend to have higher quality relationships than do men, it may be that for women, negative aspects of their relationships may become particularly salient given their exceptional nature. However, it should be noted that conflict with friend only showed a trend toward independent prediction of self-esteem for women. For men, the reverse may be true with positive characteristics taking on greater importance given their relative magnitude. Interpersonal rewards in particular, and relationship strength and general favourability in same-sex friendship may be more important to how men feel about themselves, given the importance they place on social comparison (Schwalbe & Staples, 1991). However, future research is warranted to explore these hypotheses.

All dimensions of spousal friendship accounted for unique proportions of the variance in self-esteem for men and women, except relationship strength which only showed a trend toward significance for men. Marital adjustment was also a significant predictor of self-esteem for both sexes. These results are to be expected, given the intimate and relatively permanent nature of the marital relationship.

Further support for the idea that negative characteristics of a relationship play a more important role for women comes from the finding that Spanier subscales which measure agreement vs. disagreement over various issues (Consensus) and the degree of cohesion in the marriage were also significant independent predictors of women's self-esteem. These particular subscales tap conflict and difficulties maintaining a close bond with one's spouse. Past research has shown that women are more likely than men to view conflict in their relationships as detrimental (Wright, 1982), perhaps because women are socialized to be more communal, and to work toward positive interpersonal relationships (Block & Robins, 1993). Thus, when disagreements occur, or cohesion is difficult, women may find this particularly threatening. For men, none of the individual dimensions of marital adjustment independently predicted self-esteem. Again, this may be due to differences in socialization, with men placing less importance on the various facets of relationships, or weighting them equally.

The finding that women's friendships did not make independent

contributions to their self-esteem when spousal friendship was also considered was unexpected. Perhaps the link between interpersonal relationships and self-esteem varies over the life course, such that the influence of a particular relationship is a function of the current life stage. The women in this particular sample were all mothers of children between the ages of ten and thirteen. These women may be in a life stage during which family rather than friends become more important for their sense of well-being. Women with children may be more occupied with familial tasks and may not have time to spend with their friends - a hypothesis which appears to be supported by Ishii-Kuntz's (1990) finding that women (but not men) between the ages of 30 and 50 tend to have more frequent interactions with family members than with friends. However, this may not be the case for men. Fischer and Oliner (1983) found that being married and having children had a stronger independent negative impact on women's associations and activities than on men's. Although research has shown that men also tend to become more family oriented when they first become parents (see Farrell, 1986), it may be that this change is more temporary than for women. For women in general it may be that parenthood is a social role which is important for well-being. For men, who as a group, place more importance on more instrumental roles (e.g. work/task oriented), parenthood may only be particularly important for a briefer period in their lives.

#### **Negative effects of conflict**

Men and women who both agree that their marriages are characterized

by high levels of conflict do not differ significantly in self-esteem. It appears as though a conflictual relationship with one's spouse is equally detrimental for men's and women's self-esteem. For men and women, marriage is a more intimate, exclusive, and permanent relationship than is same-sex friendship (Wright, 1985). It is likely that these characteristics make conflict particularly harmful. Difficulty maintaining what is likely to be one's most significant adult relationship is not only problematic for women.

Nonetheless, it should be noted that when considering dimensions of marital adjustment, consensus and cohesion are independent predictors of self-esteem for women but not for men. The relationship between conflict and self-esteem appears to depend on how conflict is operationalized.

#### **The buffering effect of friendship**

Men and women who experienced high levels of conflict (as measured by the MD subscale) with both their friend and their spouse reported significantly lower self-esteem than those who experienced low levels of conflict in both relationships. For both sexes, high conflict with spouse had a detrimental effect on self-esteem. Contrary to prediction, a buffering effect was only found for male subjects. For men, low marital conflict buffered the negative impact of high friend conflict on self-esteem: men with high friend conflict and low marital conflict did not differ significantly from men with low conflict in both domains. Men with low conflict with spouse and high conflict with friend reported levels of self-esteem which were not significantly different

from those of men with high or low conflict in both domains. For men, who make a greater distinction between their relationships with their best male friends and their spouses, the opportunity for intimate exchanges with their spouses may be sufficient to buffer the negative impact of high conflict with their friend. In other words, the spousal friendship may provide something which is not found in the same-sex friendship but that has a beneficial impact on self-esteem.

The hypothesis of a buffering effect for women was not supported. It may be that women in this sample are in a life stage during which they do not spend much time with their best friends. Thus, lack of conflict in a best friendship may not be enough to buffer the negative impact of a conflictual marriage, which may be more influential at this life stage and in which contact is much more frequent. Furthermore, for women, the distinction between the characteristics of friendship with other women and with their spouse was not great. Thus, their female friends may be less likely to provide them with something unique which could enhance their self-esteem.

#### **A note of caution**

When interpreting the results of this study, it is important to keep in mind certain precautions. It should be noted that the effect sizes for the majority of the results are small, although this is not uncommon in social science research. Self-esteem is presumably dependent on numerous variables, of which SES and relationship qualities are but a few.

Furthermore, the data presented are correlational. Although hypotheses were made and evaluated as though relationships had an effect on self-esteem, it is also possible that the reverse is true. Men and women with higher self-esteem may be more likely to have better quality friendships and marriages. It is likely that both explanations are partially correct, and that in fact, there exists a reciprocal relationship between the characteristics of one's relationships and one's self-esteem.

### **Limitations**

The subscales of the ADFP were occasionally highly intercorrelated. This problem was even greater when considering the global categories.

Nonetheless, the subscales and categories were considered individually in analyses for conceptual reasons. Use of the ADFP may be more appropriate when considering less intimate friendships than those under investigation in the current study. Other measures of friendship may be more suitable for intimate relationships. Alternatively, measures of the level of intimacy in friendship may be warranted in order to isolate, and examine a potential confound.

Certain sample characteristics also limit the generalizability of the current findings. The sample under investigation was not chosen at random. Furthermore, all subjects were married or co-habiting, and had children between the ages of ten and thirteen living in the home. The majority were between the ages of 30 and 50 years old. These sample characteristics make it difficult to generalize findings to older or younger unmarried or childless

individuals.

### **Conclusions**

The results of the present investigation indicate that men and women see their spousal relationships in a similar way, perhaps because for men, this intimate relationship allows them to display more traditionally feminine characteristics (e.g., helpfulness, support). Furthermore, men appear to make greater distinctions between the characteristics of their same-sex friendships and their spousal friendships. Nonetheless, gender differences in same-sex friendships were present, although it should be noted that such differences were only in degree: considerable overlap exists in the distributions of friendship dimensions.

Although marriage, and friendship within marriage, were found to be significantly related to self-esteem for both men and women, same-sex friendship was only independently related to men's self-esteem. Thus, even though women may develop "collectivist, ensembled or connected" self-schemas, if they succeed in having close same-sex friendships, their self-esteem does not appear to be independently affected by the quality of these relationships. For men, same-sex friendship may influence attitudes toward the self because it provides an opportunity for social comparison, which has been shown to be influential in men's self-esteem (Schwalbe & Staples, 1991).

Nonetheless, many findings were contrary to prediction and suggest that perhaps the link between significant interpersonal relationships and self-esteem



is more complicated than originally anticipated. Future investigations which pay more attention to life stage and role satisfaction, would add to the findings of the current study and perhaps offer a more complete understanding of the link between significant interpersonal relationships and adult self-esteem.

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Appendix A

Sample questionnaire package

## Appendix A

In addition to the questionnaires, subjects completed a General Information Form, which can be found in the pages following the cover letter and consent form.

The ordering of the questionnaire package was as follows:

- ADFF for best same-sex friend (pp. 101-105)
- Spanier Dyadic Adjustment Scale (pp.106-109)
- ADFF for spouse/partner (pp. 110-114)
- Rosenberg Self-esteem Scale (p. 115)
- \* Simpson Adult Attachment Questionnaire
- \* Family Expressiveness Questionnaire
- \* Sarason Social Support Scale

A second order was also administered to approximately 30 individuals. The second order was as follows:

- Rosenberg Self-esteem Scale
- \* Family Expressiveness Scale
- ADFF for spouse/partner
- \* Simpson Adult Attachment Questionnaire
- Spanier Dyadic Adjustment Scale
- ADFF for best same-sex friend
- \* Sarason Social Support Scale

No significant order effects were found for the questionnaires used in the current investigation.

*Note.* \* indicates that the questionnaire was not used in the current investigation.

**CENTRE FOR RESEARCH IN HUMAN DEVELOPMENT**

November, 1993

Dear Parents,

Thank you for permitting your child to participate in the first part of our study of children's friendships which we are conducting at \_\_\_\_\_ School. As you recall, your child was asked to list his or her friends.

We are writing now to ask for the participation of your child and yourselves in the second part of the study. This part concerns changes with age in children's friendships, the degree to which children's friendships are similar to, or different from their parents' friendships, and the contribution of the family to children's friendships.

We are asking permission for your child to complete questionnaires at school. The questionnaires ask children to say how true statements about friendships are for the (e.g. My friend helps me when I am having trouble with something) and how true statements are about themselves (e.g. I like the kind of person I am; I like telling my parents what I am thinking and feeling). The questionnaires take about 50 minutes to complete in total. Over 1000 children in North America and Australia have completed similar questionnaires and most enjoy them. The children will answer these questionnaires individually, at times which are convenient for the teacher to excuse small groups from class. Of course no child is ever forced to participate and all answers are confidential.

We are also asking parents to complete similar questionnaires about their friendships, self perceptions, and family functioning. The questionnaires will be mailed to you in January to complete at your convenience, and will take about one hour of your time.

We would like as many mothers and fathers as possible to participate. Little is known about the role of fathers in children's social development; hence fathers participation is very important. However, if only one parent can participate, your help is still very important. In return for participation, each parent will receive \$10 for his/her time. We will be please to send you a summary of the group results of the study when completed.

As you may recall, this project is funded by the Social Sciences and Humanities Research Council of Canada, and is concerned with how children's friendships change with age, and what helps children have good relations with friends. This work is important because friendships foster the child's sense of well-being and school achievement.

We hope that you and your child will consent to participate in this project. It is through the help of parents like yourselves that professionals learn how to assist families in improving children's social development. Please return the enclosed participation form to your child's teacher indicating your decision. We would like to know your decision even if you do not agree to participate. To encourage a reply, all children returning forms will receive a small prize.

If you have questions or wish further information before you decide about participating, we would be most pleased to speak with you about the project. Please indicate a convenient telephone number on the form. Also, please do not hesitate to call any one of us at the numbers below. Thank you once again for your assistance. It is important to have as many mothers and fathers as possible continue with the project.

Sincerely,

**Anna-Beth Doyle, Ph.D.**  
Professor of Psychology  
(848-7538)

**Dorothy Markiewicz, Ph.D.**  
Associate Professor of Applied Social  
Science & of Psychology  
(848-3889)

**Melissa Lieberman**  
Graduate Assistant  
(848-7560)

**Kirsten Voss**  
Graduate Assistant  
(848-7560)

Consent Form

Child's Name..... Teacher's Name:.....

School:..... Grade:.....

Check where applicable

\_\_\_\_\_ I agree to my child's and my participation in the second part of the friendship study by Drs. A.B. Doyle and D. Markiewicz (as described in the letter of November, 1993)

\_\_\_\_\_ My spouse also agrees to participate

OR

\_\_\_\_\_ I wish to be called to discuss the project.

.....  
Parent's Name (please print) Phone number

OR

\_\_\_\_\_ I do not agree to the above.

**IF YOU AGREE TO PARTICIPATE, please complete the following:**

I have been informed that this project is being conducted by Drs. Anna Beth Doyle and Dorothy Markiewicz and that I/we and/or my child may discontinue participation at any time.

.....  
Parent (s) Name (s) (please print)

.....  
Date

.....  
Mother's Signature (if participating)

.....  
Father's Signature (if participating)

.....  
Street Address

.....  
Phone Number

.....  
City & Postal Code

.....  
Child's birthdate

**Please return this form to the teacher as soon as possible.**

## GENERAL INFORMATION FORM

This form is to be completed by:

\_\_\_\_\_ **Mother** \_\_\_\_\_ **Father**

In our multicultural society, it is important to describe the range of participants in our study. Please indicate the following:

Language(s) spoken at home:

French \_\_\_\_\_ English \_\_\_\_\_ Other \_\_\_\_\_  
(Please specify)

Who lives in the house with you and your child?

Child's Mother \_\_\_\_\_ Child's Father \_\_\_\_\_

Number of Brothers \_\_\_\_\_ Number of Sisters \_\_\_\_\_

Other adults \_\_\_\_\_  
(Please specify other adult's relationship to the child, for example, uncle, aunt, grandparent(s), friend, cousin etc.)

What is your current marital status?

single \_\_\_\_\_

common-law \_\_\_\_\_ married \_\_\_\_\_ re-married \_\_\_\_\_

For how long? \_\_\_\_\_

separated \_\_\_\_\_ divorced \_\_\_\_\_ widowed \_\_\_\_\_

For how long? \_\_\_\_\_

MOTHER INFORMATION

Mother's ethnic/racial identification:

White \_\_\_\_\_ Black \_\_\_\_\_ Oriental \_\_\_\_\_  
South Asian \_\_\_\_\_ First Nations \_\_\_\_\_  
Latin American \_\_\_\_\_ Other \_\_\_\_\_  
(Please specify)

Mother's age \_\_\_\_\_

What kind of work does mother do? \_\_\_\_\_

If at present Mother does not have paid employment, please indicate previous work.

---

How long ago did mother stop paid employment?

Less than 1 year ago \_\_\_\_\_ 1 to 2 years ago \_\_\_\_\_

More than 2 years ago \_\_\_\_\_

How many hours a week does/did mother work? \_\_\_\_\_

In what kind of business or industry does/did mother work?

---

What are/were mother's most important activities or duties at work?

---

What is mother's level of education (highest grade completed)?

Elementary School \_\_\_\_\_ High School (Specify grade) \_\_\_\_\_

CEGEP (general) \_\_\_\_\_ CEGEP (technical) \_\_\_\_\_

University: Bachelor's (B.A., B.Sc., etc.) \_\_\_\_\_

Master's (M.A., M.Sc., etc.) \_\_\_\_\_

Doctorate (Ph.D.) \_\_\_\_\_

In what country did mother attend elementary school?

Canada \_\_\_\_\_ U.S.A. \_\_\_\_\_

Other (Please specify) \_\_\_\_\_

In what country did mother attend high school?

Canada \_\_\_\_\_ U.S.A. \_\_\_\_\_

Other (Please specify) \_\_\_\_\_

FATHER INFORMATION

Father's ethnic/racial identification:

White \_\_\_\_\_ Black \_\_\_\_\_ Oriental \_\_\_\_\_

South Asian \_\_\_\_\_ First Nations \_\_\_\_\_

Latin American \_\_\_\_\_ Other \_\_\_\_\_  
(Please specify)

Father's age \_\_\_\_\_

What kind of work does father do? \_\_\_\_\_

If at present Father does not have paid employment, please indicate previous work.

---

How long ago did father stop paid employment?

Less than 1 year ago \_\_\_\_\_ 1 to 2 years ago \_\_\_\_\_

More than 2 years ago \_\_\_\_\_

How many hours a week does/did father work? \_\_\_\_\_

In what kind of business or industry does/did father work?

---

What are/were father's most important activities or duties at work?

---

What is father's level of education (highest grade completed)?

Elementary School \_\_\_\_\_ High School (Specify grade) \_\_\_\_\_

CEGEP (general) \_\_\_\_\_ CEGEP (technical) \_\_\_\_\_

University: Bachelor's (B.A., B.Sc. etc) \_\_\_\_\_

Master's (M.A., M.Sc., etc.) \_\_\_\_\_

Doctorate (Ph.D.) \_\_\_\_\_

In what country did father attend elementary school?

Canada \_\_\_\_\_ U.S.A. \_\_\_\_\_

Other (Please specify) \_\_\_\_\_

In what country did father attend high school?

Canada \_\_\_\_\_ U.S.A. \_\_\_\_\_

Other (Please specify) \_\_\_\_\_



Participation Number \_\_\_\_\_

April, 1993 adff Parent

This questionnaire completed by: \_\_\_\_\_ Mother \_\_\_\_\_ Father

### CLOSE FRIENDSHIP DESCRIPTION QUESTIONNAIRE

The purpose of this questionnaire is to find out how you would describe your closest same-sex friend. Below, you will find a list of statements with rating scales underneath them. Please read each statement carefully and then, thinking of your closest friend, circle the number on the line which best describes how often the statement is true for your friendship.

Here is what each number means:

- 0 = Never
- 1 = Almost never
- 2 = Seldom
- 3 = About half the time
- 4 = Usually
- 5 = Almost always
- 6 = Always

Please try to answer all of the questions. Some of the situations described may never have come up in your friendship. In that case, please try your best to imagine what things would be like if the situation did come up.

If you feel that a statement really doesn't have anything to do with your friendship, then you may put an X over the question number. Remember to answer each question with the same friend in mind - your closest same-sex friend.

First Name (or initials) of your closest same-sex friend \_\_\_\_\_

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6

1. This friend can come up with thoughts and ideas that give me new and different things to think about.  
0.....1.....2.....3.....4.....5.....6
2. If I were short of cash and needed money in a hurry, I could count on this friend to be willing to loan it to me.  
0.....1.....2.....3.....4.....5.....6
3. This friend makes it easy for me to express my most important personal qualities in my everyday life.  
0.....1.....2.....3.....4.....5.....6
4. This friend's ways of dealing with people make her/him rather difficult to get along with.  
0.....1.....2.....3.....4.....5.....6
5. If I accomplish something that makes me look especially competent or skillful, I can count on this friend to notice it and appreciate my ability.  
0.....1.....2.....3.....4.....5.....6
6. This friend is a genuinely likeable person.  
0.....1.....2.....3.....4.....5.....6
7. I can converse freely and comfortably with this friend without worrying about being teased or criticized if I unthinkingly say something pointless, inappropriate, or just plain silly.  
0.....1.....2.....3.....4.....5.....6

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....
Definitely not	Extremely unlikely	Probably not	Perhaps	Probably	Extremely likely	Definitely

8. If I hadn't heard from this friend for several days without knowing why, I would make it a point to contact her/him just for the sake of keeping in touch.

0.....1.....2.....3.....4.....5.....6

9. If this friend were to move away or "disappear" for some reason, I would really miss the special kind of companionship s/he provides.

0.....1.....2.....3.....4.....5.....6

10. When we get together to work on a task or project, this friend can stimulate me to think of new ways to approach jobs and solve problems.

0.....1.....2.....3.....4.....5.....6

11. If I were looking for a job, I could count on this friend to try her/his best to help me find one.

0.....1.....2.....3.....4.....5.....6

12. This friend is the kind of person who makes it easy for me to express my true thoughts and feelings.

0.....1.....2.....3.....4.....5.....6

13. I can count on having to go out of my way to do things that will keep my relationship with this friend from "falling apart."

0.....1.....2.....3.....4.....5.....6

14. If I am in an embarrassing situation, I can count on this friend to do things that will make me feel as much at ease as possible.

0.....1.....2.....3.....4.....5.....6

15. If I were asked to list a few people that I thought represented the very best in "human nature," this friend is one of the persons I would name.

0.....1.....2.....3.....4.....5.....6

16. This friend is the kind of person who likes to "put me down" or embarrass me with seemingly harmless little jokes or comment.

0.....1.....2.....3.....4.....5.....6

17. If this friend and I could arrange our schedules so that we each had a free day, I would try to arrange my schedule so that I had the same free day as this friend.

0.....1.....2.....3.....4.....5.....6

18. This friend expresses so many personal qualities I like that I think of her/him as being "one of a kind," a truly unique person.

0.....1.....2.....3.....4.....5.....6

19. This friend can get me involved in interesting new activities that I probably wouldn't consider if it weren't for her/him.

0.....1.....2.....3.....4.....5.....6

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....
Definitely not	Extremely unlikely	Probably not	Perhaps	Probably	Extremely likely	Definitely

20. If I were short of time or faced with an emergency, I could count on this friend to help with errands or chores to make things as convenient for me as possible.

0.....1.....2.....3.....4.....5.....6

21. This friend treats me in ways that encourage me to be my "true self".

0.....1.....2.....3.....4.....5.....6

22. I have to be very careful about what I say if I try to talk to this friend about topics that s/he considers controversial or touchy.

0.....1.....2.....3.....4.....5.....6

23. If I have some success or good fortune, I can count on this friend to be happy and congratulatory about it.

0.....1.....2.....3.....4.....5.....6

24. This friend has the kind of personal qualities that would make almost anyone respect and admire her/him if they got to know her/him well.

0.....1.....2.....3.....4.....5.....6

25. I feel free to reveal private or personal information about myself to this friend because s/he is not the kind of person who would use such information to my disadvantage.

0.....1.....2.....3.....4.....5.....6

26. If I had decided to leave town on a certain day for a leisurely trip or vacation and discovered that this friend was leaving for the same place a day later, I would seriously consider waiting a day in order to travel with her/him.

0.....1.....2.....3.....4.....5.....6

27. "False sincerity" and "phoniness" are the kinds of terms that occur to me when I am trying to think honestly about my impressions of this friend.

0.....1.....2.....3.....4.....5.....6

28. When we discuss beliefs, attitudes and opinions, this friend introduces viewpoints that help me see things in a new light.

0.....1.....2.....3.....4.....5.....6

29. This friend is willing to spend time and energy to help me succeed at my own personal tasks and projects even if s/he is not directly involved.

0.....1.....2.....3.....4.....5.....6

30. This friend is the kind of person who makes it easy for me to do the kinds of things I really want to do.

0.....1.....2.....3.....4.....5.....6

31. I have a hard time really understanding some of this friend's actions and comments.

0.....1.....2.....3.....4.....5.....6

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....
Definitely not	Extremely unlikely	Probably not	Perhaps	Probably	Extremely likely	Definitely

32. If I have to defend any of my beliefs or convictions, this friend is the kind of person who supports me, even if s/he does not share those beliefs or convictions with me.  
0.....1.....2.....3.....4.....5.....6
33. This friend is a pleasant person to be around.  
0.....1.....2.....3.....4.....5.....6
34. When I am with this friend, I feel free to "let my guard down" completely because s/he avoids doing and saying things that might make me look inadequate or inferior.  
0.....1.....2.....3.....4.....5.....6
35. When I plan for leisure time activities, I make it a point to get in touch with this friend to see if we can arrange to do things together.  
0.....1.....2.....3.....4.....5.....6
36. When this friend and I get together, I enjoy a special kind of companionship I don't get from any of my other acquaintances.  
0.....1.....2.....3.....4.....5.....6
37. I can count on this friend to be ready with really good suggestions when we are looking for some activity or project to engage in.  
0.....1.....2.....3.....4.....5.....6
38. If I were sick or hurt, I could count on this friend to do things that would make it easier to take.  
0.....1.....2.....3.....4.....5.....6
39. Doing things with this friend seems to bring out my more important traits and characteristics.  
0.....1.....2.....3.....4.....5.....6
40. I can count on communication with this friend to break down when we try to discuss things that are touchy or controversial.  
0.....1.....2.....3.....4.....5.....6
41. This friend has a way of making me feel like a really worthwhile person, even when I do not seem to be very competent or successful at my more important activities.  
0.....1.....2.....3.....4.....5.....6
42. It is easy to think of favorable things to say about this friend.  
0.....1.....2.....3.....4.....5.....6
43. This friend is quick to point out anything that s/he sees as a flaw in my character.  
0.....1.....2.....3.....4.....5.....6
44. If I had just gotten off work or out of class and had some free time, I would wait around and leave with this friend if s/he were leaving the same place an hour or so later.  
0.....1.....2.....3.....4.....5.....6

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....
Definitely not	Extremely unlikely	Probably not	Perhaps	Probably	Extremely likely	Definitely

45. This friend is the kind of person I would miss very much if something happened to interfere with our relationship.

0.....1.....2.....3.....4.....5.....6

How long have you been friends with this person?

Less than 6 months \_\_\_\_\_ 6 months to 2 years \_\_\_\_\_ More than 2 years \_\_\_\_\_  
 (Please specify how many years.)

If you are working outside the home

Is this friend someone you met at your workplace?

Yes \_\_\_\_\_ No \_\_\_\_\_

Is this friend currently working with you?

Yes \_\_\_\_\_ No \_\_\_\_\_

DESCRIPTION OF COUPLE RELATIONSHIP QUESTIONNAIRE

The purpose of this questionnaire is to find out how you would describe your relationship with your spouse or partner. Please answer the following questions by indicating which of the possible responses best fits for you and your partner.

If you do not have a spouse or partner at present, please write N/A at the top of the page and do not answer this questionnaire.

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

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
1. Handling Family Finances	_____	_____	_____	_____	_____	_____
2. Matters of recreation	_____	_____	_____	_____	_____	_____
3. Religious Matters	_____	_____	_____	_____	_____	_____
4. Demonstrations of Affection	_____	_____	_____	_____	_____	_____
5. Friends	_____	_____	_____	_____	_____	_____
6. Sex Relations	_____	_____	_____	_____	_____	_____
7. Conventionality (correct or proper behavior)	_____	_____	_____	_____	_____	_____
8. Philosophy of life	_____	_____	_____	_____	_____	_____
9. Ways of dealing with parents or in-laws	_____	_____	_____	_____	_____	_____
10. Aims, goals, and things believed important	_____	_____	_____	_____	_____	_____

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
11. Amount of time spent together	_____	_____	_____	_____	_____	_____
12. Making major decisions	_____	_____	_____	_____	_____	_____
13. Household tasks	_____	_____	_____	_____	_____	_____
14. Leisure time interest and activities	_____	_____	_____	_____	_____	_____
15. Career decisions	_____	_____	_____	_____	_____	_____

	All the time	Most of the time	More Often than not	Occasionally	Rarely	Never
16. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	_____	_____	_____	_____	_____	_____
17. How often do you or your mate leave the house after a fight?	_____	_____	_____	_____	_____	_____
18. In general, how often do you think that things between you and your partner are going well?	_____	_____	_____	_____	_____	_____
19. Do you confide in your mate?	_____	_____	_____	_____	_____	_____
20. Do you regret that you married? (or live together)	_____	_____	_____	_____	_____	_____

		All the time	Most of the time	More Often than not	Occa- sionally	Rarely	Never
21.	How often do you and your partner quarrel?	_____	_____	_____	_____	_____	_____
22.	How often do you and your mate "get on each other's nerves?"	_____	_____	_____	_____	_____	_____
		Every Day	Almost Every Day		Occa- sionally	Rarely	Never
23.	Do you kiss your mate	_____	_____	_____	_____	_____	_____
		All of them	Most of them	Some of them	Very few them	None of them	
24.	Do you and your mate engage in outside interests together?	_____	_____	_____	_____	_____	

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

		Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
25.	Have a stimulating exchange of ideas	_____	_____	_____	_____	_____	_____
26.	Laugh together	_____	_____	_____	_____	_____	_____
27.	Calmly discuss something	_____	_____	_____	_____	_____	_____
28.	Work together on a project	_____	_____	_____	_____	_____	_____



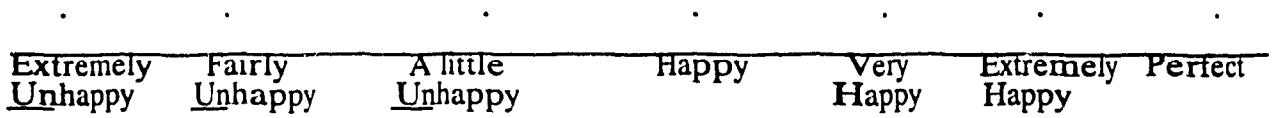
These are some things about which couples sometimes agree and sometimes disagree. Indicate if either item below caused differences of opinions or were problems in your relationship during the past few weeks. (Check yes or no)

Yes   No

29.                       Being too tired for sex.

30.                       Not showing love.

31.    The dots on the following line represent different degrees of happiness in your relationship. The middle point, "happy" represents the degree of happiness of most relationships. Please circle the dot which best describes the degree of happiness, all things considered, of your relationship.



32.    Which ONE of the following statements best describes how you feel about the future of your relationship? (check one only)

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

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

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

          It would be nice if my relationship succeeded, but I can't do much more than I am doing now to help it succeed.

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

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

### SPOUSE DESCRIPTION QUESTIONNAIRE

The purpose of this questionnaire is to find out about how you would describe your spouse/partner with whom you are living. Below, you will find a list of statements with rating scales underneath them. Please read each statement carefully and then, thinking of your spouse/partner, circle the number on the line which best describes how often the statement is true for your relationship.

Here is what each number means:

- 0 = Never
- 1 = Almost never
- 2 = Seldom
- 3 = About half the time
- 4 = Usually
- 5 = Almost always
- 6 = Always

If you are not living with a spouse/partner at present, please write N/A at the top and do not complete the questionnaire.

Please try to answer all of the questions. Some of the situations described may never have come up with your partner. In that case, please try your best to imagine what things would be like if the situation did come up.

If you feel that a statement really doesn't have anything to do with your relationship with your partner, then you may put an X over the question number. Remember to answer each question with the same person in mind - your spouse/partner with whom you are living.

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....

1. My spouse can come up with thoughts and ideas that give me new and different things to think about.  
0.....1.....2.....3.....4.....5.....6
2. If I were short of cash and needed money in a hurry, I could count on my spouse to be willing to loan it to me.  
0.....1.....2.....3.....4.....5.....6
3. My spouse makes it easy for me to express my most important personal qualities in my everyday life.  
0.....1.....2.....3.....4.....5.....6
4. My spouse's ways of dealing with people make her/him rather difficult to get along with.  
0.....1.....2.....3.....4.....5.....6
5. If I accomplish something that makes me look especially competent or skillful, I can count on my spouse to notice it and appreciate my ability.  
0.....1.....2.....3.....4.....5.....6
6. My spouse is a genuinely likeable person.  
0.....1.....2.....3.....4.....5.....6
7. I can converse freely and comfortably with my spouse without worrying about being teased or criticized if I unthinkingly say something pointless, inappropriate, or just plain silly.  
0.....1.....2.....3.....4.....5.....6

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....
Definitely not	Extremely unlikely	Probably not	Perhaps	Probably	Extremely likely	Definitely

8. If I hadn't heard from my spouse for several hours without knowing why, I would make it a point to contact her/him just for the sake of keeping in touch.  
0.....1.....2.....3.....4.....5.....6
9. If my spouse were to move away or "disappear" for some reason, I would really miss the special kind of companionship s/he provides.  
0.....1.....2.....3.....4.....5.....6
10. When we get together to work on a task or project, my spouse can stimulate me to think of new ways to approach jobs and solve problems.  
0.....1.....2.....3.....4.....5.....6
11. If I were looking for a job, I could count on my spouse to try her/his best to help me find one.  
0.....1.....2.....3.....4.....5.....6
12. My spouse is the kind of person who makes it easy for me to express my true thoughts and feelings.  
0.....1.....2.....3.....4.....5.....6
13. I can count on having to go out of my way to do things that will keep my relationship with my spouse from "falling apart."  
0.....1.....2.....3.....4.....5.....6
14. If I am in an embarrassing situation, I can count on my spouse to do things that will make me feel as much at ease as possible.  
0.....1.....2.....3.....4.....5.....6
15. If I were asked to list a few people that I thought represented the very best in "human nature," my spouse is one of the persons I would name.  
0.....1.....2.....3.....4.....5.....6
16. My spouse is the kind of person who likes to "put me down" or embarrass me with seemingly harmless little jokes or comment.  
0.....1.....2.....3.....4.....5.....6
17. If my spouse and I could arrange our schedules so that we each had a free day, I would try to arrange my schedule so that I had the same free day as my spouse.  
0.....1.....2.....3.....4.....5.....6
18. My spouse expresses so many personal qualities I like that I think of her/him as being "one of a kind," a truly unique person.  
0.....1.....2.....3.....4.....5.....6
19. My spouse can get me involved in interesting new activities that I probably wouldn't consider if it weren't for her/him.  
0.....1.....2.....3.....4.....5.....6

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....
Definitely not	Extremely unlikely	Probably not	Perhaps	Probably	Extremely likely	Definitely

20. If I were short of time or faced with an emergency, I could count on my spouse to help with errands or chores to make things as convenient for me as possible.  
0.....1.....2.....3.....4.....5.....6
21. My spouse treats me in ways that encourage me to be my "true self".  
0.....1.....2.....3.....4.....5.....6
22. I have to be very careful about what I say if I try to talk to my spouse about topics that s/he considers controversial or touchy.  
0.....1.....2.....3.....4.....5.....6
23. If I have some success or good fortune, I can count on my spouse to be happy and congratulatory about it.  
0.....1.....2.....3.....4.....5.....6
24. My spouse has the kind of personal qualities that would make almost anyone respect and admire her/him if they got to know her/him well.  
0.....1.....2.....3.....4.....5.....6
25. I feel free to reveal private or personal information about myself to my spouse because s/he is not the kind of person who would use such information to my disadvantage  
0.....1.....2.....3.....4.....5.....6
26. If I had decided to leave town on a certain day for a leisurely trip or vacation and discovered that my spouse was leaving for the same place a day later, I would seriously consider waiting a day in order to travel with him/her.  
0.....1.....2.....3.....4.....5.....6
27. "False sincerity" and "phoniness" are the kinds of terms that occur to me when I am trying to think honestly about my impressions of my spouse.  
0.....1.....2.....3.....4.....5.....6
28. When we discuss beliefs, attitudes and opinions, my spouse introduces viewpoints that help me see things in a new light.  
0.....1.....2.....3.....4.....5.....6
29. My spouse is willing to spend time and energy to help me succeed at my own personal tasks and projects even if s/he is not directly involved.  
0.....1.....2.....3.....4.....5.....6
30. My spouse is the kind of person who makes it easy for me to do the kinds of things I really want to do.  
0.....1.....2.....3.....4.....5.....6
31. I have a hard time really understanding some of my spouse's actions and comments.  
0.....1.....2.....3.....4.....5.....6

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....
Definitely not	Extremely unlikely	Probably not	Perhaps	Probably	Extremely likely	Definitely

32. If I have to defend any of my beliefs or convictions, my spouse is the kind of person who supports me, even if s/he does not share those beliefs or convictions with me.

0.....1.....2.....3.....4.....5.....6

33. My spouse is a pleasant person to be around.

0.....1.....2.....3.....4.....5.....6

34. When I am with my spouse, I feel free to "let my guard down" completely because s/he avoids doing and saying things that might make me look inadequate or inferior.

0.....1.....2.....3.....4.....5.....6

35. When I plan for leisure time activities, I make it a point to get in touch with my spouse to see if we can arrange to do things together.

0.....1.....2.....3.....4.....5.....6

36. When my spouse and I get together, I enjoy a special kind of companionship I don't get from any of my acquaintances.

0.....1.....2.....3.....4.....5.....6

37. I can count on my spouse to be ready with really good suggestions when we are looking for some activity or project to engage in.

0.....1.....2.....3.....4.....5.....6

38. If I were sick or hurt, I could count on my spouse to do things that would make it easier to take.

0.....1.....2.....3.....4.....5.....6

39. Doing things with my spouse seems to bring out my more important traits and characteristics.

0.....1.....2.....3.....4.....5.....6

40. I can count on communication with my spouse to break down when we try to discuss things that are touchy or controversial.

0.....1.....2.....3.....4.....5.....6

41. My spouse has a way of making me feel like a really worthwhile person, even when I do not seem to be very competent or successful at my more important activities.

0.....1.....2.....3.....4.....5.....6

42. It is easy to think of favorable things to say about my spouse.

0.....1.....2.....3.....4.....5.....6

43. My spouse is quick to point out anything that s/he sees as a flaw in my character.

0.....1.....2.....3.....4.....5.....6

44. If I had just gotten off work or out of class and had some free time, I would wait around and leave with my spouse if s/he were leaving the same place an hour or so later.

0.....1.....2.....3.....4.....5.....6

Never	Almost never	Seldom	About half the time	Usually	Almost always	Always
0.....	1.....	2.....	3.....	4.....	5.....	6.....
Definitely not	Extremely unlikely	Probably not	Perhaps	Probably	Extremely likely	Definitely

45. My spouse is the kind of person I would miss very much if something happened to interfere with our relationship.

0.....1.....2.....3.....4.....5.....6

**Attitudes About Yourself**

Using the scale below, choose a number from 1 to 4 which best reflects your degree of agreement or disagreement with each of the following statements. Circle this number on the scale next to each question.

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

		Strongly Agree		Strongly Disagree	
1)	I feel that I am a person of worth, at least on an equal plane with others.....	1	2	3	4
2)	I feel that I have a number of good qualities.....	1	2	3	4
3)	All in all, I am inclined to feel that I am a failure.....	1	2	3	4
4)	I am able to do things as well as other people.....	1	2	3	4
5)	I feel I do not have much to be proud of.....	1	2	3	4
6)	I take a positive attitude toward myself.....	1	2	3	4
7)	On the whole, I am satisfied with myself.....	1	2	3	4
8)	I wish I could have more respect for myself.....	1	2	3	4
9)	I certainly feel useless at times.....	1	2	3	4
10)	At times I think I am no good at all.....	1	2	3	4

## Appendix B

### Items for the Connectedness and Sociality subscales



## Appendix B

### Connectedness Subscale Items:

1. My friend makes it easy for me to express my most important personal qualities in my everyday life.
2. My friend is the kind of person who makes it easy for me to express my true thoughts and feelings.
3. My friend treats me in ways that encourage me to be my "true self".
4. I feel free to reveal private or personal information about myself to my friend because s/he is not the kind of person who would use such information to my disadvantage.
5. If I have to defend any of my beliefs or convictions, my friend is the kind of person who support me, even if s/he does not share those beliefs or convictions with me.
6. When i am with my friend, I feel free to "let my guard down" completely because s/he avoids doing and saying things that make me look inadequate or inferior.

The following items of the Connectedness Subscale are scored in reverse:

7. My friend is the kind of person who likes to "put me down" or embarrass me with seemingly harmless little jokes.
8. "False sincerity" and "phoniness" are the kinds of terms that occur to me when I am trying to think honestly about my impressions of my friend.
9. My friend is quick to point out anything s/he sees as a flaw in my character.

**Sociality Subscale Items:**

1. If my friend were to move away or "disappear" for some reason, I would really miss the special kind of companionship s/he provides.
2. My friend can get me involved in interesting new activities that I probably wouldn't consider if it weren't for her/him.
3. If I had decided to leave town on a certain day for a leisurely trip or vacation and discovered that my friend was leaving for the same place a day later, I would seriously consider waiting a day in order to travel with him/her.
4. When I plan for leisure time activities, I make it a point to get in touch with my friend to see if we can arrange to do things together.
5. When my friend and I get together, I enjoy a special kind of companionship I don't get from any of my acquaintances.
6. I can count on my friend to be ready with really good suggestions when we are looking for some activity or project to engage in.

## Appendix C

### Transformation of adapted ADFP means and standard deviations

## Appendix C

In order to combine the original and adapted versions of the ADFP, the means and standard deviations of the original form were used to equate the two forms. The following formula was used to create new subscale means and standard deviations for the adapted form:

$$X_o = \frac{sd_{x_o}}{sd_{x_a}} * [X_a - \bar{X}_a] + \bar{X}_o$$

Where

$X_o$  = Adapted subscale score transformed to fit the original distribution

$sd_{x_o}$  = standard deviation for the original ADFP subscale

$sd_{x_a}$  = standard deviation for the adapted ADFP subscale

$X_a$  = subscale score in adapted ADFP

$\bar{X}_a$  = adapted ADFP subscale mean

$\bar{X}_o$  = original ADFP subscale mean

This formula was used for each ADFP subscale.