# TIGER SOUP REVISITED:

# THE INVOLVEMENT OF ATTACHMENT, CAREGIVING, AND SEXUAL BEHAVIOR SYSTEMS IN EARLY ADULT ROMANTIC RELATIONSHIPS

by

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B.A. University of British Columbia, 1988

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DISSERTATION SUBMITTED

IN PARTIAL FULFILLMENT OF THE REQUIREMENTS

FOR THE DEGREE OF DOCTOR OF PHILOSOPHY

in the Department

of

Psychology



SIMON FRASER UNIVERSITY

September 1997

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## ABSTRACT

The present study examined associations between the attachment, caregiving, and sexual behaviour systems which together have been postulated to comprise the construct of love within adult romantic relationships. A primary focus was the relationship of sexual behaviour to attachment and caregiving. University undergraduates were administered measures assessing attachment dimensions, caregiving dimensions, and several aspects of sexual functioning. As expected, results indicated a moderate degree of relatedness among the three behaviour systems, and specifically highlighted the usefulness of including the sexual behaviour system along with attachment and caregiving in understanding the nature of intimacy within romantic relationships. Profiles of sexual characteristics were provided based on associations between sexual variables and each of Bartholomew's (1990) four attachment dimensions. Implications of the current findings and directions for future research were discussed in relation to therapeutic service provision, and recent work in the areas of romantic love, romantic relationships, attachment, and sexuality.

## ACKNOWLEDGMENTS

Many people have contributed to this endeavour in important ways that have been greatly appreciated. I would like to thank the members of my committee, particularly my senior supervisor, Dr. Marlene Moretti, for her willingness to take on a rather unwieldy project and give it focus and direction. Dr. Moretti's enthusiasm and keen interest in research tended to be contagious, and helped me to value this project during times of doubt. Dr. Kim Bartholomew was also very supportive through various drafts of this work and patient with a student trying to more fully understand the field of attachment. Two individuals generously contributed their time to this study despite a lack of formal connection to the project. Dr. Ray Koopman has been extremely helpful to me with statistics throughout my graduate training, and he graciously played a consulting role on both of my major research projects. I am also grateful to Dr. James Marcia, a very fine scientist-practitioner, who took time from his busy schedule to sit in a coffee shop and, of all things, share his clinical ideas about the nature of sex.

I owe a debt of thanks to those present and past members of my thesis support group who over several years have provided consistent emotional support and thoughtful advice as we have travelled the same road together. Data collection for this project was kindly assisted by several professors who either opened their own classrooms or referred me to others with a kind word of reference. I must also thank all the men and women who were willing to share their relationship experiences by participating in this study.

I have often thought about the defining moments that bring us to our current place, and certainly Dr. Richard C. Tees must be credited with setting me firmly on the path of

psychology. It was Dr. Tees who took a gamble on an unknown undergraduate student without much of a track record, and ended up sending him off to graduate school.

On a more personal note, I cannot begin to express my gratitude to my parents, Walter and Grace, for their constant support and encouragement over the years. They never forced any kind of agenda on my life, but simply trusted me to make decisions and were genuinely supportive of them. Throughout my education they have been extremely generous with me in a variety of ways, and the fact that this work is completed is largely the result of their influence on my life. I must also thank my brother Jim, who I think is most responsible for giving me a fighting spirit. I also have several relatives, particularly my Auntie Jean, whose interest in my doctorate and readily expressed impatience at its time to completion helped me to stay motivated. To the extent that what we produce reflects our own selves, I must thank Dr. Kathy Simas, Dr. Ofra Mayseless, and Dr. Wilson Dillon for introducing me to myself.

Finally, my greatest thanks are reserved for my wonderful loving partner Rebecca England. She has proven to me that a romantic relationship can be an ongoing source of joy in life.

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# CHAPTER I

# INTRODUCTION

## Primary Objective of the Present Study

The present study examined associations between the attachment, caregiving, and sexual behaviour systems which together have been postulated to comprise the construct of love within adult romantic relationships (e.g., Ainsworth, 1989; Bowlby, 1969; Shaver, Hazan, & Bradshaw, 1988; Wilson, 1981). Within the context of such relationships, each of these three systems have been the focus of attention and research. However, while some preliminary work has been completed in the area of adult attachment and caregiving (Kunce & Shaver, 1994), adult sexual attraction/behaviour and attachment (Hazan & Zeifman, 1994; Ward, Hudson, Marshall, & Siegert, 1995; Ward & Marshall, 1996), and attachment, caregiving, affiliation, and sexual behaviour in middle-adolescent girls (Wehner, 1992), to date no studies have investigated the theorized existence of and relationship between these three systems within the context of adult romantic relationships.

Therefore, this study attempted to broaden our understanding of the forces that bring adults together and maintain them in long-term intimate relationships. This was done by examining associations between the attachment, caregiving, and sexual behaviour systems, each of which have been separately acknowledged as important aspects of close relationships.

## Rationale for the Present Study: Eros, Sex, and Romantic Relationships

Berscheid (1988) has reported that romantic relationships play an extremely important role in the lives of young adults. In a survey of unmarried and unengaged college men and women, over 50 percent identified their relationship with a romantic partner as their closest relationship with another human being - not with a father, mother, sibling, friend, or

coworker. Berscheid has also noted that North American culture tends to view the presence of romantic love as a precondition for marriage. This underscores the importance of romantic relationships both in terms of the formation and maintenance of intimacy between human beings, and in making highly significant, life-altering decisions such as choice of a lifelong partner.

The present study examined romantic relationships, which are largely defined by the presence of Eros, or romantic love (Berscheid, 1988). However, the main focus involved behaviour systems within romantic relationships rather than emotional states. In commenting on the classification of love, Berscheid noted that the critical dimension of behaviour is often overlooked, and that each class of love is distinguished by behaviours rather than emotional events.

Finally, in considering the most important form of behaviour to be included in future research on romantic love, Berscheid (1988) has concluded:

> ...that the role of sexual desire and experience has been neglected in contemporary discussions of romantic love..."What is love?"...in the case of romantic love, I don't really know-but, if forced against a brick wall to face a firing squad who would shoot if not given the correct answer, I would whisper "It's about 90 percent sexual desire as yet not sated."...At the least, I am certain that to continue to discuss romantic love without also prominently mentioning the role sexual arousal and desire plays in it is very much like our printing a recipe for tiger soup that leaves out the main ingredient (p. 372-373).

Therefore, the current study focussed on adult romantic relationships because they represent highly significant relational experiences in the lives of individuals. Of interest were the behaviours that tend to define such relationships, including sexual behaviour.

The aforementioned theoretical perspective emphasizes the importance of understanding the role sexual desire and behaviour plays in romantic relationships. This

theory springs directly from research in the area of romantic love. However, highly regarded psychotherapists working with couples in therapeutic settings have also emphasized the relationship of sexual issues and behaviours to both individual and relationship dynamics (e.g., Glenmullen, 1993; Yalom, 1989). For example, Joseph Glenmullen, an instructor in psychiatry at Harvard Medical School, has stated that:

> ...again and again in psychotherapy, sexual issues and symptoms can be seen as metaphors for the larger psychological stresses and strains in an individual's life. Sex is such a powerful metaphor because it is a microcosm of interpersonal relationships. Sexuality embraces the full panoply of human emotions and behaviour, yet expresses them in a condensed, elemental form. Viewed from this perspective, the sexual arena is a distillation, a shorthand, in which psychological motifs can often be seen more readily than they can in more complex social interactions (Glenmullen, 1993, p. 245).

**Overview and Theoretical Position of the Present Study**

Bowlby (1982) noted that basic behaviour systems have evolved through a process of natural selection because they are associated with a survival advantage. Such systems include both an outward behavioural manifestation and an inner organization, which are thought to be rooted in neurophysiological processes. Over the course of development the inner organization changes as it is influenced by genetic and environmental factors. This is accompanied by changes in outwardly observable behavioural manifestations and the situations which evoke them.

Figure 1 outlines the conceptual organization of the present study in the form of a flowchart. Current attachment theory suggests that early experiences with important adult attachment figures influence the formation of inner working models of self and self in relation to others (see Figure 1). These cognitive models serve an important mediating function between external socially-relevant stimuli and the production of socially-relevant behaviour.

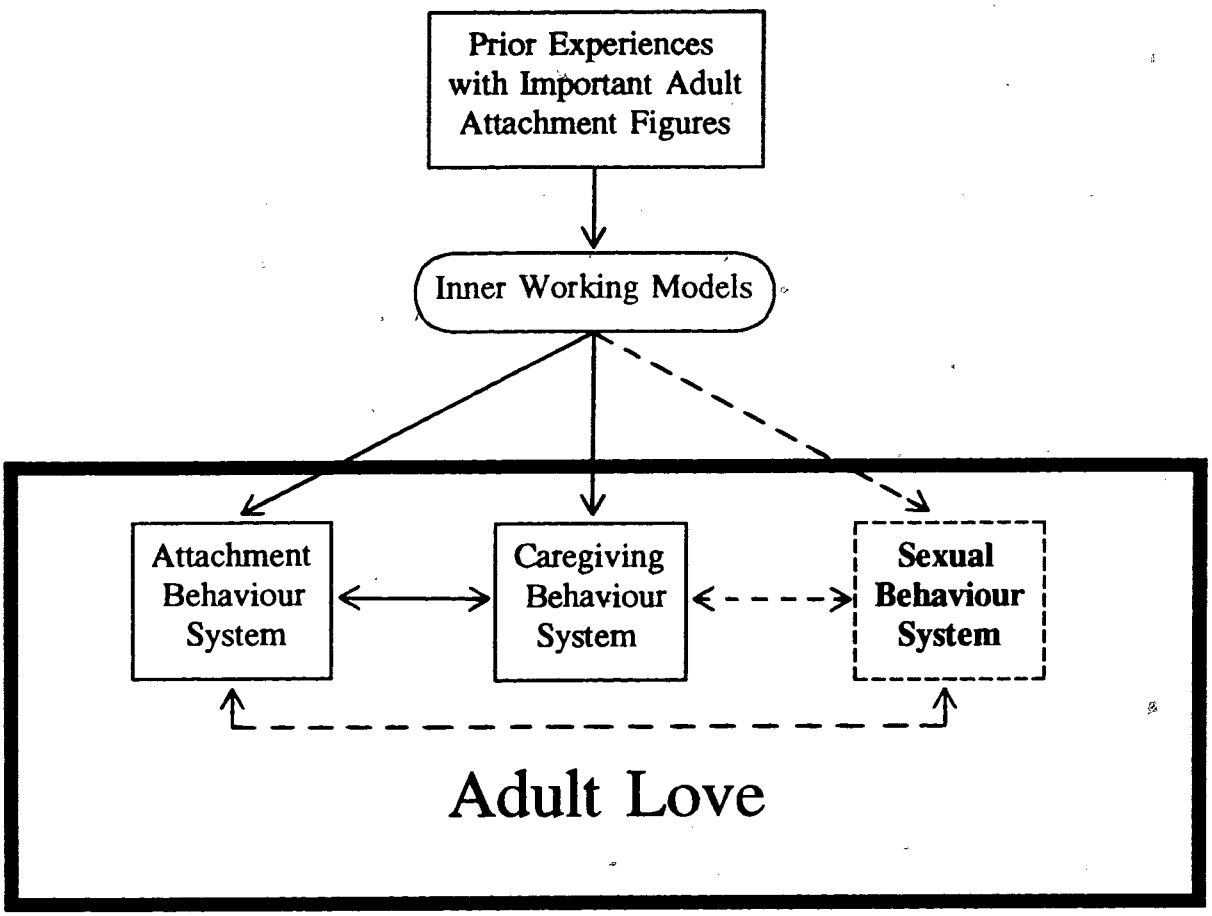


Figure 1. Conceptual Organization of the Present Study. Solid lines represent associations between different constructs that have been suppported by previous research. Dashed lines indicate the hypothesized relationships of the sexual behaviour system within adult romantic relationships, and postulated relationships between constructs that as yet have not been investigated.

Three distinct but related behaviour systems are those of attachment, caregiving, and sex, which develop at different rates (attachment is generally considered to precede caregiving and sex), exerting greater influence on behaviour as they become more fully developed (Shaver et al., 1988).

It is through the dynamic functioning of these related but independent systems that adult romantic relationships are initiated and maintained, with important characteristics of any given relationship reflected in each of the systems and the nature of the interactions between them. It is the position here that adult love is an integration of these three behaviour systems (Bowlby, 1969) and that each system independently reflects the nature of intimacy within adult romantic relationships.

Although there is some disagreement in the literature as to the definition of intimacy, this construct is often considered to involve mutual self-disclosure in relationships, closeness and interdependence between partners, and warmth and affection (Fehr & Perlman, 1985). Bass and Davis (1988) have stated that intimacy is represented by a bond between two people that is founded on trust, respect, love, and the ability to share deeply with one another. Therefore, in the current study the attachment, caregiving, and sexual behaviour systems are considered to evolve from the same early experiences with adult caregivers and concomitant inner working models. While they are independent systems, they are also related and similarly reflect intimacy within relationships.

The solid and dashed lines in Figure 1 reflect the current state of research on these three behaviour systems, and illustrate the lack of integration of the sexual behaviour system. Therefore, although the current study attempted to integrate all three systems, a primary focus was the relationship of sexual behaviour to attachment and caregiving.

Before proceeding it is important to consider the extent to which the currently

postulated theoretical framework is supported by the literature. This will be accomplished in three stages: 1) theory and research will be presented that defines each of the three primary behaviour systems in the current study; 2) this will be followed by a critical review of research related to each link of the attachment-caregiving-sex model within adult romantic relationships; and finally 3) research and theory that more specifically addresses the relationship between intimacy, attachment, and sex will be presented. The goal of the literature review is to provide evidence both for a connection between each link in the aforementioned model, and the contention that each behaviour system reflects the construct of intimacy within adult romantic relationships.

## 1. THEORY AND RESEARCH DEFINING THREE BEHAVIOUR SYSTEMS THOUGHT TO COMPRISE LOVE WITHIN ADULT ROMANTIC RELATIONSHIPS

### *THE ATTACHMENT BEHAVIOUR SYSTEM*

#### Origin and Development of the Concept of Attachment

John Bowlby is the seminal figure in the development of attachment theory (Perlman & Bartholomew, 1994). The original purpose for development of attachment theory was to explain "the many forms of emotional distress and personality disturbance, including anxiety, anger, depression and emotional detachment, to which unwilling separation and loss give rise" (Bowlby, 1977, p. 201). Bowlby (1958, 1969) addressed the basic elements of human attachment by redefining the fundamental principles of Freud's classical drive/structure model of the mind. In this new formulation, a child's propensity to become attached to its mother was believed to represent a separate, autonomous instinct that was independent of a caregiver's gratification of physiological and sensual needs.

Bowlby argued that infants are born with certain behaviour systems whose functioning increases the likelihood of certain vital needs being met, namely protection from danger and

regulating proximity to a caregiver. This in turn enhances the likelihood of survival and future reproduction. Therefore, Bowlby (1977) initially viewed the goal of the attachment system as one of maintaining proximity to a primary caretaker to ensure protection from various dangers.

Ainsworth viewed the attachment system as functioning in a continuous manner to provide the infant with a secure base from which to explore the surrounding environment. Based on this formulation, Ainsworth conceptually broadened the goal of the attachment system from Bowlby's initial protection from danger, to the maintenance of felt security (Ainsworth et al., 1978).

**Attachment-Related Behaviours and Patterns of Behaviour**

According to Bowlby (1969/1982), if an infant is frightened, separated from its primary caregiver, or distressed in some other manner the attachment system becomes activated. At this time there is suppression of other behaviour systems such as exploration and affiliation. Activation of the attachment system leads to production of whatever behaviours development has made available to reestablish contact with a caregiver. Such behaviours include crying, smiling, making eye contact, vocalizing, crawling, clinging, and walking. Therefore, the construct of attachment describes an organized system that is operationalized in terms of coherent patterns of behaviour. These patterns are indicative of the quality of the attachment bond within a relationship.

Ainsworth and Wittig (1969) extended the work of Bowlby by developing a method (known as the Strange Situation Paradigm) to elicit behaviours in infants that were considered to be demonstrative of attachment to a caregiver. This technique involved presenting an infant with increasingly stressful experiences including brief periods of physical separation

from the mother, followed by reunion. By observing the infants' responses to the episodes of separation and reunion, Ainsworth and Wittig were able to distinguish three patterns of attachment which they labelled as secure, avoidant, and ambivalent.

Infants identified as having a secure attachment style used their primary caregivers as a secure base from which they explored their environment, tended to be soothed easily, and expressed positive affect while interacting with caregivers. Avoidant infants showed little distress when separated from their caregivers, often avoided physical contact, and ignored their caregivers at reunion. Finally, the attachment pattern of ambivalent infants was characterized by elevated levels of distress when separated from a caregiver, co-occurring frustration and anger, and hostile or ambivalent reactions to parental comforting at reunion (Ainsworth & Wittig, 1969).

Ainsworth has emphasized that attachment patterns are indicative of qualitative rather than quantitative aspects of attachment, and primarily reflective of an infant's learned expectations regarding the accessibility and responsiveness of a caregiver (Ainsworth et al., 1978).

**Inner Working Models of Attachment Experiences**

Attachment theory stipulates that the attachment system of an infant or child interacts with the caregiving system of an adult caregiver (Bowlby, 1969/1982). The adult's caregiving system can be activated when this person perceives an infant to be in some form of danger, or when the adult is exposed to an infant's attachment signals or behaviours. The behaviour system activation in both the provider and recipient of care is terminated when danger signals or dangerous stimuli are removed, an infant's distress is soothed, or physical proximity has been restored.

It is from this type of experience (activation of the attachment system and the nature of caregivers' responses) that Bowlby believed infants and children construct inner working models of themselves, others, and the nature of their social relationships with significant interactional partners. These working models are similar in form to the concept of 'schemata' in cognitive social psychology, and serve as a type of template for guiding future experiences (Kunce & Shaver, 1994). Thus, a child's perceptions of its interpersonal environment are filtered through the relevant working models, which in turn shape emotional reactions, beliefs, and attitudes, producing cross-situational and cross-age continuity in interpersonal behaviour.

**Application of Attachment in Infancy to Adult Attachment Relationships**

Robert Weiss (1982, p. 172) examined the central criteria that define infant attachment, and related this to data collected from interview studies with adults. Based on this comparison, Weiss concluded that relationships "that meet the three criteria for attachment are to be found regularly" in adults.

According to Weiss (1982) the three central criteria that define the attachment relationship in infancy are (p. 172):

1. Proximity-seeking: "The infant will attempt to remain within protective range of the attachment figure."
2. Secure base: "In the presence of an attachment figure, so long as there is no threat, an infant will give indication of comfort and security."
3. Separation protest: "Threat to continued accessibility to the attachment figure or actual separation...will give rise to protest and to attempts to ward off the attachment figure's loss or to regain the attachment figure's presence."

Although these criteria defining infantile attachment are generally found in adult attachment,

Weiss also listed three characteristics that differentiate attachment among adults from attachment in children (p. 173):

1. In adults, attachment relationships typically occur between peers, rather than between care receiver (infant) and caregiver (parent).
2. It is less likely for attachment in adults to overwhelm "other behavioural systems" as attachment in infancy.
3. Attachment in adults often includes a sexual relationship.

Over time the direct applicability to adults of the attachment process in infants has become a general theme within the attachment literature (e.g., Hartup & Rubin, 1986; Hazan & Shaver, 1987; Morris, 1982; Pistole, 1989; West & Sheldon-Keller, 1994). For example, it was previously noted that through her behaviourally-based research with infants, Ainsworth conceptually broadened the goal of the attachment system from Bowlby's initial protection from danger, to the maintenance of felt security (Ainsworth et al., 1978). In defining adult attachment, West and Sheldon-Keller (1994, p. 19) restrict the application of this construct to "dyadic relationships in which proximity to a special and preferred other is sought or maintained to achieve a sense of security."

Commenting on the current state of the attachment literature, these researchers noted that "the concept of felt security as the...goal of attachment in periods of development beyond infancy has won wide acceptance" (West & Sheldon-Keller, 1994, p. 12). They argue that the goal of felt security is also paramount in the formation and maintenance of adult attachment relationships.

**The Attachment Behaviour System and Adult Romantic Relationships**

Hazan and Shaver (1987) were the first to investigate the idea that the classification

system for attachment in infancy could be transferred to adult romantic relationships. They felt that attachment styles in both infancy and adulthood were largely determined by specific characteristics of parent-child relationships. Results indicated that the relative frequencies of the three investigated attachment styles in infancy and adulthood were roughly equivalent. In addition, although adults in all three attachment style categories demonstrated a general core experience of romantic love, a unique constellation of emotions also occurred within each category. An additional finding was that respondents' inner working models of self and relationships were related to their respective attachment styles.

In describing their conceptualization of romantic love, Hazan and Shaver (1987) noted that attachment theory views such love as a biological as well as social process that is based in the nervous system. They hypothesize that romantic love has always existed as a biological potential designed by evolution to facilitate attachment between adult sexual partners.

Feeney and Noller (1990) replicated the findings of Hazan and Shaver, and were able to differentiate the primary attachment styles based on assessed level of self-esteem and along a variety of conceptualizations of love. In summary, research has provided considerable support for the existence of a meaningful association between adult attachment style and romantic love in adult relationships.

**The Measurement of Adult Reciprocal Attachment**

Bartholomew (1990; Bartholomew & Horowitz, 1991) developed a four-category model of adult attachment that combines dimensional, grouping/categorical, and prototypical measurement approaches. This work systematized Bowlby's (1973) concept of inner working models by focussing on the orthogonal intersection of two dimensions that define individual

differences in adult attachment. These dimensions are: positivity of the self model and positivity of models of hypothetical others.

Four prototypical attachment patterns are produced by dichotomizing each dimension as positive or negative - secure, preoccupied, fearful, and dismissing (Bartholomew, 1990, 1993; Bartholomew & Horowitz, 1991). The *secure* attachment pattern is characterized by positive models of both the self and other, which is reflected in high self-esteem and fulfilling adult relationships that are devoid of serious interpersonal difficulties. It arises from warm and responsive parenting, and corresponds to the 'secure' attachment pattern as identified in prior research.

A *preoccupied* attachment pattern is considered to result from inconsistent and insensitive parenting, particularly if this is accompanied by messages of parental devotion (Bartholomew, 1990). Children may consider any perceived lack of love on their caregivers' part as due to their own unworthiness, consistent with a negative model of self and positive model of others. This produces an overly dependent individual with deeply rooted feelings of unworthiness and an insatiable desire to gain the approval of others. Previously identified attachment styles of Ambivalent and Preoccupied-Enmeshed correspond to the preoccupied pattern.

A history of interactions with rejecting or psychologically unavailable attachment figures is believed to produce the two remaining attachment patterns. Children with a *fearful* pattern may conclude that others do not care about them and that they are not lovable (Bartholomew, 1990). They desire intimate social contact, but this is colored by a fear of rejection and pervasive sense of interpersonal distrust. The possibility of being rejected is compensated for by actively avoiding close relationships and other social situations where there is a perceived vulnerability to rejection. The fear of being rejected does not allow such

individuals to form satisfying social relationships that could alter early attachment representations (thus maintaining a negative model of self and negative model of others). Bartholomew has noted that the fearful pattern may overlap with Hazan and Shaver's (1987) Avoidant group.

The *dismissing* attachment pattern represents a deactivation of the attachment system itself as a way to maintain a positive self-image in the face of rejection by attachment figures (Bartholomew, 1990). Through the process of distancing oneself from attachment figures, a model of the self as fully adequate is constructed which is invulnerable to negative feelings that could activate the attachment system. Awareness of attachment needs are consistently defended against and eventually operate in an automatic fashion largely outside of awareness. Dismissing individuals avoid close relationships in a passive manner, valuing their independence and placing little importance on relationships. Energy may be directed toward work, hobbies, or other pursuits that can be conducted in a somewhat impersonal nature. This attachment pattern is considered to correspond to Main's (1981) Detached or Dismissing group.

Research findings related to reliability and validity have indicated that: the prototypes can be measured reliably; a two dimensional structure underlies the prototypes; the two attachment dimensions demonstrate convergent validity across methods; the different methods of rating the attachment dimensions show discriminant validity; and the two dimensions are related to theoretically relevant outcome variables (Bartholomew & Horowitz, 1991; Griffin & Bartholomew, 1994). Furthermore, the self and other model dimensions are not merely reducible to fundamental dimensions of personality, and there is evidence suggesting that the four prototypes add both predictive power and interpretational clarity to the attachment dimensions (Griffin & Bartholomew, 1994).

Although the four-category model combines three approaches to measurement, its primary emphasis is on the prototype method, which Griffin and Bartholomew (1994) consider particularly appropriate for measurement and categorization of the attachment construct. The emphasis on prototypes recognizes that not all individuals classified as belonging to a group equally fulfil the criteria for group membership, and additionally allows for complex patterns of individual differences to occur within defined types or categories.

In describing the utility of a prototypical approach to attachment research, Griffin and Bartholomew (1994) have stated that over time and across situations, most adults are expected to demonstrate varying degrees of two or more attachment patterns. This is consistent with the presumption of a multitude of both past genetic and experiential influences, as well as present situational and relationship-specific influences on attachment relationships. The prototype approach permits the assessment of how well an individual fits each prototype at any one time, as well as the variability of fit over time. Thus, an individual's profile across the four attachment patterns would be considered in assessing that person's attachment-related feelings, expectations, and behaviours.

Bartholomew and Horowitz's (1991) assessment procedure indirectly measures the two underlying dimensions of attachment and also utilizes the highest of the four attachment ratings to classify individuals into an attachment category. The result is a best-fit pattern that indicates not only which attachment pattern best classifies an individual, but also the degree to which a person fits that ideal or prototypical category.

## *THE CAREGIVING BEHAVIOUR SYSTEM*

### Caregiving and Adult Romantic Relationships

Parental caregiving qualities have long been considered of primary importance to child

development and functioning (e.g., Maccoby & Martin, 1983, Symonds, 1939). Over time researchers in the area of close adult relationships have increasingly become interested in the role caregiving plays in the formation and maintenance of intimacy (e.g., Ainsworth, 1982; Heard, 1982, Julien & Markman, 1991). Recent research has tended to focus on demonstrating meaningful associations between attachment and caregiving behaviour in adults (e.g., Collins & Read, 1990; Kunce & Shaver, 1994; Kobak & Hazan, 1991; Kotler, 1985; Simpson, Rholes, & Nelligan, 1992), and parental caregiving behaviour and emerging attachment patterns in infants or young children (e.g., George & Solomon, 1996; Lieberman, 1996; Lyons-Ruth & Block, 1996; Vondra & Shaw, 1995).

Although research has produced some compelling evidence for a meaningful association between attachment and caregiving in adults (e.g., Kunce & Shaver, 1994), recent studies have tended to find significant but modest relationships between parental caregiving behaviour and attachment in infants or young children (Rosen & Rothbaum, 1993). In addition, debate continues over the definition and classification of caregiving systems themselves (e.g., Bradley & Caldwell, 1995a, 1995b; McCartney & Black, 1995).

Kunce and Shaver (1994) have noted that the focus on caregiving in adult romantic relationships often tends to be on the significance of care-seeking, rather than on the implications and experience of providing care and support. These authors define caregiving as a broad array of behaviours that serve to complement a partner's attachment behaviour. They view caregiving behaviour as serving two functions: 1) to meet the dependent partner's need for security, and 2) by providing security, to support the attached person's autonomy and exploration of the environment.

Therefore, the seeking of care is viewed as a manifestation of the attachment system, while providing care and support is a manifestation of the caregiving system. Finally,

although they emphasize a distinction between the attachment and caregiving behaviour systems, Kunce and Shaver note that the two systems are expected to be related because early experiences with important attachment figures similarly affect the inner working models involved in both systems. Solomon and George (1996) have similarly conceptualized caregiving as an organized behaviour system that is linked developmentally and behaviourally to attachment, but distinct from it.

In exploring the relationship between caregiving and adult attachment, Kunce and Shaver (1994) began by reviewing the literature to determine those caregiver characteristics most frequently associated with the three primary infant attachment styles. In the process of developing and validating a new questionnaire of the caregiving construct (the Caregiving Questionnaire), these researchers found that young adults reported caregiving characteristics that clearly mapped onto those characteristics identified in the literature on infant attachment. They concluded that this result "supports [the] argument that attachment theory and research are relevant to the study of caregiving in adult romantic relationships" (p. 233).

## *THE SEXUAL BEHAVIOUR SYSTEM*

### The Nature of Sexual Behaviour in Romantic Relationships

Included among the variety of developmental tasks during adolescence are the initiation and development of romantic relationships and concomitant experimentation with expressions of sexuality (Rostosky, Welsh, Kawaguchi, & Vickerman, 1996). During the transition from adolescence to young adulthood, sexual experimentation and brief romantic encounters give way to more stable and committed relationships (Furman & Wehner, 1994). Recent survey information has indicated that by age 17, 68 percent of men and 65 percent of women have engaged in sexual intercourse (Fleming, 1996). In addition, a large majority of

adolescents consider sexual behaviour to be a central and distinctive component of romantic relationships (Hatfield & Rapson, 1987).

In a thorough discussion of the nature of sexual behaviour within close relationships, Sprecher and McKinney (1993) stated that such behaviour is symbolic of the intertwining of two lives, representing much more than a physical act. These authors discovered that relationship researchers were conceptualizing sexual behaviour as representing one aspect of six higher order constructs or approaches within close relationships. These constructs were: 1) intimacy; 2) self-disclosure; 3) affection or love; 4) interdependence; 5) maintenance; and 6) exchange.

Waring, Tillman, Frelick, Russell, and Weisz (1980) asked adults what intimacy meant to them. Sexuality and affection were among the prevalent themes emerging from the responses, as well as the assumption that sexuality represents an important part of intimacy. Reiss (1989) has argued that sexuality is universally valued because it represents a form of self-disclosure; that it reveals parts of oneself that are generally unknown even by one's close friends. Sprecher and McKinney (1993) add that all of the actions that usually occur in the sex act (ie., being nude in front of one's partner, expressing what feels good, the act of sex itself, and experiencing an orgasm) represent highly intimate self-disclosures.

When intimate partners are asked why they have sex with their partner, reasons given typically include expressions of love and affection (Carroll, Volk, & Hyde, 1985). In addition, couples who have maintained their relationship over extended periods of time tend to continue to have sex to express love. However, work by Buss (1989a, 1989b) demonstrated a clear sex difference in this area, with men being more likely than women to consider sex acts as love acts.

Berscheid, Snyder, and Omoto (1989) created a scale measuring relationship

interdependence or closeness. They found that engaging in sexual relations was one activity that respondents typically listed as having done along with their partner during the previous week. Omoto, Berscheid, and Snyder (1987) suggested that increasing closeness in a relationship is usually accompanied by joint engagement in more activities, and increasing interdependence. These researchers also found that being interdependent in the sexual area was associated with interdependence in other areas of the relationship, such as extent of participation in activities with people other than the partner, and expressed degree of dependency on and emotional attachment to the partner.

Several relationship researchers have become interested in the common strategies couples use to help maintain their relationship, known as maintenance strategies (e.g., Bell, Daly, & Gonzalez, 1987; Dainton, 1991; Dindia, 1988). Each of these researchers have found that couples tend to identify physical or sexual affection, or frequency of sexual relations, as one type of maintenance strategy. Finally, sex has been found to be one of several commodities or resources that has been conceptualized by romantic partners as an exchange element (e.g., Cate, Lloyd, Henton, & Larson, 1982; Michaels, Acock, & Edwards, 1986; Rubin, 1976). More specifically, one partner's sexual favors may be exchanged for the other's sexual favors and/or other types of commodities or rewards within the relationship.

Sprecher and McKinney (1993) summarize this relationship research as demonstrating that a couple's sex life and how they feel about their sexual behaviour influences more general feelings about each other and how they behave toward each other in nonsexual situations. In addition, nonsexual aspects of the relationship are considered to impact the sexual aspect. Given that research in the area of close relationships has identified a variety of ways that sex is important in such relationships, an additional question concerns what constitutes sexual behaviour itself.

Over the course of a decade, Byrne (1977, 1983a, 1983b) and Fisher (1986) have introduced and developed a theoretical model delineating the determinants of human sexual behaviour - The Sexual Behaviour Sequence. This model assumes that from the time of earliest childhood individuals acquire a series of response dispositions that mediate the effect of sexual stimulation upon subsequent sexual behaviour. There are three primary response dispositions. First, sexual cues become associated with a variety of *affective responses*, which are transformed into relatively stable *evaluative, attitudinal sets*. Second, beliefs and expectations relative to sexuality (called *informational responses*) are learned. Third, individuals acquire or create imagery-based *fantasy responses* that involve sexual themes.

In describing these three response dimensions, Fisher (1988) noted that they are partially independent, though they frequently interact (for example, fantasy can be affect arousing). Sexual behaviour is initiated by both external stimulation and internal processes such as physiological activation and self-initiated fantasy. The various components of affect, beliefs/expectations, and fantasy are thought to function as traits in that they are general, persistent, and consistent. Therefore, in order to predict sexual behaviour or test the model it is necessary to measure each theoretical element.

In a highly detailed and comprehensive review of research in human sexuality, Frayser and Whitby (1995) reviewed what they considered to be the most useful literature pertaining to sexual behaviour. This review indirectly provides an informed opinion of the basic categories of sexual behaviour. Topic areas include mental fantasy, touching, massage, masturbation, kissing, oralgenitalism (genital and anal), intercourse (genital and anal), and orgasm. It is interesting that the reviewed material classifies touching, massage, and kissing into subclasses that typically focus on sexual and nonsexual behaviour. The remaining behaviour categories are unquestionably considered to be sexual in nature.

Simply put, touching, massage, and kissing tend to be viewed as sexual when they are performed with a specific sexual intention (ie., the behaviour is or is hoped to be prolonged, increasing in intensity, and/or progressing to more clearly sexual behaviours), or when they involve areas of the body typically considered errogenous (such as breasts or genitals). In the current study, behaviours such as holding hands, kissing, and cuddling were not included in the survey of sexual behaviour. Such behaviours were considered to be strongly related to sexual behaviour and are probably included in many sexual acts, however, for the purposes of the current study behaviours were surveyed that more clearly fell within the sexual domain (for example, considering the intentional/motivational component of sexual behaviour, it is difficult to operationalize the point at which certain behaviours, such as the touching of non errogenous body areas, become sexual in nature).

**The Sexual Component of Adult Romantic Relationships**

There is currently debate regarding the extent to which adult reciprocal attachment relationships are defined by the presence of sexual behaviour. A key factor to consider in this debate is how important close physical contact is in attachment formation and maintenance. The prototypical adult reciprocal peer relationship, or pair bond, has often been conceptualized as involving sexual mating in addition to attachment and caregiving (e.g., Bowlby, 1969; Shaver et al., 1988). Such relationships have been labelled "romantic," and are differentiated from friendships and familial relationships by their sexual nature.

More generally, Western social and religious norms tend to equate monogamous sexual behaviour with commitment to a primary relationship, and these same norms tend to apply in some form across a variety of cultures (Alcock, 1989). The restriction of sexual behaviour to the current relationship has also been described as one feature of pronounced

commitment (Kelley, 1983). It is not so clear, however, whether a relationship must include a sexual component in order to be considered an attachment relationship, or whether the presence of sexual behaviour is merely indicative of the intensity of attachment in a particular type of relationship (eg., romantic versus friendship).

For example, some theorists view friendships and other forms of affiliative relationships as being equivalent to attachment relationships (e.g., Heard & Lake, 1986; Henderson, 1977). In this case, adult attachment is considered to be an aspect of a person's social support network, varying according to the intensity and intimacy of each relationship. Obviously, this conceptualization of adult attachment does not view sexual behaviour as a defining or necessary component of attachment relationships. Sex would be considered one of many potential indicators of the level of intensity and intimacy of a particular type of relationship.

Other theorists do not emphasize the role of sexual behaviour in adult reciprocal attachment in a definitive manner. Weiss (1974) noted that the normal primary relationship for an adult is a reciprocal pair bond with a peer, and as noted above, he thought attachment in adults often includes a sexual relationship. West and Sheldon-Keller (1994) also state that each adult has a primary relationship known as a pair-bond, and that this is usually sexual in nature. These statements do not rule out the possibility that adult reciprocal attachments could occur within non-sexual forms of relationships outside of the pair-bond.

One of the more polarized arguments for the inclusion of sexual behaviour as a defining characteristic of adult reciprocal attachment relationships has been advanced by Hazan and Zeifman (1994). They state that reciprocal attachments in adulthood are assumed to be formed primarily with sexual partners, and that sex becomes an integral part of attachment during the course of normative development. In addition, these researchers view

close physical contact among adults as typically being sexual in nature, and generally exclusive to either marriage or romantic partnerships. Furthermore, they note that when the formation of an emotional bond is not desired, sexual behaviour is usually altered.

One example of altered sexual behaviour is the common refusal of prostitutes to engage in kissing, cuddling, and other forms of highly intimate face-to-face contact with their clients (Nass & Fisher, 1988). Results such as this are believed to support two notions: 1) that close physical contact is centrally important to attachment formation, and 2) contact that promotes and characterizes attachment relationships is qualitatively different from that seen in other social relationships. In particular, highly intimate (e.g., mutually ventral, face-to-face) contact and the feelings of security it provides appears to be a cornerstone of attachment formation (Hazan & Zeifman, 1994).

Hazan and Zeifman (1994) have described what they consider to be parallels between attachment-promoting behaviour in infants and adults as follows:

> The very first relationship in the life of a typical human is one in which cuddling, suckling, kissing, prolonged skin-to-skin, face-to-face, and belly-to-belly contact, extended mutual gazing, and the touching of body parts otherwise considered 'private' are all permissible. Although some of these behaviours may occur in isolation within the context of other types of social relationships (e.g., kissing among friends), their joint occurrence in infancy is usually restricted to the infant-caregiver relationship. When this complex behavioural package later re-emerges, it is typically restricted to romantic relationships (p. 164).

It is interesting to note that Hazan and Zeifman (and originally Shaver et al., 1988) have observed a parallel between infant and adult behaviour, noting that the adult form usually occurs within romantic relationships, and alluding to its sexual nature in adulthood.

While this description of similarities in infant and adult attachment-promoting behaviour does not go so far as to suggest that the early infantile behaviour is sexual in

nature, it is important to note that earlier major schools of thought have made this association. For example, Sigmund Freud viewed the same infantile behaviours described by Hazan and Zeifman as giving rise to an experience of sensual pleasure, particularly during feeding. He clearly viewed the level of pleasure from oral stimulation in infancy as analogous to sexual satisfaction of adult intensity:

> No one who has seen a baby sinking back satiated from the breast and falling asleep with flushed cheeks and a blissful smile can escape the reflection that this picture persists as a prototype of the expression of sexual satisfaction in later life (Freud, 1905, p. 182).

Freud's theoretical work is acknowledged in the current study as it represents a very early effort to associate similar behaviours in infancy and adulthood based on a common motivational system - in this case sexual pleasure. While this association tends to be disregarded in current times, it is interesting that behaviours and behavioural patterns associated with infantile attachment have also been related to similar functioning in adulthood, and at present this association is widely accepted.

It may be the case that physical proximity represents a common link between issues of safety and security in both infancy and adulthood. Freud interpreted the physical proximity that occurs between a caregiver and infant as sensual, and a prototype of later adult sexual behaviour. However, physical proximity and its relation to feelings of safety and security may be operating in a similar fashion in both infancy and adulthood, as a necessary component of more complex behaviour (in this case, feeding in infancy or sex in adulthood). In this sense, physical proximity in both infancy and adulthood demonstrates the importance of the same attachment issues at an early and later stage of development.

Hazan and Zeifman (1994) have stated that attachment theory postulates the

integration of the attachment, caregiving, and sexual behaviour systems. By integration they mean a dynamic coordination of the systems themselves, with a central focus on one specific person. This person is the primary attachment figure, who serves both as sexual partner and primary provider and recipient of comfort and emotional support.

The current study is concerned with sexual behaviour and adult reciprocal attachment relationships, which together have generally been subsumed under the label of adult romantic relationships (e.g., Hazan & Zeifman, 1994; Murstein, 1988). The importance of sex in adult romantic relationships was also emphasized by Bowlby during the initial development and later elaboration of attachment theory (Bowlby, 1969/1982, 1973, 1980). Thus, it would seem that the role of sexual behaviour in the formation and continuity of attachment bonds is an important area of study within adult romantic relationships. However, it is also important to acknowledge the debate regarding the degree of importance of sexual behaviour within the area of adult reciprocal attachment more generally.

## 2. RESEARCH RELATED TO EACH LINK OF THE ATTACHMENT-CAREGIVING-SEX MODEL

### Research in the Area of Attachment and Sexual Behaviour

Hazan and Zeifman (1994) have stated that sexual aspects of relationships have not received much attention in the literature to date, and that "the multiple functions of sex...and its changing nature and importance over the course of a developing relationship have not been systematically addressed within attachment theory or research (p. 152)." Many indirect or related topics have been examined as they relate to attachment in adults, including: verbal descriptions of romantic partners (Feeney & Noller, 1991), romantic relationships (Feeney & Noller, 1990; Pistole, 1989; Simpson, 1990), love (Shaver et al., 1988), romantic love (Hazan & Shaver, 1987), desperate love (Sperling & Berman, 1991), lovestyles (Levy & Davis,

1988), falling in love (Shaver & Hazan, 1987), relationship quality in dating couples (Collins & Read, 1990), and marital adjustment among newlywed couples (Senchak & Leonard, 1992). However, more recent research has focussed on sex and attachment, although no published studies to date have included actual sexual behaviour.

Simpson and Gangestad (1991, 1992) studied within-sex individual differences underlying willingness to engage in uncommitted sexual relations, and romantic partner preference. They focussed on the construct of sociosexuality, which refers to individual differences in the degree of willingness to engage in sexual relationships devoid of emotional bonding. Individuals with an *unrestricted sociosexual orientation* tend to engage in sex in the absence of emotional bonds, while those with a *restricted sociosexual orientation* usually do not. This definition of sociosexuality is arguably related to the dimension of adult attachment, and has previously been interpreted as such (e.g., Hazan & Zeifman, 1994).

Through a series of six studies, Simpson and Gangestad (1991) developed and provided validation evidence for a measure of sociosexuality - the Sociosexual Orientation Inventory (SOI). They concluded that the relationships of restricted individuals typically are long-term and characterized by greater commitment and stronger emotional ties. In contrast, the relationships of unrestricted individuals are often short-term and defined by less commitment and weaker affectional bonds.

Results of three later studies suggested that restricted and unrestricted individuals tend to desire, select, and actually acquire romantic partners who manifest different sets of attributes (Simpson & Gangestad, 1992). Specifically, individuals who are unrestricted seek out romantic partners who are more physically and sexually attractive and who possess higher social visibility. Restricted individuals tend to prefer romantic partners who are more affectionate/kind, responsible, and faithful/loyal. It is interesting to note that more variability

was found within the sexes than between them on most of the mate choice attributes. That is, sociosexual orientation accounted for more variability in mate selection regardless of gender than gender differences themselves.

Some preliminary research suggests that individuals with an Avoidant attachment pattern are more likely to adopt an unrestricted orientation toward sex (Simpson & Gangestad, 1989b). In discussing the possible origins of sociosexuality, Simpson and Gangestad (1991) have stated that while it is important to consider genetic endowment, early environmental experiences likely play a major role, particularly those that reflect the quality of the infant-caretaker relationship.

The work by Simpson and Gangestad (1992) is important to the current study as it provides additional support for the existence of a meaningful connection between attachment patterns, sexual behaviour, and adult romantic relationships. Although these researchers do not specifically mention intimacy, this construct seems to be clearly related to the definition of sociosexuality as a tendency to engage in sex without commitment or emotional closeness.

Over approximately the past decade, Hindy and Schwarz have investigated three attachment phenomena connected with what has popularly come to be known as "lovesickness" (e.g., Hindy & Schwarz, 1984, 1985; Hindy, Schwarz, & Brodsky, 1989). Their primary interest has been anxious romantic attachment, which is comprised of insecurity, emotional dependency, and clingingness in love relationships. The second area is sexual jealousy, defined as "the matrix of thoughts, feelings, and behaviours occurring when one perceives a valued sexual attachment to be threatened by an interloper" (p. 179). The third area is postrelationship depression, involving "the reaction to the loss of a valued sexual or potentially sexual relationship" (p. 179). Hindy and Schwarz (1994) regard these three variables as similar to barometers that reflect the quality of attachment in a romantic

relationship as it progresses.

This research on lovesickness addresses one concern raised by Hazan and Zeifman (1994) in that it considers both attachment and the nature and importance of sex over the course of a developing relationship. However, these researchers do not focus on sexual behaviour per se, nor do they consider the role of sex in the early phase of a relationship when sexual attraction and interest tend to be at their peak (Traupmann & Hatfield, 1981). This is likely an important omission, considering recent theory and research in the area of sex and attachment.

For example, Hazan and Zeifman (1994) have concluded that "sexual attraction is what brings two adults together, and sex is what holds them together long enough for an emotional bond - a psychological tether - to form" (p. 169). Such a 'tether' suggests that sexual attraction and behaviour can represent a positive bonding force in a relationship. This idea is also consistent with research suggesting that pronounced commitment and emotional closeness usually require time to develop as a romantic relationship evolves (e.g., Berscheid, 1983; Kelley, 1983; Rubin, 1970). It is also consistent with the idea that the importance and primacy of sex relative to attachment and caregiving behaviour may change over the course of a romantic relationship.

Sprecher, McKinney, and Orbuch (1991) examined the influence of a person's sexual behaviour on others' perceptions of his or her relationship desirability. Respondents served as judges of a person's friendship, dating, and marriage desirability based on information about that person's age, gender, type of relationship, and current sexual activity. Results indicated that in a steady dating situation, there were no significant differences in the perception of a target person's desirability as a friend or marriage partner regardless of level of sexual activity. However, in the casual dating condition, higher levels of sexual activity were

associated with lower desirability ratings.

These results were interpreted as suggesting that individuals have been socialized to a relational orientation - the belief that sexual activity should occur within the context of a close relationship (Sprecher et al., 1991). A high level of sexual activity was seen as undesirable in a casual relationship, while any level of sex in close relationships (from low to high) was considered acceptable.

Sprecher et al. (1991) also interpret the results as indicative of a willingness to commit to a steady or serious relationship. Those persons who have a high level of sexual activity in a casual relationship may be seen as less willing or able to commit themselves, and are thus viewed as poor candidates for a friendship or marriage. These results are important because they suggest that people link the level of sexual behaviour with the perceived degree of commitment in a relationship. A high level of sexual behaviour is viewed positively only in a committed relationship, and this may represent the 'tether' that is part of attachment formation in adult romantic relationships.

Further evidence supporting a link between sexual behaviour and adult reciprocal attachments is provided in two recent studies by Hazan and Zeifman (1994). This work focussed on age-related changes in the target of attachment behaviours - specifically the shift from complementary to reciprocal attachments with increasing age and development. A complementary relationship tends to be unequal regarding the provision of care and security. For example, infants typically seek security from parents but do not provide security in return. Parents also provide care for, but do not typically seek care from, their infants. In reciprocal relationships each member of the dyad alternately provides and receives both care and security.

Results strongly supported the conclusion that full-blown reciprocal attachments, or

reciprocal relationships that contain all the defining features of attachment, do not occur until late adolescence (Hazan & Zeifman, 1994). By this time, a transfer of all of the features of attachment has occurred (proximity-seeking, safe haven, separation protest, and secure base) from parents to a peer.

In addition, the overwhelming majority of these reciprocal peer relationships in late adolescence were romantic attachments in which sex or sexual attraction was a key component. It was also found that both complementary and reciprocal attachments begin with a desire for physical closeness and contact (proximity seeking). However, in late adolescence and adulthood this proximity seeking tends to be directed toward romantic partners, suggesting that sexual attraction is a primary motivating force in the formation of these reciprocal attachment relationships (Hazan & Zeifman, 1994).

Ward and Marshall (1996) conducted a preliminary study of attachment style in sexual offenders. The majority of the sample were found to be insecurely attached in their romantic relationships with adults, and attachment style and offender type appeared to be related. Although this study focussed on sexual offending behaviour, it is similar to the present study in its attempt to link attachment patterns with patterns of sexual behaviour.

Although not specifically concerned with the construct of attachment, Rostosky et al. (1996) studied commitment and sexual behaviours in adolescent dating couples aged 16-20 years. Commitment was defined as a motivational attribute in close relationships that enables an individual to endure or persist in maintaining the relationship (Novacek & Lazarus, 1990). Specific questions were asked regarding frequency during the past month of holding hands, kissing, fondling with clothes on, fondling with clothes off, oral sex, and sexual intercourse. Results indicated that the most important behavioural indicators of a couple's commitment to one another were frequency of holding hands and kissing. Neither fondling with clothes off,

nor oral sex, nor sexual intercourse were related to levels of commitment for either gender.

Although these researchers conclude that sexual behaviour was found to be related to levels of commitment, the extent to which holding hands and kissing represent "sexual behaviour" is a matter of debate. As seen in other research projects on sexuality, this study did not make use of more methodologically sound methods to assess sexual behaviour. In fact, questions pertaining to sex were created by the researchers and did not address actual sexual behaviours. This study also did not distinguish between sexual behaviours and attitudes toward sexuality, or control for important covariates. Finally, the usefulness of attempting to associate a wide variety of specific sexual behaviours to constructs such as commitment, caregiving, or attachment using an adolescent sample is questionable.

To summarize, it seems that preliminary research results have suggested a link between sexual behaviour and attachment patterns within adult romantic relationships. However, several key issues remain largely unaddressed. The most neglected area of research involves the frequency, nature, and quality of actual sexual behaviour within adult romantic relationships and how this relates to attachment patterns.

Related to this issue is the idea that sexual behaviour exists in a certain manner in the early stages of a relationship such that it assists in keeping couples together while more varied patterns of attachment-related behaviour form. After these other attachment behaviours are functioning, it may be the case that the nature and/or frequency of sexual behaviour changes. In this sense, sexual behaviour may represent a particularly salient and primary expression of intimacy within adult romantic relationships.

Finally, it is possible that actual sexual behaviour has not been studied in relation to attachment because attachment theory generally tends not to make predictions at this level. Instead, the same type and frequency of sexual behaviour may occur across different

attachment patterns for entirely different reasons.

**Research in the Area of Attachment and Caregiving Behaviour**

As previously noted, although some research has examined the relationship between attachment and caregiving behaviour, there has been a tendency to focus on care-seeking rather than the provision of care and support (Kunce & Shaver, 1994). The most recent and conceptually concise study in this area appears to be that of Kunce and Shaver (1994), which was discussed earlier. The results of their study will be included in the hypothesis section of the current study.

**Research in the Area of Caregiving and Sexual Behaviour**

Lieberman (1996) has investigated the emergence of aggressive and sexual behaviour in two year olds, and how this impacts upon the caregiving behaviour of parents. However, to date no published research has specifically focussed on the relationship between caregiving and sexual behaviour in adults.

**Research in the Area of Attachment, Caregiving, and Sexual Behaviour**

Wehner (1992) indirectly examined associations between attachment, caregiving, affiliation, and sexual behaviour in middle-adolescent girls involved in romantic relationships. This researcher combined attachment and Sullivanian theory to construct a classification scheme for romantic relationships based on the four aforementioned behaviour systems. Respondents received a relationship classificiation for their romantic relationship as well as relationships with parents and peers. Results suggested that there are moderately related relationship styles that encompass the integration of the attachment, caregiving, and affiliative behaviour systems across different types of close relationships. In addition, romantic

relationship classifications were related to sexual behaviour with a romantic partner, but not to sexual attitudes. This was interpreted as reflecting immature development of sexual attitudes and/or a low level of integration of such attitudes with sexual behaviour.

Wehner's (1992) study is important as it represents an initial effort to understand associations between the attachment, caregiving, and sexual behaviour systems. However, the major focus of this study was on the developmental origins of romantic relationship styles, or the extent to which attachment relationships with parents and affiliative relationships or "chumships" with peers influence later romantic relationships. There was less of a focus on rigorous and comprehensive matching of behaviours with attachment dimensions, particularly in the sexual area.

Use of a single gender adolescent sample was also limiting in the sense that sexual behaviours and attitudes require time to develop, and the literature suggests that men and women differ markedly in the area of sexuality. In addition, the measurement of both attachment and caregiving was poorly standardized, with a failure to covary perceived relationship quality and variables demonstrated to affect sexuality (such as strength of religious beliefs).

## 3. RESEARCH LINKING INTIMACY, ATTACHMENT, AND SEX

### *Intimacy and Attachment*

In choosing a framework for the study of attachment, Bartholomew (1990) emphasized that avoidance of intimacy is a defining feature of the interpersonal relationships of individuals demonstrating insecure attachment patterns. This is more specifically described as avoidance of close affectional bonds in adulthood, or a lack of desire or capacity to become deeply involved with others. Bartholomew views attachment theory as well suited to the task

of understanding difficulties with intimacy, and she has described these difficulties through a series of research studies (e.g., Bartholomew, 1991; 1993).

Dutton, Saunders, Starzomski, and Bartholomew (1994) have considered the relationship between insecure attachment patterns and problems with intimacy as precursors of abusive behaviour in assaultive men. This study is similar to the current study in its selection of a form of behaviour occurring within intimate relationships, and attempting to understand how this is related to attachment.

*Intimacy and Sex*

There is a large body of research focussing on the role of sex and sexual difficulties in close relationships, particularly marriage, with entire journals being devoted to the topic (e.g., Journal of Sex & Marital Therapy). Studies have typically demonstrated that marital therapy will often produce significant increases in subjective sexual satisfaction (e.g., O'Leary & Arias, 1983), while sex therapy produces a positive impact on other aspects of a marriage, such as communication and subjective marital satisfaction (e.g., Chesney, Blakney, Chan, & Cole, 1981).

Perhaps one of the most salient examples of a problem with intimacy being expressed sexually is that of the pursuer/distancer relationship in marriage (e.g., Betchen, 1991; Fogarty, 1976). In such a case, one partner (typically the man) has chosen masturbation over mutual sexual activity even though the other partner is available for intercourse. The female partner's reaction is usually to pursue her male partner to stop masturbating and have intercourse. In turn, the man usually responds by better hiding his masturbatory behaviour and/or by increasing its frequency.

The masturbation is considered problematic because it interferes with or decreases the frequency of sexual intercourse between the partners, and is associated with a high level of

discord. In providing treatment to couples with this type of difficulty, Betchen (1991) was able to demonstrate how various individual, interactional, and intergenerational issues were being acted out via sexual behaviour. It was concluded that sexual behaviour and problems are capable of reflecting larger patterns of relating.

*Intimacy, Attachment, and Sex*

It was previously noted that to date no published research has focussed on actual sexual behaviour and attachment. However, recent theoretical work in the area of sexual offending has recently focussed on issues of attachment and intimacy in an attempt to more fully understand the nature of aberrant sexual behaviour. For example, Ward et al. (1995) suggest that attachment patterns, internal working models, and current behavioural strategies for gaining or avoiding intimacy are necessary in order to form a comprehensive model of intimacy deficits in relation to the sexual offender.

It would seem that this type of theorizing applies more generally to the objective of the current study, which is also concerned with specific aspects of sexual behaviour as they relate to attachment (and caregiving). Theory in the area of attachment and sexual offending is important as it may provide important clues to the relationship between attachment and sexual functioning within adult romantic relationships.

Marshall (1989, 1993, 1995) has proposed a theory integrating research on sexual offending, attachment, and intimacy deficits. He states that the failure to learn the interpersonal skills and self-confidence necessary to achieve intimacy with other adults is the result of a failure to develop secure attachment bonds in childhood. Marshall claims that people, particularly men, who are insecurely attached will attempt to primarily meet their intimacy needs through sexual activity. Escalation of attempts to achieve emotional intimacy through sexual contact may lead to persistent promiscuity and increasing sexual deviancy.

This is thought to be due to a fusion of the need for emotional closeness and the drive for sex, though Marshall also stresses the importance of social and cultural factors.

In addition to postulating a connection between aberrant sexual behaviour, insecure attachment, and intimacy deficits, Ward et al. (1995) state several hypotheses related to the expected sexual behaviour of each attachment pattern. These general expectations relating attachment and sexual behaviour are listed below, as they were useful in constructing the hypotheses of the current study.

*Conclusion From the Literature Review*

It is the position in the current study that the literature supports a theoretical link between intimacy, attachment, and sex. Recent work has also supported a link between attachment and caregiving, and attachment and sexual offending behaviour. Therefore, the construct of intimacy is thought to represent a link between the three behaviour systems considered to comprise adult romantic relationships. Each type of behaviour likely reflects the nature of the affectional bond between romantic partners, as well as the desire and capacity to be involved with a partner. At this point a theoretical model has been proposed and literature relevant to the model has been explored. Before presenting the hypotheses of the current study, three conceptual issues remain to be discussed.

## 4. THREE CONCEPTUAL ISSUES: PERCEIVED RELATIONSHIP QUALITY, RELIGION, AND COMPOSITION OF SEXUAL DOMAINS

*i) The Purpose of Assessing Perceived Relationship Quality and Satisfaction*

One problem associated with asking respondents to provide information about and evaluate sexual aspects of their current romantic relationship is the degree to which this information is confounded by perceptions of the quality of the relationship as a whole. For this reason the current study examined ratings of relationship quality to determine the extent

that this factor exerts a confounding influence on respondents' subjective ratings of aspects of their relationships.

Sabatelli (1988) has critically reviewed various contemporary survey instruments utilized in marital quality research, emphasizing the extent to which such measures address or fail to address important measurement issues. In reviewing the historical usage of the term *marital adjustment,* Sabatelli noted that it has most consistently referred to "those processes that are presumed to be necessary to achieve a harmonious and functional marital relationship" (p. 894). However, he additionally noted that this conceptualization and operationalization of marital adjustment is confounded because satisfaction with the relationship and/or the partner is also conceived of as a component of marital adjustment.

The term *satisfaction* is typically used to refer to a person's attitudes toward the partner and the relationship (Sabatelli, 1988). In this case the unit of analysis is the individual's attitudes or feelings, and the object of the analysis is the individual's subjective impressions of the relationship. Sabatelli groups most of the measures of marital adjustment, satisfaction, and quality into two general categories: 1) measures of adjustment quality which combine the assessment of objective and subjective characteristics of marital relationships, and 2) measures of satisfaction quality, which only assess subjective evaluations of the marriage. Therefore, relationship quality can be conceptualized as either adjustment (reflected by reports of objective characteristics of the relationship), or satisfaction (reflected by subjective evaluation of the relationship more globally).

Huston and Robbins (1982) have noted that the blending of objective and subjective characteristics of relationships into a single measure (in this case, of *adjustment* quality) raises concerns about how to combine these aspects psychometrically into a single scale score. It is also conceivable that the degree of perceived relationship satisfaction confounds the accuracy

of reported objective characteristics and properties of the relationship. Therefore, in the present study a decision was made to assess relationship quality solely through a measure of relationship satisfaction.

Another concern in selecting a measure of relationship quality is the need to control for common methods variance when intercorrelating measures of different but theoretically related concepts (Fincham & Bradbury, 1987; Sabatelli, 1988). In the present study, the relationship between attachment, caregiving, and sexual behaviour was more rigorously tested by covarying perceived relationship satisfaction. Thus it was necessary to select a relevant measure with item content that did not overlap extensively with the other measures, particularly in the area of sexual behaviour.

*ii) The Purpose of Assessing Religious Affiliation and Strength of Beliefs*

Although there is debate concerning the exact nature of the relationship between religious beliefs and sexual behaviour, religion has typically been considered to exert an important influence on sexuality (Davidson, Darling, and Norton, 1995). Research has tended to find an inverse relationship between religiousity and sexual experience, with religious beliefs also contributing to attitudes about the importance of sex in relationships (eg., Mahoney, 1980; Notzer, Levran, Mashiach, and Soffer, 1984). As sexual attitudes and behaviour were a key focus of the current study, it was necessary to also survey religious affiliation and strength of religious beliefs. It was then possible to rule out religious beliefs as a mediating factor between sexuality and any given variable of interest in the current study, such as attachment.

Various methods have been utilized to measure religiousity, and there is debate in the literature as to which method produces the most valid results (Davidson et al., 1995). These methods include asking respondents about their frequency of church attendance, or simply

their religious affiliation, or how religious the respondents consider themselves to be in comparison to other persons of the same religious denomination.

Mahoney (1980) has pointed out that religiousity is generally conceptualized as multidimensional in nature, while its measurement is often unidimensional. As a solution to this problem, Mahoney suggests the use of a single item on which respondents indicate the intensity of their religious beliefs on a 21 point numerical scale where 0 represents no intensity and 20 represents high intensity. This single item measure was found to correlate highly ($r$ = .88) with a multi-item religiousity scale measuring the ritual, experiential, consequential, and ideological dimensions of religiousity (Rorhbaugh & Jessor, 1975). In the present questionnaire, both religious affiliation and the 21 point rating item were included as measures of religiousity.

*iii) Composition of Sexual Domains*

A central interest of the present study was 'the sexual behaviour system' as it has been described in the literature (e.g., Ainsworth, 1989; Shaver et al., 1988; Sternberg, 1986). The assessment of this behaviour system raised two issues: 1) what are the component behaviours that make up the system, and 2) how can these behaviours be organized to permit a theory-grounded comparison with the attachment and caregiving behaviour systems. The first issue was partially addressed by the previously discussed Sexual Behaviour Sequence (Fisher, 1986), which specifies several core categories of behaviour that need to be assessed in order to more fully understand sexual functioning; affective responses, evaluative/ attitudinal sets, beliefs and expectations regarding sexuality, and imagery-based fantasy responses. This model of sexual behaviour is consistent with those of attachment and caregiving in its emphasis on more global, trait-like patterns of thinking and feeling that are thought to originate from early developmental experiences with caregivers, form inner working models,

and influence observed behaviour. Therefore, the Sexual Behaviour Sequence addressed the question of what essential categories of sexual behaviour should be included in the present study.

Measures were selected from the literature based on their level of psychometric soundness and the extent they represented the various components of the Sexual Behaviour Sequence. In the course of matching measures to the Sexual Behaviour Sequence, *Affective Responses to Sexual Stimuli* was combined with an evaluative component and labelled *Evaluative Affect*. In addition, *Attitudinal Sets* was combined with *Informational Beliefs/Expectations* into a single component labelled *Attitudinal Sets/Expectations Regarding Sexual Relations*. Finally, the component of *Imagery-Based Fantasy Responses* was represented by two distinct sexual measures, each included in a different sexual domain. Although these changes altered the structure of the Sexual Behaviour Sequence components, the alterations allow for a better fit between measures and components both conceptually and correlationally. More importantly, the content of the Sexual Behaviour Sequence is largely preserved within the resulting sexual domain areas.

A total of seven primary sexual domains were constructed through the process of identifying additional sexual content areas for study and then selecting related measures from the literature (see Table 1). Measures were included within each sexual domain based on their judged conceptual relatedness to the domain, and their correlations with all of the additional sexual measures. In general, where more than one measure was included in a sexual domain, these measures tended to correlate most positively with each other vis-a-vis the other sexual measures. This was not exclusively the case, however, as on occasion it was expected that one measure would correlate with another across domains judged to be conceptually exclusive. For example, a propensity to behave in a sexually assertive manner

Table 1

Composition of the Primary Sexual Domains by Questionnaire, Subscale, and/or Independently Assessed Areas of Sexual Functioning

| *Primary Sexual Domains* | *Questionnaires/Independently Assessed Areas of Sexual Functioning* |
|---|---|
| I. Sexual Self-Efficacy | (SS) Esteem Subscale<br>Depression Subscale<br>(SAQ) Sexual Assertiveness Subscale<br>Sexual Consciousness Subscale<br>Sex Appeal Consciousness<br>(SRS) Communal Orientation Subscale |
| II. Evaluative Affect | Sexual Opinion Survey |
| III. Attitudinal Sets/Expectations Regarding Sexual Relationships | (SRS) Exchange Orientation Subscale<br>(SAS) Communion Orientation Subscale<br>Instumentality Orientation Subscale |
| IV. Degree of Sexual Engagement with the Current Partner | Cowart-Pollack Scale of Sexual Experience<br>Assessed Frequency of Intercourse<br>Tendency to Discuss Sexual Needs |
| V. Degree of Sexual Disengagement from the Current Partner | Sociosexual Orientation Inventory<br>Extent of Fantasy Involving Current Partner<br>Assessed Frequency of Solitary Masturbation |
| VI. Sexual Preoccupation | Sexual Daydreaming Scale<br>(SS) Sexual Preoccupation Subscale<br>(SAQ) Sexual Monitoring Subscale |
| VII. Satisfaction with Sexual Aspect of Current Relationship | Sexual Satisfaction Index |

Note: Abbreviations correspond to the following - (SS) Sexuality Scale; (SAQ) Sexual Awareness Questionnaire; (SRS) Sexual Relationship Scale; (SAS) Sexual Attitudes Scale

could be correlated with the frequency of intercourse, however, the former was considered a measure of sexual self-efficacy, while the latter was considered to measure the degree of sexual engagement with a partner on a behavioural level.

## Hypothesized Relationships Between Attachment, Caregiving, and Sex

### *General Overview*

Hypotheses for the current study are presented in four sections corresponding to the postulated links between attachment and caregiving, attachment and sex, caregiving and sex, and all three behaviour systems. Each section includes a discussion of any expected gender differences. Before presenting the hypotheses, each attachment pattern will be more fully described on the basis of the dimensions of positivity of the self model and positivity of models of hypothetical others. This will be followed by a description of defining personal characteristics, interpersonal/relational characteristics (Bartholomew, 1990; Bartholomew & Horowitz, 1991), caregiving characteristics (Kunce & Shaver, 1994), and sexually-related characteristics (Feeney & Noller, 1990; Hazan & Shaver, 1987; Shaver & Hazan, 1988; Ward et al., 1995) from both published theoretical work and/or research.

### *Secure Attachment Pattern*

This pattern is defined by a positive model of the self, and a positive model of others. These individuals tend to have high self-esteem, and stable, fulfilling adult relationships devoid of serious interpersonal difficulties. They are able to maintain close relationships without losing a sense of personal autonomy, and value intimate friendships. Within friendship relationships they display high levels of intimacy and warmth, and allow for a balance of control in the relationship. Within adult romantic relationships they have a high level of personal involvement.

With regard to caregiving, secure individuals tend to be highly sensitive to their partner's cues, have a strong tendency to make themselves available to their partner when needed, interact with their partner in a cooperative manner rather than attempting to control them, and have a low level of compulsive caregiving.

In their theoretical discussion of possible links between attachment, intimacy, and aberrant sexual behaviour, Ward et al. (1995) do not specifically address the nature of the sexual behaviour of securely attached individuals. Instead, they focus on an expected link between problematic sexual behaviour, insecure attachment patterns, and deficits in intimacy.

Bartholomew (1990) found that securely attached persons tend to have fulfilling adult relationships with a high level of intimacy. These relationships are typically devoid of serious interpersonal difficulties, and this would presumably include sexual difficulties and disputes. Therefore, Secure attachment is expected to be associated with more positive and fulfilling sexual behaviour that mirrors a high level of intimacy within adult romantic relationships.

*Preoccupied Attachment Pattern*

This pattern is defined by a negative model of the self and a positive model of others. Such persons have a personal style characterized by dependence on others and a high level of emotional expressiveness. They have deeply rooted feelings of unworthiness and an insatiable desire to gain the approval of others. Thus, preoccupied individuals tend to explain any perceived lack of love in their partners as due to their own unworthiness. There is also a tendency for such persons to base their sense of personal well being on the acceptance of others. The result is an idealization of others, a tendency to become overinvolved in close relationships, and a desire for a pathological level of closeness with romantic partners.

The preoccupied pattern is also associated with a high level of romantic involvement in relationships, with a tendency to exert a controlling and highly domineering interpersonal style. In regard to caregiving, the preoccupied pattern has been associated with insensitivity to a partner's cues, a tendency to maintain a high level of proximity to a partner while being controlling rather than cooperative, and the provision of caregiving in a compulsive manner.

Research has indicated that preoccupied individuals tend to fall in love easily, and frequently describe their most important love relationships in terms of extreme, contrasting emotional states, strong sexual attraction, and jealousy (Feeney & Noller, 1990; Hazan & Shaver, 1987). Hazan and Shaver (1987) found that preoccupied individuals often attempt to satisfy their strong needs for security and affection through sexual activities.

Ward et al. (1995) have expanded on this idea by postulating that such people tend to perceive relationships primarily in sexual terms, and that they tend to seek partners who are approving and who can be controlled. Finally, although they are addressing sexual offending, Ward et al. speculate that individuals with a primarily preoccupied attachment pattern tend to be focussed on either their partner's enjoyment of the sexual activity, or mutual enjoyment of the same.

*Fearful Attachment Pattern*

This pattern is defined by a negative model of self and a negative model of others. These persons manifest a sense of personal insecurity, hypersensitivity to social approval, subjective distress, and have little self confidence. They desire intimate social contact, but this is colored by a fear of rejection and pervasive sense of interpersonal distrust. There is a tendency to conclude that others do not care about them and are not available for them, and that they are not lovable. Such persons compensate for the possibility of being rejected by actively avoiding close relationships and other social situations where there is a perceived vulnerability of rejection.

Within romantic relationships, fearful individuals' level of involvement is typically low - they try not to depend on others or rely on their partner when upset. Thus they tend to seek out nonrejecting partners and form a relationship that is devoid of closeness. In the area of caregiving, fearful persons tend to be insensitive to their partner's cues, do not make

themselves available for their partner, tend not to be cooperative or controlling, and demonstrate a high level of compulsive caregiving.

Hazan and Shaver (1988) have suggested that avoidantly attached persons (both fearful and dismissing) tend to use sexual activity as an indirect means of making contact with others. Ward et al. (1995) have suggested that fearful individuals' fear of rejection and avoidance of closeness in relationships could be reflected in sexual contact that tends to be impersonal, with lower levels of physical contact and less emotional investment.

*Dismissing Attachment Pattern*

This pattern is defined by a positive model of self and a negative model of others. Such persons have restricted emotionality and high self-confidence. Their attachment system has been deactivated as a way to maintain a positive self-image in the face of rejection by attachment figures. As a result such persons tend to distance themselves from attachment figures and build a model of self as being fully adequate and invulnerable to negative feelings that could activate the attachment system.

According to Bartholomew (1990), dismissing persons have constantly defended against any awareness of attachment needs to the point that these defenses largely operate outside of conscious awareness. Close relationships are avoided in a passive manner, with a high value placed on independence and self-reliance. Energy may be directed toward displacement behaviours such as work, hobbies, or other impersonal pursuits. Dismissing persons may tend to seek relationships that involve minimal levels of emotional or personal disclosure. With regard to caregiving, dismissing persons tend to be very insensitive to their partner's cues, maintain distance when their partner needs them, are highly controlling of their partner, and do not provide care in a compulsive manner.

As previously stated, Hazan and Shaver (1988) have suggested that avoidantly attached

persons (both fearful and dismissing) tend to use sexual activity as an indirect means of making contact with others. However, the desire of dismissing persons to maintain distance and aloofness may imbue their social behaviour with a degree of hostility, and they typically blame others for their lack of intimacy (Bartholomew, 1990; Hazan & Shaver, 1994). In discussing sexual offending, Ward et al. (1995) have suggested that the sexual contact of dismissing persons will likely be impersonal, but unlike fearful persons it is more likely to contain elements of hostility and aggression.

*Hypotheses Concerning Attachment Patterns and Gender*

With regard to attachment and gender differences, women were expected to score significantly higher in the direction of the preoccupied pattern, while men were expected to score significantly higher in the direction of the dismissing pattern (Bartholomew & Horowitz, 1991). No significant gender differences were expected across the four caregiving subscales (Kunce & Shaver, 1994).

**Link I. Hypothesized Relationships Between Attachment and Caregiving**

Previous research by Kunce and Shaver (1994) has described caregiving patterns associated with Bartholomew's (1990) attachment categories. The current study utilized the Caregiving Questionnaire to examine relationships between attachment patterns and caregiving patterns in the current sample. The current results were compared with those of Kunce and Shaver (1994). Although the current study did not attempt to replicate the earlier work, previously reported significant differences between attachment categories across caregiving dimensions were expected to remain constant.

## Link II. Hypothesized Relationships Between Attachment and Sex

*Gender Differences*

A decision was made in the current study to analyze data involving the primary sexual domains separately on the basis of gender, as noted in the Results section. Therefore, data concerning the postulated links between attachment and sex, and caregiving and sex were also analyzed separately for gender. This was due in part to important gender differences that were noted in previous research results involving each of the currently utilized sexual measures.

Specifically, men tend to report engaging in a significantly higher frequency of various sexual behaviours than women (Cowart & Pollack, 1979; Cowart-Steckler, 1984), and tend to be significantly more preoccupied with sex in general (Snell & Papini, 1989). In addition, Hatfield and Sprecher (1988) found that women tend to desire sexual activities that demonstrate love and intimacy, while men prefer activities that focus on arousal aspects of sexual activity itself. In a meta-analytic study of gender differences in sexuality, Oliver and Hyde (1993) found that men had a much greater incidence of masturbation, and considerably more permissive attitudes toward casual sex than women. In addition, more men than women reported that they were having intercourse at the time of the respective survey, with men also reporting a higher frequency of intercourse (these were small to moderate in effect size). Results such as these suggest that it is important to independently examine sexual behaviour in men and women. Therefore, in the current study the sexual behaviour of men and women was analyzed on a within gender basis.

It was hypothesized that the current results would reflect several significant gender differences on sexual variables, particularly frequency and variety of sexual behaviour (especially masturbation), willingness to engage in uncommitted sexual relations, sexual self-

efficacy (as measured by sexual esteem, sexual depression, sex assertiveness, sexual consciousness, sex appeal consciousness, and communal orientation), preoccupation with sex, vividness of sexual fantasies, and evaluative/affective responses to sexual stimuli. Such differences would lend support to the current methodology which analyzed sexual variables separately by gender.

*Hypotheses Relating Four Attachment Dimensions to the Primary Sexual Domain Variables*

Table 2 summarizes the hypothesized pattern of relationships between each of the four attachment dimensions and the seven primary sexual domains. These hypotheses address two areas of interest - the direction and strength of relationship of each attachment dimension on each sexual variable, and differences in direction and/or magnitude of strength of relationship between each attachment dimension relative to the other three on each sexual variable.

**Link III. Hypothesized Relationships Between Caregiving and Sex**

To date no research has been published on associations between caregiving and sex. It is generally expected that various combinations of the four caregiving subscales will be associated with certain individual sexual variables and/or combinations of variables. As there could be numerous caregiving-sexual domain variable associations, the link between these systems was primarily investigated on a descriptive, post-hoc basis.

**Hypothesized Relationships Between the Three Behaviour Systems**

It was previously noted that each of the three behaviour systems are considered to be indicators of intimacy within adult romantic relationships. Furthermore, it was argued that a link does exist between these three systems, and that this link is supported by the literature. It is hypothesized that a priniciple components analysis will further demonstrate this link by extracting several factors on which all three behaviour systems load at a moderate level.

Table 2

Hypothesized Significant Differences in Relationship Size Between Pairwise Comparisons of Attachment Dimensions on Primary Sexual Domain Variables

| *Primary Sexual Domain* | *Direction of Relationship with Attachment Dimension* |
|---|---|
| I. Sexual Self-Efficacy | Positive - secure, preoccupied, dismissing<br>Negative - fearful |

*Hypothesized Pattern of Significant Differences*

positive relationship ___(preoccupied/dismissing)_____(secure)_____(fearful)___ negative relationship

II. Evaluative Affect — Positive - secure, fearful, preoccupied, dismissing

positive relationship ___(fearful/preoccupied/dismissing)_____(secure)___ negative relationship

III. Attitudinal Sets/Expectations

i) Communion — Positive - secure, fearful, preoccupied; Negative - dismissing

positive relationship ___(secure/preoccupied)_____(fearful)_____(dismissing)___ negative relationship

ii) Instrumental — Positive - preoccupied, dismissing; Negative - secure, fearful

positive relationship ___(dismissing)_____(preoccupied)_____(secure/fearful)___ negative relationship

i) Exchange — Positive - preoccupied, dismissing; Negative - secure, fearful

positive relationship ___(dismissing)_____(preoccupied)_____(secure/fearful)___ negative relationship

IV. Degree of Sexual Engagement — Positive - secure, preoccupied; Negative - fearful, dismissing

positive relationship ___(preoccupied)_____(secure)_____(fearful)_____(dismissing)___ negative relationship

V. Degree of Sexual Disengagement — Positive - fearful, dismissing; Negative - secure, preoccupied

positive relationship ___(dismissing)_____(fearful)_____(secure)_____(preoccupied)___ negative relationship

*Primary Sexual Domain* *Direction of Relationship with Attachment Dimension*

VI. Sexual Preoccupation

Positive - secure, preoccupied, dismissing
Negative - fearful

positive___(preoccupied)_____(dismissing)_____(secure)_____(fearful)___negative relationship relationship

VII. Satisfaction with Sexual Aspect of Current Sexual Relationship

Positive - secure, preoccupied
Negative - fearful, dismissing

positive___(preoccupied)_____(secure)_____(dismissing)_____(fearful)___negative relationship relationship

# CHAPTER II

# METHOD

## Respondents and Procedure

Respondents were 337 Simon Fraser University undergraduates (169 women and 168 men). The sample was recruited from four different sources. The majority of respondents participated through the Psychology Department Subject Pool for course credit as part of an introductory or lower level research design course. Others volunteered to participate through the Social Psychology Voluntary Subject Pool, which canvassed undergraduates across a variety of academic disciplines. On several occasions the primary researcher was granted class time to directly survey all the students in particular psychology courses at Simon Fraser University, two community colleges, and one large university in the Greater Vancouver area. Finally, some respondents volunteered to participate after viewing a recruitment poster placed in a busy hallway at Simon Fraser University.

Two recruitment posters were used in the current study - one for the Psychology Department Subject Pool and one placed in a hallway. The subject pool poster indicated that the current study was concerned with adult romantic relationships, particularly how people expressed care and physical affection for their partners . This poster also specified that participation was open to any undergraduate student who was currently involved in an ongoing romantic relationship of any duration. The hallway poster stated that undergraduates currently in sexually active adult romantic relationships were wanted for participation in a survey. A single cash draw for 200 dollars was also specified.

The Psychology Department Subject Pool poster was carefully worded to communicate the study's focus on sexual aspects of relationships without placing a heavy emphasis on this component. This approach was adopted in an attempt to reduce potential bias in the

characteristics of persons who tend to volunteer for studies involving sexual behaviours and issues, such as being more liberal in their attitudes toward sex (e.g., Barker & Perlman, 1975; Catania, Gibson, Chitwood, & Coates, 1990; Wolchik, Braver, & Jensen, 1985).

An additional concern involved potential bias in the recruitment of respondents based on attachment pattern, such that individuals with a propensity toward certain attachment patterns would be more threatened by a relationship-based study about sexual behaviour than others. It may also be the case that these persons tend to have a lower level of sexual experience. For this reason the current study did not specify a minimum requirement on the length of the current romantic relationship. This necessitated controlling for relationship duration when analyzing objective aspects of sex, specifically variety of sexual behaviour and frequency of intercourse. Finally, while the hallway poster was more explicit about the sexual focus of the study (and thus more susceptible to recruitment bias), this was likely counterbalanced by the more extensive classroom-based data collection procedure which involved all persons who were present in any given classroom, regardless of sexual attitudes or attachment patterns.

The questionnaire package was designed to allow all respondents who met the minimum criteria for inclusion to participate in the study. However, only those persons reporting an exclusively heterosexual orientation were included in the data analysis, as portions of the questionnaire package were not applicable to alternate sexual orientations.

All respondents were individually administered a two part questionnaire package which typically required 50 minutes to complete (see Appendix G). Upon entering the testing room (or when seated as a group in a classroom), respondents were provided with an Information and Consent Form. This form explained the purpose of the study, and informed the respondents of their right to refuse to participate or withdraw at any time. Further

specified on the form were the requirements of participation along with aspects of confidentiality, potential benefits of participation, and, in addition, a contact source for any complaints or concerns about the study. It was clearly emphasized in boldface capital letters that the questionnaire package included explicit questions about sexually-related attitudes and behaviours (see Appendix H).

In addition, the consent form stated that efforts had been made to provide respondents with privacy while they completed the questionnaire package, and that all responses would be completely anonymous. After signing this form the participants were provided with a copy of the consent form and a questionnaire package.

The present study replicated procedures utilized in earlier studies that collected self-report data on sexual issues and behaviours (e.g., Simpson & Gangestad, 1991). For example, the current questionnaire was typically administered in large testing rooms that provided widely spaced seating for privacy. In addition, during individual testing respondents were assessed separately by gender to remove any potentially uncomfortable distractions that could be present by mixing men and women in the same room. The primary researcher was also not physically present in the testing room during completion of the questionnaire.

In addition, respondents were reminded not to write their name on the questionnaire package, which was sealed in an unmarked envelope after completion. Each respondent then deposited their envelope in a box containing previously completed and sealed questionnaire packages, and the envelopes were mixed at random. At this point the participants were verbally debriefed and provided with an information sheet detailing the nature and objectives of the study (see Appendix H).

**Measures**

As previously stated, the questionnaire package is conceptually divided into two main sections. The first begins with demographic questions covering the following content areas: age, race, length of time living in Canada, marital status, strength of religious beliefs, total number of ongoing romantic/sexual relationships involved in as an adult, duration of longest ongoing romantic/sexual relationship, duration of current ongoing romantic/sexual relationship, length of time living with the current sexual partner, perception of quality of current sexual relationship, presence of children during the current relationship, and any experience of sexual abuse.

The demographic questions are followed by one measure of relationship satisfaction (QMI), the RSQ attachment measure, the KCS caregiving measure, and the RQ attachment measure. The second major section begins with a measure of satisfaction with the sexual aspect of the current relationship (SSI), followed by the remaining sexual measures.

The presentation order of the measures was intended to accomplish two goals: 1) to help respondents feel as comfortable as possible with the item content by placing more personal and sensitive questionnaires near the end of the package; and 2) to allow respondents to rate their level of satisfaction with their current relationship both globally and in the sexual domain before completing other measures that could bias their responses.

The questionnaire was designed to allow for group administration regardless of current relationship status. Therefore, after completing the demographic section those respondents who were not currently in a romantic relationship were informed they had completed all of the questionnaire package that applied to them. Similarly, when respondents reached the sexual behaviour section they were informed that if their current romantic relationship was not sexual, they had completed all of the package that applied to them. Those who were

currently in a sexual relationship were again reminded about the sexual nature of the remaining questions, and given additional encouragement to complete the questionnaire. In this way all respondents were informed about the sexual aspect of the study on two separate occasions and given an opportunity to withdraw. Following is a description of each of the measures used in the present study.

## I. ATTACHMENT

*Relationship Questionnaire (RQ) and Relationship Scales Questionnaire (RSQ)*

Four independent measurement devices have been developed utilizing the four-category model, two of which are self-report (Griffin & Bartholomew, 1994). The Relationship Questionnaire (RQ) consists of four paragraphs, each describing one of the attachment prototypes as they apply to close peer relationships. Respondents rate on a 7 point scale how well each of the paragraphs describes them. In the current study, the RQ was used to generate both continuous ratings for each attachment pattern and attachment categories, defined as the pattern with the highest rating on the 7-point scales.

In their study of the relationship between attachment and caregiving patterns, Kunce and Shaver (1994) used the RQ to generate attachment categories. However, to decrease the possibility of spuriously inflating the relationship between attachment and caregiving, they removed two phrases from the measure that were considered more descriptive of caregiving than attachment patterns. In the present study it was necessary to use the RQ in its standard form, and not feasible to include the measure a second time with the aforementioned phrases deleted.

Unlike the RQ, the Relationship Scales Questionnaire (RSQ) is an indirect measure of the prototypes. It consists of 30 phrases combined from three separate attachment measures:

Hazan and Shaver's (1987) three paragraph description of attachment patterns, Bartholomew and Horowitz's (1991) Relationship Questionnaire, and Collins and Read's (1990) Adult Attachment Scale. Respondents rate each phrase on a 5 point scale based on how well it describes their characteristic style in close relationships.

Four items contribute to each of the Preoccupied and Fearful pattern scores while five items each contribute to the remaining two patterns. A score for each prototype is found by computing the mean of the items corresponding to each prototype. Griffin and Bartholomew (1994) note that the RSQ prototype scores demonstrate convergent validity despite their variable and frequently low internal consistencies. This is because the two orthogonal dimensions of self-model and other-model are being combined within each score. Cronbach alpha coefficients for the combined sample on each attachment dimension were .32 for secure, .42 for preoccupied, .51 for dismissing, and .68 for fearful.

## II. CAREGIVING

*The Caregiving Questionnaire* (KCS)

The Caregiving Questionnaire is a 60 item self-report measure where respondents indicate the extent each item describes their feelings and behaviour on a 6 point Likert scale. Items are balanced regarding possible response biases, and each item taps feelings and behaviours of the respondent when placed in a caregiving role. The authors report only a significant main effect for attachment style resulting from a 4 (attachment style) by 2 (gender) multivariate analysis of variance with the four caregiving scales entered as the dependent variables. Univariate tests on all four caregiving scales each revealed significant attachment style differences. One month test-retest reliabilities for the four caregiving scales ranged from .77 to .88. Cronbach alphas for the current sample on each caregiving scale were similar to

those reported by Kunce and Shaver, with alpha = .83 for proximity versus distance, .85 for sensitivity versus insensitivity, .83 for cooperation versus control, and .76 for compulsive caregiving.

Four dimensions emerged as Kunce and Shaver (1994) subjected the 60 caregiving items to a principle components and principal axis factoring procedure. These were: 1) sensitivity versus insensitivity to partner's cues, 2) provision of proximity versus distance, 3) cooperative interaction versus control, and 4) compulsive caregiving. The *sensitivity* dimension relates to an individual's ability to notice and accurately interpret a partner's needs, feelings, and nonverbal as well as verbal signals. The *proximity* dimension reflects an individual's ability to provide a distressed partner with physical and psychological accessibility. The third dimension of *cooperative interaction* is based on an individual's tendency to support their partner's own efforts and attempts to solve problems.

During validation research with the Caregiving Questionnaire it was found that cooperative interaction was correlated with the first two dimensions (Kunce & Shaver, 1994). This suggests that individuals who support their partner's efforts are somewhat more likely to make themselves accessible and be sensitive to their partner's cues. The fourth dimension of *compulsive caregiving* taps an individual's tendency to become overinvolved in their partner's problems. This dimension was found to be significantly correlated in a negative direction with cooperative interaction, suggesting that people who become overinvolved in their partner's problems are more likely to report that their attempts to help the other person have a 'controlling' quality, rather that being 'cooperative.'

Kunce and Shaver (1994) noted that secure respondents report more positive and frequent caregiving characteristics within their relationships, and that they perceive these relationships as being more positive than those demonstrating insecure attachment styles. In

order to more rigorously test for caregiving differences across attachment patterns, degree of relationship satisfaction was covaried with attachment/caregiving patterns. The caregiving scales continued to yield significant attachment pattern differences. Finally, statistically significant correlations between self and partner reports for each of the scales suggest that distinct behaviours are being measured, and that these behaviours actually occur within adult romantic relationships. Sexual measures used in the current study are described below as they appear within each of the seven primary sexual domains (see Table 1).

## III. SEX

### i) Sexual Self-Efficacy

*Sexuality Scale (SS) - Sexual Esteem and Sexual Depression*

Snell and Papini (1989) developed a 28 item instrument designed to measure three aspects of human sexuality. Two of these scales were included in the present study within the domain of Sexual Self-Efficacy: 1) sexual-esteem, defined as positive regard for and confidence in the capacity to experience one's sexuality in a satisfying and enjoyable manner; and 2) sexual-depression, defined as a tendency to feel saddened and discouraged about one's capability to relate sexually to another person. Respondents indicate their level of agreement with each statement on a 5 point Likert scale.

Factor analysis strongly supported the independence of all three subscales, which together demonstrated excellent internal consistency, one month test-retest reliability, and convergent and discriminant validity (Snell, Fisher, & Schuh, 1992). Cronbach alphas for the current sample were .87 for sex esteem, and .75 for sex depression.

*Sexual Awareness Questionnaire (SAQ) - Sexual Assertiveness, Sexual Consciousness, Sex Appeal Consciousness*

Snell, Fisher, and Miller (1991) noted that researchers have previously investigated the manner in which humans approach and understand their sexuality, and how these perceptions influence their sexual interactions. However, little research had addressed the importance of attentional processes in human sexuality. In contrast, the importance of cognitive processes that involve the focusing of attention on sexual sensations, thoughts, feelings, and behaviours has been repeatedly stressed in the literature (e.g., Abrahamson, Barlow, Beck, Sakheim, & Kelly, 1985; Masters & Johnson, 1970; Mosher, 1977).

Snell et al. (1991) developed a 36 item self-report instrument that measures people's dispositional tendency to focus attention on four independent but related aspects of their sexuality and sexual processes. Three of these aspects were included in the sexual self-efficacy domain: 1) the dispositional tendency to act and behave in an independent, self-reliant fashion concerning one's own sexuality (*sexual-assertiveness*); 2) attention to internal private bodily sensations associated with sexual arousal and motivation (*sexual-consciousness);* and 3) individual alertness to others' perception that one is sexy *(sex-appeal consciousness).*

The response format is a 5 point Likert scale ranging from 'not at all characteristic of me' (0) to 'very characteristic of me' (4). The scale was normed on an undergraduate sample with a mean age of 24.07 years. A principal axis factor analysis with varimax rotation revealed four factor solutions corresponding to the concepts of sexual-consciousness, sexual-monitoring, sex-appeal-consciousness, and sexual-assertiveness. A check of the internal consistency of the four subscales produced Cronbach alphas ranging from .80 to .92. Cronbach alphas for the current sample were all above .80 except sexual monitoring with

alpha = .67. Correlations between the SAQ and reliable and valid measures of various affects, attitudes, and behaviours associated with human sexuality provided evidence of convergent, discriminant, and construct validity. Scores for women and men on the SAQ subscales tended to be quite similar.

*Sexual Relationship Scale (SRS) - Communal Orientation*

The SRS is a 24 item measure of the extent to which an individual possesses a communal or exchange approach to sexual relations (Hughes & Snell, 1990). A communal approach is characterized by relating sexually to another person based on mutual caring and concern for the other's sexual satisfaction. It is also based on a concern for that person's sexual desires and needs. Communal relationships are presumed to be based upon closeness and intimacy, such as that often seen between family members, friends, and romantic partners (Clark, 1983a). Considerable evidence has accumulated supporting the utility of the communal and exchange constructs as applied to relationships (e.g., Clark, 1981, 1984a; Clark & Mills, 1979; Mills & Clark, 1982, 1986).

Respondents indicate the degree that each statement describes them on a 5 point Likert scale ranging from *not at all characteristic of me* to *very characteristic of me*. Factor analysis clearly supported a two factor structure of sexual communal and sexual exchange orientation. The two subscales demonstrated reasonable internal consistency. Chronbach alphas for the current sample were .74 for communal orientation and .52 for exchange orientation (a Chronbach alpha of .67 was originally reported for exchange). The Communal subscale correlated positively with the Communal Orientation Scale developed by Clark, Ouellete, Powell, & Milberg (1987), while the Sexual Exchange subscale correlated positively with the Exchange Orientation Scale developed by Clark, Taraban, Ho, and Weser (1989).

**ii) Evaluative Affect**

*Sexual Opinion Survey (SOS)*

Fisher et al. (1988) constructed a 21 item measure of erotophobia-erotophilia, defined as "the disposition to respond to sexual cues along a negative-positive dimension of affect and evaluation" (p. 123). Each of the items describes a positive or negative affective-evaluative response to a sexual situation or activity, to which respondents indicate their level of agreement on a 7 point Likert scale, ranging from *I strongly agree* to *I strongly disagree.*

The authors cite a variety of studies that demonstrate the measure's internal consistency, convergent and discriminant validity, and ability to predict affective responses to sexual stimuli, likelihood of engaging in sexual fantasy behaviour, and avoidance versus approach responses to sexuality in a wide range of situations (e.g., Fisher, Byrne, & White, 1983; Fisher, Miller, Byrne, & White, 1980; Kelley & Musialowski, 1986; Semph, 1979; Yarber & Fisher, 1983). Reasonable Cronbach alphas were obtained for the current sample with alpha = .75 for women and .70 for men (versus original alphas of .90 and .88, respectively).

**iii) Attitudinal Sets/Expectations Regarding Sexual Relationships**

*Sexual Relationship Scale (SRS) - Exchange Orientation*

An exchange approach is defined as a quid pro quo approach to sex, where sexual partners keep track of their sexual activities and favors done for their partner. There is an expectation to be repaid for these favors and activities in an exchange fashion at some future time in the relationship. It has been argued that an exchange orientation is inappropriate and unsuitable for intimate relationships (Murstein & Azar, 1986).

*Sexual Attitude Scale (SAS) - Communion and Instrumentality Orientation*

Hendrick and Hendrick (1987) constructed a multidimensional instrument assessing Sexual Permissiveness, Sexual Practices, Communion, and Instrumentality. Only the latter two scales were included in the present study. The Communion scale consists of nine items assessing the degree to which a person's attitudes toward sex reflect a sense of sharing, involvement, and a sense of idealism. The Instrumentality scale consists of six items reflecting an attitude and orientation toward sex that is utilitarian and manipulative toward one's own needs and satisfaction. Respondents indicate their level of agreement on a 5 point Likert scale.

In a factor analysis each of the four scales loaded on a separate factor, with both communion and instrumentality making a reasonable contribution to the total variance accounted for by the entire measure. Cronbach alphas of both scales were .74 and .78 respectively, with one month test-retest reliabilities of .67 and .66. Cronbach alphas for the current sample were .77 for communion and .72 for instrumentality. The authors state that these results indicate some shifting of sexual attitudes on a short-term basis, but maintain that the scores are still within an acceptable range for relative stability of attitude scores. Additional evidence exists for both criterion and construct validity of these two scales regarding scale scores and reported sexual behaviour, and theoretically consistent relationships with other sexuality measures including the Sexual Opinion Survey (Fisher, Byrne, White, & Kelley, 1988) and Revised Mosher Sex Guilt Inventory (Green & Mosher, 1985).

**iv) Degree of Sexual Engagement with the Current Partner**

*Cowart-Pollack Scale of Sexual Experience (CPSSE)*

The CPSSE consists of two checklists of 30 heterosexual activities - one list for men

and the other for women (Cowart-Steckler & Pollack, 1988). It assesses an individual's level of sexual experience, and comprises a wide range of sexual activities. The checklists were constructed using items from earlier studies (Bentler, 1968a, 1968b; Zuckerman, 1973) which are presented in random order. Respondents indicate whether they have or have not engaged in each behaviour by circling *yes* or *no* in answer to the question "Have you experienced the following?" For the purposes of the present study, this instruction was altered to read "Please indicate whether you have ever experienced the following behaviours in your current sexual relationship by circling either yes or no for each behaviour."

In an attempt to ensure clarity, many of the items were rewritten to make them more understandable while preserving the essential content. For example, the item "Sexual intercourse, male superior" was altered to read "Sexual intercourse, with your male partner lying on top of you." This was the only measure in the questionnaire package that was gender-specific. Therefore, packages for men and women were color coded with either a blue or green cover sheet, respectively.

Although the CPSSE is scored using the Cornell technique of Guttman scaling (Guttman, 1947), the most recent norms were established in 1983. As a result, this measure was scored in the present study by summing the number of behaviours endorsed. This technique is utilized by most sexual behaviour checklists in the literature (e.g., Derogatis & Melisaratos, 1978), and avoids the problem of outdated normative information.

*Frequency of Intercourse and Tendency to Discuss Sexual Needs*

Seven additional questions followed the CPSSE which were related to frequency of sexual activity, both with the current partner and alone. Specifically, respondents were asked to indicate their age when they first willingly had sexual intercourse and how often they and their current sexual partner have intercourse. For the purpose of data analysis, responses to

the question about frequency of intercourse were recoded on an interval scale indicating frequency per month. Questions were also asked regarding the respondents' tendency to tell their partner about the kinds of sexual behaviours they are interested in, and the frequency of sexual behaviour that would best meet their own needs.

**v) Degree of Sexual Disengagement from the Current Partner**

*Sociosexual Orientation Inventory (SOI)*

Simpson and Gangestad (1991) constructed a 7 item measure to assess individual differences in willingness to engage in uncommitted sexual relations. Item content includes both attitudinal and behavioural components, requiring a rating along a 9 point Likert scale for sociosexual-related attitudes, or brief numerically-based self report information for sociosexual-related behaviours. A principal-axis factor analysis revealed one major unrotated factor accounting for 39.2% of the total variance. This factor was interpreted to reflect variability in willingness to engage in casual, uncommitted sexual relations.

Each item on the SOI loads at a level of .50 or greater on this unrotated factor, and none covary appreciably with respondents' age. These items include: Number of sexual partners in the past year, number of partners foreseen having sex with in the next five years, number of one-night stands, and frequency of sexual fantasy. Three items assess attitudes toward engaging in casual, uncommitted sex. The SOI is scored by aggregating the three attitudinal items (Cronbach alpha = .83), and standardizing each item by using z-score transformations to account for different item response formats. The five items that remain demonstrated good internal consistency (Cronbach alpha = .73), and two month test-retest reliability (r = .94). Cronbach alpha for the current sample on the three attitudinal items was .80, with alpha = .71 for the five transformed items.

Convergent validation studies demonstrated that unrestricted individuals, relative to restricted ones were more likely to 1) engage in sex at an earlier point in their romantic relationships, 2) engage in sex with more than one partner during the same period of time, and 3) indicate that the sexual relationships they were involved in were characterized by less expressed commitment, less investment, and weaker affectional bonds. A discriminant validation study found that sociosexuality did not covary appreciably with behavioural measures presumed to reflect sexual drive among sexually active dating couples. This suggests that the desire for frequent sex reflects different psychological motives than willingness to engage in uncommitted sex with different partners (Simpson & Gangestad, 1991).

Finally, a study correlating SOI results with other measures of sexuality found that unrestricted individuals are more likely to enjoy physically demanding sex, aggressive sex, and pornography than restricted individuals. The finding that restricted individuals are relatively less willing to engage in uncommitted sex could not be accounted for by individual differences in sexual satisfaction, anxiety, or guilt.

*Extent of Fantasy Involving the Current Partner*

One question asked repondents to indicate the proportion of their sexual fantasies that typically include their current partner.

*Assessed Frequency of Solitary Masturbation*

One question asked respondents how often they engage in solitary masturbation. For the purpose of data analysis, responses to this item were converted to an interval scale indicating frequency of masturbation per month.

**vi) Sexual Preoccupation**

*Sexual Daydreaming Scale (SDS)*

The SDS is a 12 item subscale of the larger *Imaginal Processes Inventory*, and is intended to reveal the extent to which a person has daydreams of a sexual or erotic nature (Singer & Antrobus, 1963, 1972). Such mental activity could arguably serve as a link to the sexual partner when not in the physical presence of that person, or as a way to distance oneself from one's partner. Therefore, one additional item was added to this measure by the current author. It specifically asks about the extent of fantasy that involves the current ongoing sexual partner versus someone other than this partner.

Respondents rate the degree to which each statement is true for them on a 5 point Likert scale ranging from *definitely not true for me* to *very true for me*. The items are summed with possible scores ranging from 12 to 60, and higher scores indicate a greater likelihood of sexual daydreaming (Singer & Antrobus, 1972). Internal consistency of the SDS is reportedly high (Giambra, 1979-1980), with a test-retest reliability of .58 for men over a 1 to 3 year period. Cronbach alpha for the current sample was .82. Various studies suggest that the SDS has both concurrent and construct validity (e.g., Campagna, 1975; Giambra, 1983a, 1983b).

*Sexuality Scale (SS) - Sexual Preoccupation*

The SS scale of Sexual Preoccupation was included within the domain of Sexual Preoccupation. According to Snell and Papini (1989, 1992), this scale measures the tendency to think about sex to an excessive degree, or to be absorbed and obsessed with sexual matters. The Cronbach alpha for this scale with the current sample was .91.

*Sexual Awareness Questionnaire (SAQ) - Sexual Monitoring*

The sexual monitoring scale of the SAQ was included in the Sexual Preoccupation

domain. This scale measures the level of attention paid to external public concern regarding others' impressions of one's own sexuality. Cronbach alphas for this scale with the current sample were .64 for women and .72 for men (versus originally reported interal consistencies of .82 and .80, respectively).

**vii) Satisfaction with the Sexual Aspect of the Current Relationship**

*Sexual Satisfaction Index (SSI)*

Issues pertaining to the measurement of satisfaction with the sexual component of an adult romantic relationship clearly relate to measurement of global relationship satisfaction as discussed below. Briefly, scales that combine both objective and subjective aspects of a relationship raise psychometric concerns in scoring, and purely objective measures are likely confounded by overarching subjective perceptions of the relationship (Sabatelli, 1988). Fincham and Bradbury (1987) have noted that one way of avoiding this difficulty is to focus solely on global evaluations of one's relationship.

The current author was unable to locate a suitable global measure of satisfaction with oneself as a sexual partner, with one's current sexual partner, and with one's current sexual relationship. Therefore, three straightforward items were constructed by the current author based on the methodological concerns raised by Sabatelli (1988) and the recommendations of Fincham and Bradbury (1987). These three items make up the *Sexual Satisfaction Index*, which yields a total score ranging from 3 to 24, with higher scores indicating greater levels of satisfaction with one's sexual relationship. The first two items pertaining to satisfaction with oneself as a sexual partner and satisfaction with one's current sexual partner are responded to on a 7 point Likert scale ranging from *very unsatisfied* to *very satisfied.* The third item is a global rating of the sexual relationship on a 10 point Likert scale. Assessment of the internal

consistency of this brief measure yielded a Cronbach alpha of .81.

## IV. MEASURE OF RELATIONSHIP QUALITY

*Quality of Marriage Index (QMI)*

The QMI is a six item measure of marital quality developed by Norton (1983). Marital quality is defined as a respondent's subjective evaluation of the "goodness of the relationship gestalt" (p. 143), or of the relationship as a whole. Norton has delineated three criteria for a well-constructed measure of marital quality: 1) a total score should be created only by summing items that have sufficiently similar semantic values; 2) items should be included in the measure even if the resulting data are likely to be skewed; 3) such a measure should restrict itself to a relatively small range of normative items that define a quality score, so that covariates that are not as clearly evaluative can be examined in light of that index.

Norton (1983) originally administered a 20 item questionnaire to 430 married couples and then subjected the results to item and principle component analysis. Six items were retained for the final version of the QMI. Item content focusses on global perceptions of the relationship, and the items are highly interrelated (ranging from .69 to .85). The response format is mainly a 7 point Likert scale, with one item assessing the overall degree of relationship happiness, and scored from 1 to 10. Three items were altered slightly to make the questionnaire applicable to both married and unmarried respondents in the current study. This simply involved substituting the word "relationship" for the word "marriage." The obtained Cronbach alpha for the current sample with the revised measure was .92.

Norton recommends that the data be transformed to standard scores. Evidence for construct validity includes findings that those respondents with the lowest quality scores were much more likely to have seriously discussed ending their relationship, and a positive

correlation between perceived quality of marriage and perceived similarity in attitudes between partners.

In evaluating the QMI against other measures of marital quality, Sabatelli (1988) stated that the measure provides a direct method of assessing individuals' global assessments of their relationship, while controlling for method contamination via lack of overlapping content. In the present study, the QMI will provide an index of relationship satisfaction quality, while not overlapping in item content with behaviours related to attachment, caregiving, or sex.

# CHAPTER III

# RESULTS

The following section provides results concerning the relationship between each of the attachment, caregiving, and sexual behaviour systems. First, a description of the sample based on demographic information is provided.

## Sample Characteristics

All respondents were undergraduates at a college or university, and primarily heterosexual in orientation. Four questionnaires were not included in the present analysis because respondents indicated a primarily homosexual orientation. Table 3 displays means and standard deviations for the interval-scaled demographic variables and perceived relationship quality. Results for the remaining demographic variables are described below.

Respondents tended to be in their early twenties and had lived in Canada for most of their lives. Average age at first experience with intercourse was about 18 years, and respondents had typically been in about three romantic relationships, two of which had been sexually active. The average total number of sexual partners for respondents was approximately five, and respondents tended to have had intercourse with their current partner four months after they started dating. Those respondents who were living with their current partner had done so for an average of 34 months.

On average, the length of the current relationship was about 28 months, although women reported a significantly longer duration of their current relationship than men, $t(335) = 3.49$, $p=.0005$ (2 tailed). On average the longest romantic/sexual relationship respondents had been involved in had lasted an average of 35 months, with women reporting a significantly

Table 3

Means and Standard Deviations for Interval Scaled Demographic Variables

| Variable | Women N=169 | Men N=168 | All Participants N=337 |
|---|---|---|---|
| Age | M 23.49<br>SD 6.04 | M 22.12<br>SD 4.40 | M 22.81<br>SD 5.32 |
| Number of Years Living in Canada | M 20.12<br>SD 8.55 | M 18.17<br>SD 7.69 | M 19.15<br>SD 8.18 |
| Age at First Consenting Intercourse | M 17.40<br>SD 3.27 | M 17.77<br>SD 6.53 | M 17.58<br>SD 5.16 |
| Total Number of Sexual Relationships | M 2.37<br>SD 1.63 | M 2.35<br>SD 2.10 | M 2.36<br>SD 1.88 |
| Total Number of Different Sexual Partners | M 5.75<br>SD 11.40 | M 4.49<br>SD 5.92 | M 5.12<br>SD 9.10 |
| Time from First Date to First Intercourse | M 4.03<br>SD 8.15 | M 3.39<br>SD 5.85 | M 3.71<br>SD 7.09 |
| Quality of Current Relationship*** | M 25.44<br>SD 11.17 | M 20.53<br>SD 9.43 | M 22.99<br>SD 10.61 |
| Number of Steady/Romantic Relationships | M 2.66<br>SD 1.91 | M 2.97<br>SD 2.55 | M 2.82<br>SD 2.25 |
| Length of Current Sexual Relationship*** | M 34.15<br>SD 41.55 | M 21.59<br>SD 21.38 | M 27.89<br>SD 33.62 |
| Longest Romantic Relationship*** | M 42.72<br>SD 43.05 | M 27.52<br>SD 22.14 | M 35.14<br>SD 35.05 |
| Time Living with Current Partner | M 38.95<br>SD 61.24 | M 26.56<br>SD 24.38 | M 34.32<br>SD 50.87 |

Note: Asterisks denote significant differences by gender.
***$p<.001$. All other comparisons, $p>.05$.

longer relationship of this type than men, $t(335) = 4.07$, $p<.0001$ (2 tailed).[1] Finally, on average women reported a significantly higher degree of satisfaction with their current relationship than men, $t(335) = 4.36$, $p<.0001$ (2 tailed).

[1]Because of the much larger standard deviations on length of current relationship and length of longest romantic/sexual relationship for women than men, women's scores on these variables were examined for outliers. One clear outlier was located and removed, however, this did not change the significant gender differences on these variables, or on perceived quality of the current relationship.

Proportions of the sample by ethnic origin were: Caucasian 68.9%, Asian 20.1%, Indo-Canadian 4.1%, Black 1.2%, and Other 5.3%. Approximately equal proportions (16% - 20%) of respondents reported their religious orientation as being primarily Protestant, Catholic, Athiest, or some Other designation, which was primarily labelled "spiritual." A roughly similar proportion of respondents noted that they had no religious beliefs whatsoever. Finally, about 10% of respondents indicated an Agnostic religious orientation.

Regarding marital status, 71.8% of respondents were single, 13.4% were living with a romantic partner, 10.4% were married, and 0.9% were divorced. Most of the respondents lived with one or both of their parents (43.6%), with the rest living alone (9.8%), with roommates (14.2%), or with a spouse or romantic partner (23.8%). Few respondents had children (10.4%), and even fewer had children living in their residence at the time of the survey (7.7%). A total of 44 persons or 13.1% of the sample indicated they had experienced sexual abuse at some time in their lives, representing 21.3% of the women and 4.8% of men.

Cross Validation of Attachment Pattern - All Participants

Pearson product-moment correlations between continuous ratings on the two attachment measures, the Relationship Questionnaire (RQ) and the Relationship Scales Questionnaire (RSQ), are displayed in boldface print in Table A6, Appendix A. As expected, moderate to large positive correlations were obtained between corresponding attachment prototypes ranging from .48 for dismissing to .61 for preoccupied. In addition, large positive correlations were obtained between the self model and models of hypothetical others.

As expected, the opposite prototypes of secure versus fearful yielded moderately large negative correlations, while low negative correlations were obtained for preoccupied versus dismissing. Comparisons of adjacent prototypes were expected to yield correlations approximating zero. These tended to be both positive and negative and low in strength.

Correlations of the attachment prototypes with the self and other models were all in the expected directions, ranging from low to moderate in size. In general, obtained relationships between prototypes were consistent with those outlined by Bartholomew (1990). In addition, the obtained pattern of RQ - RSQ correlations was generally consistent with previously reported findings on a comparable sample of university undergraduates (Scharfe & Bartholomew, 1994). Finally, both attachment measures displayed a similar pattern of correlations with all other variables in the study, with no apparent systematic differences (see Appendix A, Tables A4, A5, A6, A10, A11, A12, A16, A17, and A18).[2]

RQ Attachment Category Proportions and Attachment Dimension Means

The current attachment category results (see Table 4) replicated previously reported findings of a higher proportion of fearfully attached women, and a higher proportion of dismissing men (Scharfe & Bartholomew, 1994). However, one result was unusual in that the proportion of men and women falling within the RQ preoccupied category was similar, with men scoring significantly higher than women on the RQ preoccupied attachment dimension, $t(335) = -1.98$, $p < .05$ (2 tailed). Based on previously reported results, a higher proportion of women than men was expected in the RQ preoccupied attachment category, and mean RQ preoccupied dimensional ratings were expected to be higher for women than men. Although the RQ results for preoccupied attachment did not display the expected gender difference, it is important to note that the RSQ dimensional results also did not reflect higher preoccupied attachment in women. Finally, the effect size for the significantly higher RQ preoccupied dimension rating in men was small ($d = 0.215$).

[2]Given the high degree of similarity between the two attachment measure results, only the RQ results were used in further analyses.

Table 4

Proportions of Respondents falling within RQ Attachment Categories and Means and Standard Deviations for RQ Attachment Dimension Scores by Gender

| | Attachment Categories | | Attachment Dimensions | |
|---|---|---|---|---|
| | Women | Men | Women | Men |
| Secure | 46.7% | 48.8% | M 4.73 SD 1.85 | M 4.85 SD 1.68 |
| Fearful | 24.9% | 17.9% | M 3.37 SD 1.91 | M 3.06 SD 1.78 |
| Preoccupied | 15.4% | 16.1% | M 2.78a SD 1.90 | M 3.17b SD 1.73 |
| Dismissing | 13.0% | 17.3% | M 3.43 SD 1.78 | M 3.70 SD 1.81 |

Note: Means with different letters are significantly different ($p<.05$). All other comparisons, $p>.05$.

1. Attachment and Caregiving Behaviour

As the first step in attempting to demonstrate a meaningful association between three behaviour systems, Kunce and Shaver's (1994) Caregiving Questionnaire was used to assess relationships between attachment categories and caregiving dimensions. The previous analysis was repeated, involving a 4 (attachment category) by 2 (gender) multivariate analysis of variance (MANOVA) with the four caregiving scales entered as dependent variables. Results displayed in Table 5 indicate two important differences between the current and previously reported results. First, while the earlier study reported significant results for each caregiving dimension across attachment categories, the obtained univariate F for cooperation versus control only approached significance (p=.079). Second, unlike the previous results, the present study found a significant main effect for gender.

Rather than using results from the entire sample to compare against previously

Table 5

Caregiving Scales in Relation to Four Attachment Categories: MANOVA Results

| Caregiving Scale | *Attachment Categories* | | | | *Univariate* $F(3,328)$ [$F(3,304)$] |
|---|---|---|---|---|---|
| | *Secure* | *Preoc* | *Fear* | *Dism* | |
| Proximity vs. Distance | 5.21 | 5.36 | 4.82 | 4.75 | 11.63*** |
| | [5.35 | 5.18 | 4.91 | 4.66 | 11.24***] |
| Sensitivity vs. Insensitivity | 4.65 | 4.24 | 4.31 | 4.42 | 6.27*** |
| | [4.51 | 4.06 | 4.01 | 4.11 | 7.44***] |
| Cooperation vs. Control | 4.16 | 3.95 | 3.95 | 3.86 | 2.29 |
| | [4.57 | 4.24 | 4.30 | 4.45 | 2.83*] |
| Compulsive Caregiving | 3.27 | 3.63 | 3.36 | 2.98 | 6.43*** |
| | [2.11 | 2.57 | 2.37 | 1.96 | 4.99**] |

MANOVA Gender (G): $F(4,326) = 5.11$*** [$F(4,301) = 1.62$]

MANOVA Attachment Category (A): $F(12,984) = 6.05$*** [$F(12,899) = 4.94$***]

MANOVA G x A: $F(12,984) = 1.20$ [$F(12,899) = 1.46$]

Note: Scales are keyed in the direction of the pole named first (Proximity, Sensitivity, Cooperation). Values in squared parentheses originally reported by Kunce & Shaver (1994). See Appendix B for within and residual error terms.
***$p<.001$. **$p<.01$. *$p<.05$ All other comparisons $p>.05$.

reported differences between attachment categories on caregiving dimensions, separate MANOVAs were conducted for women and men (see Table 6 and Table 7, respectively). Planned comparisons were then calculated between attachment categories separately by gender based on the earlier results of Kunce and Shaver. Remaining differences between attachment categories on caregiving dimensions were assessed using post-hoc tests.

For women a significant main effect was found for attachment category, accounting for a significant amount of variance in each caregiving domain except cooperation versus control. Secure and preoccupied women had significantly higher proximity scores on average than those categorized as fearful or dismissing. In addition, secure women also had significantly higher sensitivity scores on average than the insecure categories, while dismissing women had significantly lower compulsive caregiving scores on average than those categorized as secure, fearful, or preoccupied.

Results for men were similar to those for women in that a main effect for attachment category was found that did not account for a significant amount of variance in the caregiving domain of cooperation versus control. However, the univariate F for compulsive caregiving also was not significant ($p=.09$). Similar to women, secure and preoccupied men had significantly higher proximity scores on average than those categorized as fearful or dismissing. In the domain of sensitivity versus insensitivity, secure men had significantly higher average scores than preoccupied and fearful men. Finally, preoccupied men had significantly higher scores on compulsive caregiving than those categorized as secure or dismissing.

In summary, the current results were similar to those reported by Kunce and Shaver in showing a main effect for attachment category for both men and women in the area of caregiving. However, a significant main effect for gender occurred where none was found

Table 6

Caregiving Scales in Relation to Four Attachment Categories: MANOVA Results - Women

| | *Attachment Categories* | | | | |
|---|---|---|---|---|---|
| *Caregiving Scale* | *Secure*(a) | *Preoc*(b) | *Fear*(c) | *Dism*(d) | *Univariate* $F(3,164)$ |
| Proximity vs. Distance | 5.30cd | 5.50cd | 4.89ab | 4.68ab | 8.65*** |
| Sensitivity vs. Insensitivity | 4.87bcd | 4.47a | 4.55a | 4.53a | 2.72* |
| Cooperation vs. Control | 4.26 | 4.07 | 4.07 | 3.91 | 1.05 |
| Compulsive Caregiving | 3.31d | 3.59d | 3.34d | 2.57abc | 6.36*** |

MANOVA Attachment Category: $F(12,492) = 4.68$***

Note: Caregiving scales are keyed in the direction of the pole named first (Proximity, Sensitivity, Cooperation). Letters in the same row indicate significant differences between means for attachment categories labelled a, b, c, or d, $p<.05$. Underlined letters indicate post hoc tests. See Appendix B for within and residual error terms.

***$p<.001$. *$p<.05$. All other comparisons, $p>.05$.

Table 7

Caregiving Scales in Relation to Four Attachment Categories: MANOVA Results - Men

| | *Attachment Categories* | | | | |
|---|---|---|---|---|---|
| *Caregiving Scale* | *Secure*(a) | *Preoc*(b) | *Fear*(c) | *Dism*(c) | *Univariate* $F(3,161)$ |
| Proximity vs. Distance | 5.13cd | 5.22cd | 4.73ab | 4.81ab | 3.67* |
| Sensitivity vs. Insensitivity | 4.45bc | 4.01a | 3.96a | 4.34 | 4.01** |
| Cooperation vs. Control | 4.06 | 3.84 | 3.78 | 3.81 | 1.31 |
| Compulsive Caregiving | 3.23b | 3.68ad | 3.39 | 3.29b | 2.20 |

MANOVA Attachment Category: $F(12,489) = 2.32$**

Note: Scales are keyed in the direction of the pole named first (Proximity, Sensitivity, Cooperation). Letters in the same row indicate significant differences between means for attachment categories labelled a, b, c, or d, $p<.05$. Underlined letters indicate post hoc tests. See Appendix B for within and residual error terms. **$p<.01$. *$p<.05$. All other comparisons, $p>.05$.

previously, and for all participants attachment category accounted for a significant amount of variance in only three, rather than four caregiving domains. In addition, attachment category did not account for a significant amount of variance for either gender in the area of cooperation versus control, nor for men on compulsive caregiving.

During construction of the Caregiving Questionnaire, Kunce and Shaver initially constructed seven a priori caregiving scales in relation to attachment patterns. The obtained univariate F statistics for all seven scales were highly significant, and at this point the authors covaried perceived relationship satisfaction. They found that all seven scales continued to demonstrate significant attachment pattern differences, though the magnitude of their initial F statistics was decreased by approximately half. Perceived relationship satisfaction was not covaried on the final version of the scale to determine whether differences in caregiving associated with attachment style exceeded those that may have been accounted for by satisfaction alone.

The current study included a measure of perceived relationship quality/satisfaction, and when the above analyses were rerun covarying this variable a very different pattern of results emerged. Whether the analysis included the entire sample or was conducted separately by gender, perceived relationship quality covaried significantly across most attachment-caregiving relationships. For all participants, attachment category accounted for a significant amount of variance in only two caregiving domains - proximity versus distance and compulsive caregiving (versus a significant amount of variance accounted for in all four caregiving domains in the results reported by Kunce and Shaver). When analyzed separately by gender, attachment category accounted for a significant amount of variance only for women in the areas of proximity versus distance and compulsive caregiving.

2. Attachment and Sexual Behaviour

*i) Results Pertaining to Hypothesized Gender Differences on Sexual Variables*

Earlier cited studies have reported significant gender differences on several sexual variables included in the present study. It was hypothesized that these gender differences would be replicated, and thus validate the current methodology which analyzed sexual variables separately by gender. To assess for gender differences on sex, a MANOVA was conducted with the 20 PSD variables entered as dependent variables. Eight demographic variables expected to covary significantly with sexuality were included as covariates, along with perceived relationship quality.[3] These eight variables were ethnicity, religious orientation, strength of religious beliefs, marital status, living arrangements, having had children, presence of children in the home, and having experienced sexual abuse.

The results displayed in Table 8 indicate a significant main effect for gender on primary sexual domain scores, even when controlling for a variety of covariates. Four of nine results were significant where such differences were hypothesized based on previously reported results. Specifically, men reported a higher level of sexual preoccupation than women, $t(335) = -6.07$, $p<.001$, more vivid sexual daydreams, $t(335) = -4.36$, $p<.001$, and a greater tendency to engage in uncommitted sexual relations, $t(335) = -6.04$, $p<.001$. Men also reported stronger affective, evaluative responses to sexual stimuli than women, $t(335) = -2.26$, $p<.05$.

Conversely, significant gender differences were not found in the areas of frequency of

[3]MANOVA and correlational analyses confirmed that all eight demographic variables and perceived relationship quality covaried with the PSD variables to a significant, or very nearly significant extent for women. For men, the same analyses suggested one demographic variable could be excluded as a covariate. This variable was retained as it is theoretically consistent as a covariate, and the resulting loss of one degree of freedom did not appreciably affect the obtained results. Contrary to expectations, length of the current relationship did not covary significantly with the PSD variables, as reflected in Table A13 and A14.

Table 8

Gender in Relation to Twenty Primary Sexual Domain (PSD) Variables:

MANOVA Results

| *PSD Variable* | Means/Standard Deviations Women | Men | *Univariate F*(1,325) |
|---|---|---|---|
| *Communal Orientation* | M 26.17<br>SD 4.52 | M 25.29<br>SD 4.22 | 0.68 |
| Covariates: Religious Orientation*, Strength of Religious Beliefs* | | | |
| *Communion Orientation* | M 2.09<br>SD 0.56 | M 2.03<br>SD 0.61 | 1.40 |
| Covariates: Relationship Quality***, Religous Orientation**<br>Stength of Religious Beliefs*** | | | |
| *Variety of Sex Behaviour* | M 24.48<br>SD 3.74 | M 24.42<br>SD 4.27 | 1.38 |
| Covariates: Relationship Quality*, Religious Orientation**<br>Strength of Religious Beliefs*** | | | |
| *Exchange Orientation** | M 13.28<br>SD 4.01 | M 12.37<br>SD 5.42 | 4.33* |
| Covariates: none significant | | | |
| *Instrumental Orientation* | M 3.55<br>SD 0.76 | M 3.55<br>SD 0.78 | 1.06 |
| Covariates: Sex Abuse** | | | |
| *Frequency of Masturbation**** | M 3.42<br>SD 6.00 | M 9.25<br>SD 12.98 | 21.32*** |
| Covariates: Relationship Quality***, Strength of Religious Beliefs* | | | |
| *Sexual Daydreaming**** | M 33.01<br>SD 10.19 | M 37.91<br>SD 10.45 | 11.53*** |
| Covariates: Relationship Quality* | | | |

| PSD Variable | Means/Standard Deviations Women | Men | *Univariate F(1,325)* |
|---|---|---|---|
| *Extent of Fantasy Involving Current Partner**** | M 71.12<br>SD 25.51 | M 54.72<br>SD 26.45 | 24.81*** |
| Covariates: Relationship Quality***, Religious Orientation*<br>Having Had Children* | | | |
| *Sexual Appeal*** | M 1.66<br>SD 1.10 | M 1.33<br>SD 1.00 | 6.56** |
| Covariates: Strength of Religious Beliefs**, Ethnic Status* | | | |
| *Sexual Assertiveness* | M 2.23<br>SD 0.98 | M 2.07<br>SD 0.72 | 0.20 |
| Covariates: Relationship Quality** | | | |
| *Sexual Consciousness* | M 2.95<br>SD 0.70 | M 2.95<br>SD 0.68 | 1.13 |
| Covariates: Relationship Quality**, Religious Orientation* | | | |
| *Frequency of Intercourse* | M 9.25<br>SD 7.24 | M 9.67<br>SD 8.43 | 2.46 |
| Covariates: Relationship Quality***, Ethnic Status* | | | |
| *Sexual Monitoring* | M 2.12<br>SD 0.62 | M 2.26<br>SD 0.68 | 0.40 |
| Covariates: Relationship Quality*, Ethnic Status*** | | | |
| *Sexual Preoccupation**** | M -2.15<br>SD 9.01 | M 3.31<br>SD 7.42 | 25.36*** |
| Covariates: Relationship Quality* | | | |
| *Tell Partner About Sexual Needs and Desires* | M 5.31<br>SD 1.51 | M 5.06<br>SD 1.39 | 0.12 |
| Covariates: Relationship Quality***, Religious Orientation*<br>Strength of Religious Beliefs** | | | |

| *PSD Variable* | Means/Standard Deviations Women | Men | *Univariate F*(1,325) |
|---|---|---|---|
| *Tendency to Engage in Uncommitted Sex*** | M 46.51<br>SD 34.17 | M 66.60<br>SD 26.30 | 39.64*** |
| Covariates: Relationship Quality***, Stength of Religious Beliefs**<br>Sex Abuse** | | | |
| *Affective/Evaluative Response to Sexual Stimuli** | M 80.33<br>SD 20.63 | M 85.02<br>SD 17.33 | 6.12* |
| Covariates: Strength of Religious Beliefs**, Ethnic Status** | | | |
| *Sexual Satisfaction Index* | M 13.21<br>SD 2.99 | M 12.90<br>SD 2.55 | 2.03 |
| Covariates: Relationship Quality***, Strength of Religious Beliefs***<br>Having Had Children**, Presence of Children in the Home*,<br>Current Living Situation** | | | |
| *Sexual Depression* | M -8.36<br>SD 7.57 | M -8.91<br>SD 5.87 | 7.87 |
| Covariates: Relationship Quality***, Religious Orientation*,<br>Strength of Religious Beliefs*, Current Living Situation* | | | |
| *Sexual Esteem* | M 6.22<br>SD 9.18 | M 6.06<br>SD 6.77 | 1.62 |
| Covariates: Relationship Quality***, Strength of Religious Beliefs*,<br>Presence of Children in the Home* | | | |
| MANOVA: Gender (20,306) = 6.18*** | | | |

Note: PSD variable names followed by asterisks indicate significant differences between means (2 tailed *t* test). Only significant covariates are listed for each PSD variable. See Appendix B for within and residual error terms.
***$p<.001$. **$p<.01$. *$p<.05$ All other comparisons $p>.05$.

intercourse and variety of sexual behaviour, sexual consciousness, sexual esteem, or sexual depression. Significant results were found in four additional areas, with men reporting a higher frequency of masturbation than women, $t(335) = -4.62$, $p<.0001$, more exclusionary

fantasy, $t(335) = 5.80$, $p<.001$, a lower level of sexual appeal, $t(335) = 2.94$, $p<.01$, and a lower exchange orientation than women, $t(335) = 2.08$, $p<.05$. The obtained results are consistent with the meta-analytic study of Oliver and Hyde (1993), where significant gender differences with very large effect sizes were found for reported incidence of masturbation and tendency to engage in casual sex. Conversely, a relatively small effect size was found for the difference between genders on reported frequency of intercourse.

These results indicate that men and women tend to be similar across many of the sexual variables surveyed in the current study. However, there are specific areas of substantial difference between genders which support the current approach of analyzing sexual results within gender.

*ii) Relationships between Caregiving Dimensions and Primary Sexual Domain (PSD) Variables*

Full partial correlations between caregiving dimensions and PSD variables are listed in Appendix D. The same set of nine covariates used in the earlier analysis of gender differences were controlled for. Because these relationships were explored on a post-hoc basis, all tests for significance were 2-tailed.

*Women*

Significant relationships were found between caregiving dimensions and variables within six of the seven primary sexual domains for women. In the domain of sexual self-efficacy, the dispositional tendency to evaluate positively one's capacity to relate sexually to others (sex esteem) was positively associated with sensitivity and cooperation, and negatively related to compulsive caregiving. A chronic tendency to feel depressed about the sexual aspects of one's life (sex depression) was negatively related to both proximity and cooperation. Sex assertiveness and attention to internal private sexual cues (sex

consciousness) were both positively related to sensitivity. Finally, an attitude toward sex based on caring and concern for the partner's sexual needs and preferences (communal orientation) was positively related to proximity and cooperation.

In the domain of attitudinal sets/expectations regarding sexual relationships, an attitude toward sex that focusses on sharing, involvement, and strong idealism (communion orientation) was negatively associated with both proximity and sensitivity. In the domain of sexual engagement, frequency of intercourse was positively associated with proximity, and tendency to tell the partner about sexual needs and desires was positively associated with sensitivity. In the domain of sexual disengagement, extent of fantasy involving the current partner was positively associated with proximity and cooperation. In the domain of sexual preoccupation, sensitivity to others' evaluation of one's sexuality (sexual monitoring) was positively related to compulsive caregiving. Finally, satisfaction with the sexual aspect of the current relationship was positively related to cooperation, and negatively related to compulsive caregiving.

*Men*

As was the case for women, significant relationships were found between caregiving dimensions and variables within six of the seven primary sexual domains. In the domain of sexual self-efficacy, the dispositional tendency to evaluate positively one's capacity to relate sexually to others (sex esteem) was positively related to sensitivity and negatively related to compulsive caregiving. A chronic tendency to feel depressed about the sexual aspects of one's life (sex depression) was negatively related to sensitivity and cooperation and positively related to compulsive caregiving.

As was the case for women, sexual assertiveness was positively related to sensitivity, however, in men this variable was also negatively related to cooperation. Attention to

internal private sexual cues (sex consciousness) and awareness of one's own public sexiness (sex appeal) were both positively related to sensitivity. An approach to sex that emphasizes caring and concern for a partner's sexual needs and preferences (communal orientation) was positively associated with both proximity and sensitivity.

Unlike women, a tendency to respond to sexual stimuli with positive affect and evaluation (SOS) was positively related to sensitivity and negatively related to compulsive caregiving. In the domain of attitudinal sets and expectations, attitudes toward sex focussing on sharing, involvement, and strong idealism (communion orientation) were negatively related to proximity. Interestingly, unlike women, attitudes reflecting a more utilitarian and manipulative approach to sex (instrumental orientation) were positively related to sensitivity in men.

In the domain of sexual engagement, frequency of intercourse was positively related to sensitivity and proximity, and negatively related to compulsive caregiving. A tendency to tell the current partner about sexual needs and desires was positively related to sensitivity. In the domain of sexual disengagement, a tendency to engage in uncommitted sexual behaviour (SOI) was negatively related to compulsive caregiving. In addition, extent of fantasy involving the current partner was positively related to proximity and cooperation. Finally, satisfaction with the sexual aspect of the current relationship was positively related to proximity, cooperation, and sensitivity.

*iii) Relationship between Attachment Dimensions and Relationship Variables, Sexual Demographic Variables, and Primary Sexual Domain (PSD) Variables*

To test hypotheses concerning relative differences in the direction and magnitude of relationships between attachment dimensions and PSD variables (outlined in Table 2), pairwise comparisons were conducted between Pearson Product Moment full partial

correlations of RQ attachment dimensions on each PSD variable. The full partial correlations controlled for perceived relationship quality and eight demographic variables significantly related to sex on both the attachment and PSD variables. Results from this analysis are displayed in Table 9 and 10 for women and men, respectively.

These tables also include pairwise comparisons of attachment dimensions on a small number of sexual demographic variables and relationship variables. Because these two areas were examined on a post hoc basis, comparisons between attachment dimensions were assessed with 2-tailed t tests. Differences between each pair of nonindependent correlations were assessed for significance using Williams' (1959) correction of the Hotelling (1931) t test. The correction component of the test controlled for the degree of correlation between the attachment dimensions themselves.

As two distinct procedures were already applied to control for error, further statistical corrections (such as the Stepwise Bonferroni method) were not applied in analyzing the current results. It was thought that corrections in addition to the Williams' corrected Hotelling t test and covariance of nine variables related to sexual attitudes and behaviour would produce Type II errors.[4]

In addition, due to the exploratory nature of the current study, results with a $p \leq .10$ were reported as trends. Trend information was particularly useful in the current study as the hypothesized results were in the form of patterns between all four attachment dimensions. Therefore, it was additionally important to strike a balance between avoiding Type I errors and a highly conservative interpretation of the results that would occlude such patterns. Appendix C contains t and p values for the significant differences and trends listed in Table 9

[4]Use of the Stepwise Bonferroni procedure, while reducing the number of significant results, tended not to alter the attachment dimension patterns on the PSD variables.

Table 9

Pearson Product Moment Correlations between RQ Attachment Dimensions and Relationship, Sexual-Demographic, and Primary Sexual Domain Variables - Women

| Variable Set | Attachment Dimension | | | |
|---|---|---|---|---|
| | Secure(a) | Fearful(b) | Preoc(c) | Dism(d) |
| *Relationship* | | | | |
| Number of Steady Relationships | -.19*cd | .02 | .15a | .07a |
| Longest Romantic Relationship | .05 | -.02 | -.11 | -.12 |
| Length of Current Relationship | .08d | -.04 | -.11 | -.11a |
| Time Living with Current Partner | .09c | -.03 | -.12a | -.07 |
| Quality of Current Relationship | .36**bcd | -.25**a | -.22**a | -.18*a |
| *Sexual-Demographic* | | | | |
| Number of Sexual Relationships | -.16*c | .03 | .16*a | .02 |
| Number of Sexual Partners | -.08d | -.047d | .01d | .23**abc |
| Time from Dating to First Sex | .10c | -.04 | -.14a | -.07 |
| Age at First Consenting Intercourse | .07 | -.03 | -.08 | -.04 |
| *Primary Sexual Domain* | | | | |
| Sex Esteem | .23**bcd | -.19**acd | -.11abd | .07abc |
| Sex Depression | -.24**bcd | .26**ad | .14*a | .01ab |
| Sexual Consciousness | .09 | -.09d | -.05d | .16*bc |
| Sex Appeal | -.03d | .05 | -.05d | .12ac |
| Sex Assertiveness | .11bc | -.22**adc | -.07ab | .08b |
| Communal Orientation | .09 | -.03 | .04 | .03 |
| Evaluative Affect | -.01 | .04 | -.01 | .06 |
| Communion Orientation | -.02 | .15*cd | -.04b | .00b |
| Instrumental Orientation | .08d | -.07 | -.07 | -.13a |
| Exchange Orientation | -.09bcd | .11a | .09a | .22**a |
| Variety of Sexual Behaviour | .04 | -.09c | .06b | .04 |
| Frequency of Intercourse | .03b | -.15*ac | .05b | -.06 |
| Tell of Sexual Needs/Desires | .13*b | -.18*acd | -.03bd | .16*bc |
| SOI | .02 | -.06d | -.03d | .16*bc |
| Inclusive Sexual Fantasy | .06d | -.11cd | .16bd | -.37**abc |
| Masturbation Frequency | .03 | -.04 | -.06 | -.03 |
| Sexual Daydreaming | -.05 | .08 | .04 | .01 |

| Variable Set | Attachment Dimension | | | |
|---|---|---|---|---|
| | Secure(a) | Fearful(b) | Preoc(c) | Dism(d) |
| Sexual Preoccupation | -.03 | .09d | -.01 | -.09b |
| Sexual Monitoring | -.24**bc | .20**ad | .29**ad | -.21**bc |
| Sexual Satisfaction Index | .18*bd | -.22**acd | -.06b | -.07ab |

Note: Full partial correlations were conducted between PSD variables and attachment dimensions. Letters in the same row indicate significant differences between correlations for attachment dimensions labelled a, b, c, or d (Williams' corrected Hotelling *t* Test). Underlined letters indicate trends with $p \leq .10$. See Appendix C for *t* and *p* values corresponding to significant results and trends in this table. SOI = tendency to engage in uncommitted sexual relations.

*$p<.05$ **$p<.01$. All other comparisons, $p>.05$.

Table 10

Pearson Product Moment Correlations between RQ Attachment Dimensions and Relationship, Sexual-Demographic, and Primary Sexual Domain Variables - Men

| Variable Set | Attachment Dimension | | | |
|---|---|---|---|---|
| | Secure(a) | Fearful(b) | Preoc(c) | Dism(d) |
| *Relationship* | | | | |
| Number of Steady Relationships | .10 | -.07 | -.09 | .00 |
| Longest Romantic Relationship | .04 | .03 | -.07 | -.12 |
| Length of Current Relationship | .07c | -.06 | -.15a | -.04 |
| Time Living with Current Partner | .08d | -.02 | -.07 | -.15a |
| Quality of Current Relationship | .34**bcd | -.25**a | -.13a | -.07a |
| *Sexual-Demographic* | | | | |
| Number of Sexual Relationships | .14bcd | -.11a | -.06a | -.07a |
| Number of Sexual Partners | .12b | -.17*a | -.05 | -.05 |
| Time from Dating to First Sex | .06 | -.15d | -.08 | .06b |
| Age at First Consenting Intercourse | -.07 | .05 | -.03 | .05 |
| *Primary Sexual Domain* | | | | |
| Sex Esteem | .12**bcd | -.17*ad | -.09a | .01ab |
| Sex Depression | -.23**bcd | .19**ad | .23**ad | -.02abc |
| Sexual Consciousness | -.09 | -.03 | .00 | -.06 |
| Sex Appeal | .15*bc | -.07ad | -.09ad | .18*bc |
| Sex Assertiveness | -.01 | -.05 | .05 | .04 |
| Communal Orientation | .03d | -.08cd | .17*bd | -.22**abc |
| Evaluative Affect | .11cd | -.06 | -.05a | -.06a |
| Communion Orientation | -.13bd | .13*bc | -.19**bd | .15*cd |
| Instrumental Orientation | -.02 | .04 | -.07 | -.07 |
| Exchange Orientation | -.06c | -.02c | .18*abd | -.08c |
| Variety of Sexual Behaviour | .01 | -.07 | -.08 | .04 |
| Frequency of Intercourse | .11bcd | -.08a | -.10a | -.07a |
| Tell of Sexual Needs/Desires | .05 | -.09 | -.02 | -.09 |
| SOI | .28**bcd | -.20**adc | -.05ab | .04ab |
| Inclusive Sexual Fantasy | .14*cd | .01 | -.11a | -.12a |
| Masturbation Frequency | -.05 | -.01 | -.02 | .03 |
| Sexual Daydreaming | .09d | -.02c | .17*bd | -.14*ac |

| Variable Set | Attachment Dimension | | | |
|---|---|---|---|---|
| | Secure(a) | Fearful(b) | Preoc(c) | Dism(d) |
| Sexual Preoccupation | .15*bd | -.07ac | .17*bd | -.16*ac |
| Sexual Monitoring | -.13c | .06cd | .23**abd | -.12bc |
| Sexual Satisfaction Index | .14*bc | -.15*ad | -.14*ad | .09bc |

Note: Full partial correlations were conducted between PSD variables and attachment dimensions. Letters in the same row indicate significant differences between correlations for attachment dimensions labelled a, b, c, or d (Williams' corrected Hotelling *t* Test). Underlined letters indicate trends with $p \leq .10$. See Appendix C for *t* and *p* values corresponding to the significant results and trends in this table. SOI = tendency to engage in uncommitted sexual relations.

*$p<.05$ **$p<.01$. All other comparisons, $p>.05$.

and 10. Before presenting the attachment-PSD results, the relationship and sexual-demographic variable results will be provided for attachment dimensions.

3. Relationship and Sexual-Demographic Variable Results by Attachment Dimensions

*Relationship Variables - Women*

Relative to the preoccupied and dismissing dimensions, the secure attachment dimension was significantly less positively related to number of steady/romantic relationships. The secure dimension was also significantly more positively related to length of time living with the current partner than the preoccupied dimension, with a trend indicating a more positive association between secure attachment and length of the current relationship relative to the dismissing dimension. Secure attachment was also significantly more positively associated with perceived quality of the current relationship relative to the insecure dimensions.

*Men*

The secure dimension was significantly more positively associated with length of time living with the current partner than the dismissing dimension, with a trend indicating a more positive association between secure attachment relative to preoccupied on length of the current relationship. Secure attachment was also significantly more positively associated with perceived quality of the current relationship than the insecure dimensions.

*Sexual-Demographic Variables - Women*

The preoccupied dimension was significantly more positively associated with number of sexual relationships than the secure dimension, with a trend indicating a more positive association between secure attachment than preoccupied on length of time from start of dating to first intercourse. Dismissing attachment was significantly more positively associated with total number of sexual partners than the secure and fearful dimensions, with a trend in the

same direction for dismissing versus preoccupied attachment. These results suggest that preoccupied attachment in women is associated with more sexual relationships in which intercourse occurs relatively early. In contrast, dismissing attachment is associated with relatively more sexual encounters outside of steady/romantic relationships.

*Men*

Unlike the results for women, trends suggest that secure attachment in men is more positively associated with number of sexual relationships than the insecure dimensions. Secure attachment was also significantly more positively related to number of sexual partners than the fearful dimension. Relative to the fearful dimension, a trend suggested that dismissing attachment is more positively associated with length of time from start of dating to first intercourse.

4. Primary Sexual Domain (PSD) Variables by Attachment Dimensions

Results regarding the hypothesized versus obtained direction of correlations between attachment dimensions and each PSD variable are displayed in Appendix E. Approximately one-third of the correlations between each attachment dimension and the PSD variables fell between -.05 and .05 (essentially indicating little or no relationship). As can be seen in Appendix E, the remaining correlations indicate relatively poor predictions of relationship direction between PSD variables and preoccupied attachment in women and men, and dismissing attachment in men.

Specifically, preoccupied attachment in women was negatively related to most sexual self-efficacy variables, instrumental orientation, and satisfaction with the sexual aspect of the current relationship (positive relationships were expected). Preoccupied attachment in men was negatively related to three of six sexual self-efficacy variables, and negatively related to communion and instrumental orientations, the sexual engagement domain variables, and

satisfaction with the sexual aspect of the current relationship (positive relationships were expected). Finally, dismissing attachment in men was negatively related to evaluative affect, exchange and instrumentality orientations, and the sexual preoccupation domain variables (positive relationships were expected). Dismissing attachment in men was also positively related to communion orientation and satisfaction with the sexual aspect of the current relationship, where negative relationships were expected.

i) Sexual Self-Efficacy - *Women*

All variables in this domain except communal orientation differentiated between attachment dimensions on at least the level of trends. Aside from the fearful dimension which was typically found to have a stronger negative relationship with this domain than the other dimensions (as hypothesized), preoccupied attachment was much more negatively related to sexual self-efficacy versus the secure and dismissing dimensions. It seems that relative to one another secure and dismissing attachment in women are most positively associated with this domain, and preoccupied and fearful attachment most negatively associated.

*Men*

Both sexual consciousness and sexual assertiveness failed to differentiate between attachment dimensions for men. The results for men are similar to those for women in that secure and dismissing attachment are most positively associated with this domain, and preoccupied and fearful attachment most negatively associated.

However, both dismissing and preoccupied attachment vary from this pattern on communal orientation. In general, primarily preoccupied men seem to have low confidence in their sexual abilities and sex appeal relative to the other dimensions. However, they have a relatively high positive relationship with communal orientation, suggesting a strong level of

caring and concern for a partner's sexual needs and preferences. Alternatively, dismissing attachment seems more characterized by a relatively strong sense of one's own public sexiness and a lack of caring and concern for a partner's sexual needs and preferences.

ii) Evaluative Affect

No significant differences or trends were found between attachment dimensions in relationship to this domain for women. Results for men suggest a trend toward a more positive relationship between secure attachment and evaluative affect than for the preoccupied and dismissing dimensions. Therefore, relative to the other dimensions secure attachment in men may be associated with stronger positive emotional and evaluative responses to sexual stimuli.

iii) Attitudinal Sets/Expectations Regarding Sexual Relationships - *Women*

Contrary to hypotheses, only the fearful dimension demonstrated a strong positive relationship with communion orientation relative to the other dimensions. This suggests that fearful attachment in women is related to relatively stronger attitudes toward sex with a focus on sharing, involvement, and idealism, particularly when contrasted with preoccupied attachment.

The secure dimension in women had a significantly more positive association with instrumental orientation than dismissing attachment. This was the opposite of the expected results, and suggests that relative to the dismissing dimension, secure attachment in women is associated with a more utilitarian approach to sex.

The hypothesized pattern of relative differences between dimensions on the exchange orientation was mainly borne out, indicating a significantly less positive association between secure versus dismissing attachment in women and a quid quo pro attitude toward sex. Trends indicated a less positive association between secure versus fearful and preoccupied

dimensions on this variable (secure and fearful attachment had not been expected to differ).

*Men*

Significant results in the area of communion orientation indicate a positive association between dismissing and fearful attachment on this variable compared to the secure and preoccupied dimensions. This suggests that relative to secure and preoccupied attachment, dismissing and fearful attachment in men is associated with stronger sexual attitudes focussed on sharing, involvement, and idealism.

The instrumental orientation variable did not differentiate attachment dimensions in men even at the level of trends. Finally, relative to the other attachment dimensions, preoccupied attachment was significantly more positively associated with an exchange, or quid pro quo attitude toward sex (dismissing attachment had been expected to show a stronger positive relationship with exchange orientation than the preoccupied dimension).

iv) Degree of Sexual Engagement with the Current Partner - *Women*

Fearful attachment in women was expected to be negatively related to this domain relative to the other dimensions (with the exception of the dismissing dimension), and this was generally found to be the case. Specifically, relative to preoccupied attachment, fearful attachment was significantly more negatively associated with frequency of intercourse. Trends suggested the same pattern between fearful and secure attachment, in addition to a more negative relationship between fearful attachment and variety of sexual behaviour than the preoccupied dimension.

Fearful attachment was also significantly more negatively associated with a tendency to tell the partner about sexual needs and desires than the secure and dismissing dimensions. A trend suggested the same pattern between fearful and preoccupied attachment. Finally, a trend also suggested a more negative relationship between preoccupied attachment and

tendency to tell the partner about sexual needs and desires than the dismissing dimension.

The secure, preoccupied, and dismissing dimensions were generally not differentiated from one another on this domain, which was unexpected. In addition, dismissing attachment was much more positively associated with this domain than expected, particularly in the area of telling the current partner about sexual needs and desires.

*Men*

Variety of sexual behaviour and telling the current partner about sexual needs and desires failed to differentiate attachment dimensions in men even at the level of trends. Secure attachment in men was significantly more positively associated with frequency of intercourse than the preoccupied dimension, with trends suggesting the same pattern between secure attachment and the fearful and dismissing dimensions. This is partially consistent with the hypothesized pattern, however, secure attachment was not expected to be significantly more positively related than the preoccupied dimension on any of the sexual engagement variables.

v) Degree of Sexual Disengagement from the Current Partner - *Women*

Frequency of solitary masturbation did not differentiate between attachment dimensions for women even at the level of trends. As expected, relative to the other attachment dimensions, dismissing attachment was significantly more negatively associated with extent of fantasy that includes the current partner. Fearful attachment was also significantly more negatively associated with this variable than the preoccupied dimension (as expected). In addition, dismissing attachment was significantly more positively associated with a tendency to engage in uncommitted sexual relations (SOI) than the fearful dimension, with a trend suggesting the same pattern between dismissing and preoccupied attachment. Contrary to expectations, secure attachment was not differentiated from fearful and

preoccupied attachment on this variable.

*Men*

As was the case for women, frequency of solitary masturbation failed to differentiate attachment dimensions in men even at the level of trends. Contrary to the obtained results for women and the hypothesized pattern of results, secure attachment in men was significantly more positively associated with a tendency to engage in uncommitted sexual relations than the insecure dimensions. However, secure attachment was also significantly more positively related to extent of fantasy that includes the current partner than the preoccupied and dismissing dimensions. Finally, fearful attachment was significantly more negatively related to a tendency to engage in uncommitted sexual relations than the dismissing dimension, with a trend suggesting the same pattern between fearful and preoccupied attachment.

In general, results on this domain were mixed in relation to the hypothesized pattern. Secure and dismissing attachment each demonstrated strong disengagement on one variable, fearful attachment showed an unexpected lack of disengagement on one variable, and preoccupied attachment failed to demonstrate the relatively lowest level of sexual disengagement on either variable.

vi) Sexual Preoccupation - *Women*

Sexual daydreaming did not differentiate between attachment dimensions in women even at the level of trends. Obtained significant results indicate that contrary to expectations, fearful attachment in women was much more positively related to the sexual preoccupation domain relative to the other dimensions. Preoccupied attachment was significantly more positively related to sexual monitoring than either the secure or dismissing dimensions (as expected). As hypothesized, secure attachment tended to be relatively less positively related to the sexual preoccupation domain, however, dismissing attachment was far less positively

related to this domain than expected relative to the other dimensions.

*Men*

As expected, relative to the other dimensions, preoccupied attachment in men generally demonstrated a stronger positive association with this domain. Specifically, preoccupied attachment was significantly more positively associated with sexual daydreaming and sexual preoccupation than the fearful and dismissing dimensions, and significantly more positively associated with sexual monitoring than the secure and dismissing dimensions. Trends suggested the same pattern on sexual monitoring between preoccupied and fearful attachment.

Contrary to expected results, secure attachment was significantly more positively related to sexual daydreaming and sexual preoccupation than the dismissing dimension, although a trend suggested a more positive relationship between secure attachment and sexual preoccupation than the fearful dimension (as expected). Consistent with expected results, fearful attachment tended to be more negatively associated with this domain than the remaining attachment dimensions. One exception was a trend suggesting a more positive relationship between fearful attachment and sexual monitoring than the dismissing dimension.

vii) Satisfaction with the Sexual Aspect of the Current Relationship - *Women*

As expected, relative to the other attachment dimensions fearful attachment demonstrated the strongest negative relationship with this domain. Specifically, fearful attachment was significantly more negatively related to this domain than the secure dimension, with trends suggesting the same pattern between fearful attachment versus the preoccupied and dismissing dimensions. In addition, secure attachment was significantly more positively related to this domain than the dismissing dimension (as expected). Contrary to expected results, dismissing attachment was not differentiated from the preoccupied

dimension on this domain, nor were secure and preoccupied attachment.

*Men*

The obtained pattern of results was partially consistent with the hypothesized pattern, in that secure and dismissing attachment were significantly more positively related to this domain than the fearful dimension. However, this same pattern was also the case for secure and dismissing attachment versus the preoccupied dimension. Secure and dismissing attachment were not differentiated from one another on this domain, and were significantly more positively related to satisfaction with the sexual aspect of the current relationship than the fearful and preoccupied dimensions, which also were not differentiated from one another.

5. Relationships between Attachment, Caregiving, and Sexual Behaviour Systems

To this point the current results have separately addressed the degree of relatedness between each pairing of three behaviour systems of interest. Rotated principle components analyses were conducted separately by gender to investigate the degree of relatedness between these three systems taken together. Twenty variables making up the primary sexual domains were entered into the analyses along with four RQ dimensional attachment variables and four caregiving variables. It was expected that results from the principle components analyses would complement those from separate pairings of the behaviour systems.

On the basis of scree plots and interpretability of factor solutions, the principle components analyses were rerun with the maximum number of extractable factors set to three. Solutions were then subjected to a varimax rotation that improved the goodness of fit between attachment and caregiving variables on the extracted factors. The three extracted factors together accounted for 42.3% and 36.6% of the total variance for women and men, respectively. Factor loadings for the first three extracted factors by gender are presented in Table 11 and 12. The factor solutions indicate related sexual and caregiving characteristics

that are associated with each primary attachment dimension.[5]

*Women*

As displayed in Table 11, secure attachment in women loaded positively on the first factor reflecting comfort with sexuality, and negatively on the third factor reflecting an externally-focussed sexual preoccupation. Based on the pattern of variable loadings, the first factor reflects self-efficacy, a sense of satisfaction with the sexual aspect of the current relationship, openness, and assertiveness in sexual matters, and an emphasis on caring and concern for a partner's sexual needs and preferences that is realistic in scope. There is also an awareness of internal sexual cues, and a positive association with both frequency of intercourse and variety of sexual behaviours. In the domain of caregiving, this factor was moderately and positively associated with proximity, sensitivity, and cooperation.

The pattern of variable loadings on factor three indicate that secure attachment in women was negatively related to a high level of sexual preoccupation, intense concerns regarding external evaluations of one's sexuality, and a tendency to provide care to a partner in a compulsive, intrusive manner.

In direct contrast to the secure attachment dimension, fearful attachment in women was negatively associated with the first factor and positively related to the third, indicating a lack of comfort with sexuality and tendency toward an externally-focussed sexual preoccupation. Preoccupied attachment in women loaded singularly and at a moderately positive level on the third factor reflecting a strong, externally-focussed preoccupation with sex.

Finally, dismissing attachment in women loaded negatively on the third variable and

[5]Principle components analyses combining only attachment or caregiving with the PSD variables also revealed factor solutions that were largely consistent with those for the combined three system analyses.

Table 11

Rotated Factor Loadings for Three Extracted Principle Components of Variables for Primary Sexual Domains, RQ Attachment Dimensions, and Caregiving Dimensions - Women

| | Factors | | |
|---|---|---|---|
| Variable | Comfort With Sexuality | Self-Focussed Sex Interest | Externally-Focussed Sexual Preoccupation |
| Sexual Depression | -.76 | | |
| Sexual Esteem | .75 | | |
| Sexual Satisfaction Index | .73 | | |
| Tell Partner Sexual Needs | .71 | | |
| Sex Assertiveness | .64 | .43 | |
| Communion Orientation | -.60 | | |
| Sex Consciousness | .60 | .46 | |
| Caregiving Proximity | .58 | -.41 | |
| Frequency of Intercourse | .52 | | |
| Communal Orientation | .52 | | |
| Caregiving Sensitivity | .50 | | |
| **Secure Attachment** | .44 | | -.43 |
| **Fearful Attachment** | -.42 | | .35 |
| Variety of Sex Behaviour | .42 | | |
| Caregiving Cooperation | .38 | | |
| Evaluative Affect | | .61 | |
| Inclusive Fantasy | .37 | -.60 | |
| SOI | | .60 | |
| Sexual Daydreaming | | .52 | .52 |
| Sexual Preoccupation | .30 | .51 | .49 |
| **Dismissing Attachment** | | .51 | -.48 |
| Sex Appeal | | .45 | |
| Frequency of Masturbation | | .43 | .31 |
| Instrumental Orientation | | -.38 | |
| Exchange Orientation | | | |
| Sexual Monitoring | | | .68 |
| **Preoccupied Attachment** | | | .63 |
| Compulsive Caregiving | | | .54 |

Note: Only variable loadings above .30 are displayed. SOI=tendency to engage in uncommitted sexual behaviour.

positively on the second, indicating a self-focussed sexual interest and lack of externally-focussed sexual preoccupation. The pattern of variable loadings on the second factor suggests an awareness of internal sexual cues and strong positive emotional reactions to sexual stimuli, and sexual assertiveness combined with a high level of interest in sex. The self-focussed component of the factor derives from a tendency not to include the partner in fantasy, and a tendency to engage in uncommitted sexual activity and solitary masturbation. In addition, the negative loading of proximity indicates a low level of physical and psychological availability for the partner. Finally, there is an awareness of one's appeal to others as a sexual stimulus and a negative relationship with the tendency to be utilitarian in meeting sexual needs.

*Men*

As displayed in Table 12, secure attachment in men was positively associated with the second factor labelled sexual intimacy. Variable loadings on this factor indicate satisfaction with the sexual aspect of the current relationship, a strong tendency to include the partner in sexual fantasy, and engagement in behaviour intended to meet one's sexual needs. There was also a positive relationship with frequency of intercourse and a negative association with the tendency to engage in uncommitted sexual behaviour. In the area of caregiving, secure attachment was positively related to proximity, sensitivity, and cooperation.

In contrast to secure attachment, fearful attachment in men was defined solely by its negative association with the sexual intimacy factor, suggesting a sexual life that tends to be unsatisfying, excludes the current partner, and has little positive caregiving.

Preoccupied attachment in men loaded positively on the third factor labelled externally-focussed sexual preoccupation, and negatively on the first factor labelled sexual self-efficacy. Variable loadings on the third factor indicate a strong interest in sex, an emphasis on caring and concern for a partner's sexual needs and preferences that is realistic in

Table 12

Rotated Factor Loadings for Three Extracted Principle Components of Variables for Primary Sexual Domains, RQ Attachment Dimensions, and Caregiving Dimensions - Men

| | Factors | | |
|---|---|---|---|
| Variable | Sexual Self-Efficacy | Sexual Intimacy | Externally-Focussed Sexual Preoccupation |
| Sexual Esteem | .74 | | |
| Sex Assertiveness | .63 | | |
| Variety of Sexual Behaviour | .61 | | |
| Tell Partner Sexual Needs | .60 | | |
| Sex Consciousness | .42 | | |
| Sex Appeal | .39 | | |
| Compulsive Caregiving | -.37 | | |
| Sexual Satisfaction Index | .32 | .68 | |
| Inclusive Fantasy | | .68 | |
| Caregiving Proximity | | .62 | |
| Sex Depression | -.53 | -.56 | |
| Caregiving Sensitivity | | .56 | |
| Caregiving Cooperation | | .50 | |
| Instrumental Orientation | | .48 | |
| **Secure Attachment** | | .45 | |
| Frequency of Intercourse | | .43 | |
| SOI | .33 | -.37 | .31 |
| **Fearful Attachment** | | -.32 | |
| Sexual Daydreaming | | | .78 |
| Sexual Preoccupation | | | .72 |
| Communal Orientation | | | .64 |
| Communion Orientation | | | -.61 |
| Evaluative Affect | .35 | | .49 |
| **Preoccupied Attachment** | -.40 | | .48 |
| **Dismissing Attachment** | | | -.43 |
| Sexual Monitoring | -.39 | | .41 |
| Frequency of Masturbation | | | |
| Exchange Orientation | | | |

Note: Only variable loadings above .30 are displayed. SOI=tendency to engage in uncommitted sexual behaviour.

scope, positive affective responses to sexual stimuli, and concern about external evaluations of

one's sexuality. There was also a positive association with tendency to engage in uncommitted sexual behaviour.

This attachment dimension's negative association with the first factor indicated a lack of confidence in one's capacity to experience sexuality in a satisfying manner, particularly a tendency not to reveal one's sexual needs and desires to others or behave in accordance with these needs, and a lack of awareness of internal and external sexual cues. Preoccupied attachment was also related to providing care in a compulsive manner.

The dismissing attachment dimension in men was defined solely on its negative loading on the factor labelled externally-focussed sexual preoccupation. Unlike preoccupied attachment in men, dismissing attachment was associated with low levels of interest in sex, caring for a partner sexually and sharing sexual needs based on a strong sense of idealism, little concern with external evaluations of one's sexuality, and a tendency not to engage in uncommitted sexual behaviour.

6. Relationship between Variety of Sexual Behaviour, Frequency of Intercourse, Attachment Category, and Length of Relationship

It was hypothesized that variety of sexual behaviour and frequency of intercourse would vary over time based on relationship length and attachment category. To test this hypothesis, a MANOVA was conducted with RQ attachment categories and gender as independent variables, and variety of sexual behaviour and frequency of intercourse as dependent variables. The set of covariates was identical to that for the earlier reported attachment - PSD correlations, with the addition of length of current relationship and removal of perceived relationship quality (see Appendix B for error terms). Relationship quality was not included as a covariate because the dependent variables of interest were objective in nature (reported frequency of intercourse over a specific period of time and stating whether or

not specific sexual behaviours had occurred during the relationship).

Length of relationship covaried significantly with variety of sexual behaviour, $t(320)=3.57$, $p<.001$, as did strength of religious beliefs, $t(320)=-6.80$, $p<.001$. Length of relationship also covaried significantly with frequency of intercourse, $t(320)=-2.70$, $p=.007$, as did marital status, $t(320)=2.31$, $p=.022$. An interaction effect was found for attachment category and gender, $F(6,640)=2.20$, $p=.042$, with a significant univariate $F$ for frequency of intercourse, $F(3,320)=2.79$, $p=.040$. However, no main effect was found for gender, $F(2,319)=1.12$, $p=.327$, or attachment, $F(6,640)=1.26$, $p=.273$.

In examining the significant interaction effect for attachment category and gender on frequency of intercourse, fearfully attached women demonstrated a significantly lower frequency ($M=5.26$, $SD=1.84$) than preoccupied women ($M=6.27$, $SD=1.15$), $t(66)=-2.51$, $p=.015$ (2 tailed). In addition, securely attached men demonstrated a significantly higher frequency ($M=6.00$, $SD=1.41$) than dismissing men ($M=5.24$, $SD=1.98$), $t(109)=2.23$, $p=.028$ (2 tailed). All other within gender differences between attachment categories on frequency of intercourse were not significant.

These results suggest that attachment category alone accounts for only part of the observed differences in variety of sexual behaviour and frequency of intercourse as relationship length varies. Additional variables identified in the literature as highly related to these sexual variables were also found to play an important role.

# CHAPTER IV

# DISCUSSION

The current study was successful in demonstrating that the attachment, caregiving, and sexual behaviour systems are associated with one another in important ways within early adult romantic relationships. The results provide support for various researchers who have postulated such a link (e.g., Ainsworth, 1989; Bowlby, 1969; Shaver et al., 1988; Wilson, 1981), and specifically highlight the usefulness of including the sexual behaviour system along with attachment and caregiving in understanding the nature of love and intimacy within romantic relationships. The conclusion that these systems are related is based on both statistical results and conceptually meaningful parallels that appear when patterns of variables are analyzed between systems.

The degree of relatedness among the three systems appears to be moderate, based on the pairwise comparison and principle components analysis results. The strength of pairwise comparison correlations was generally low (approximately .30) versus typical variable loadings between .45 and .60 on the factors extracted by principal components. It is important to note that several controls were placed on the more conservative pairwise comparison results. Despite these differences in methods, results relating caregiving and sexual characteristics to attachment tended to correspond with one another, adding validity to the general conclusions of this study.

A moderate degree of relatedness between the three systems is consistent with attachment theory in that each system is considered to arise from early experiences with important attachment figures, leading to the formation of inner working models. However, the set of behaviours comprising each system serve different functions, and therefore they are considered to be primarily related, but also independent. It is also interesting to note in this

regard the often cited finding that therapy focussing on improving various nonsexual aspects of a relationship (such as improved caring and better communication of personal needs) tends to positively impact sexual behaviour, and vice-versa (e.g., Chesney, Blakney, Chan, & Cole, 1981; O'Leary & Arias, 1983).

*Dynamic Association of Three Behaviour Systems*

Although the three behaviour systems were currently found to be moderately associated, an important issue is the generalizability of this finding to romantic relationships of significantly longer or shorter duration. Shaver et al. (1988) have stated that the three systems need not follow a similar developmental time course within such relationships. They point to the development of several conceptual schemes addressing apparent differences in types of love and changes over time in the form of love within relationships (e.g., Steck, Levitan, McLane, & Kelley, 1982; Sternberg, 1986; Tennov, 1979; Walster & Walster, 1978). These apparent changes in love over time have been tied theoretically to relative differences in the developmental course of the three behaviour systems (Shaver et al., 1988), which should be reflected by ongoing changes in perceived importance and intensity of the attachment, caregiving, and sexual behaviours themselves (Hazan and Shaver, 1994).

Hazan and Shaver (1994) have presented a model of the developmental course of a prototypical adult attachment relationship based on the dynamic association between three behaviour systems (see Figure 2). They note that initial attraction between two people is likely to be the result of one person viewing the other as able to meet attachment, caregiving, or sexual needs. For example, the other person may be perceived as being particularly responsive to one's needs, or in need of care, or sexually engaging. However, Hazan and Shaver point to the fundamental importance of close proximity for attachment formation at any age. As mentioned earlier, the infant-caregiver and adult lover relationship appear to be

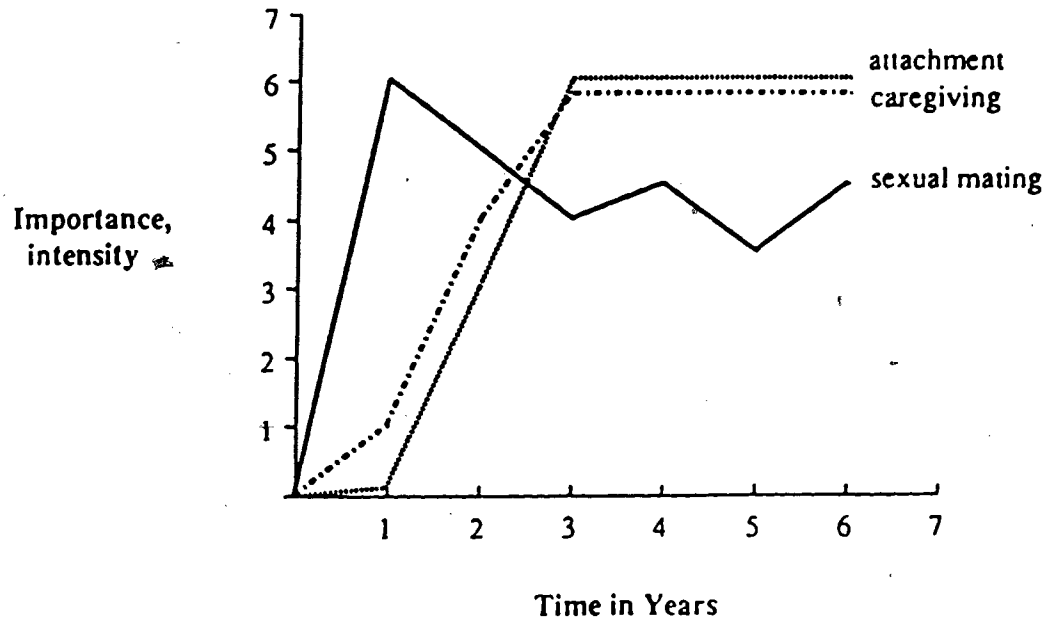


Figure 2. Model of developmental course of a prototypical adult attachment relationship in terms of three behavior systems (from Hazan & Shaver, 1994).

strongly related based on close physical contact, and researchers have found that sexual attraction and passion are most important in the early stages of a relationship (Reedy, Birren, and Schaie, 1981). However, if mutual needs for comfort and security are not eventually met, dissatisfaction with the relationship is more likely to develop (Kotler, 1985).

Bowlby (1969) noted that when an infant's caregivers are generally available and responsive, fear and anxiety associated with activation of the attachment system eventually becomes quiescent. This process of establishing a general, taken-for-granted sense of security requires about three years. At this point some kind of maturational threshold is passed where attachment behaviour is no longer exhibited strongly and regularly. Shaver et al. (1988) add that although it may be coincidence, three years is often mentioned in the literature as the typical duration of romantic love. It is at this point that problems in attachment and caregiving may become more salient, leading to greater conflict, dissatisfaction, and possibly dissolution of the relationship itself. For example, Hatfield, Traupmann, Sprecher, Utne, & Hay (1985) found that when romantic lovers were no longer preoccupied by sexual attraction they were more easily able to see caregiving deficiencies in the other. It was concluded that such deficiencies may play an important role in evaluating whether a relationship is equitable and rewarding. Each of the above considerations is reflected in Hazan and Shaver's (1994) model of attachment development over time in adult romantic relationships.

Results from the current study provide limited support for Hazan and Shaver's model, in that the behaviour system variables were not measured over time. As displayed in Figure 2, the time period between two and three years in a romantic relationship is thought to be marked by declining intensity and perceived importance of sexual behaviour, with the reverse holding true for attachment and caregiving. The average length of relationship in the current study approached two and a half years, which corresponds to the point on the model where

attachment and caregiving issues should begin to take priority over sexual issues.

Considering that the current study did not measure variables over time, only limited comparisons can be made between the current results and the Hazan and Shaver model. Given that caregiving should be equally or more important than sex in the current sample, negative caregiving characteristics should not be associated with positive relationship satisfaction no matter how important sex is perceived to be. This was supported by the current results. Relative to insecure attachment, secure attachment tended to be associated with positive caregiving characteristics, and only secure attachment was positively associated with satisfaction with the sexual aspect of the current relationship and with the relationship in general. It is interesting to note that even in those cases where certain insecure attachment dimensions were associated with a strong interest and preoccupation with sex (likely indicating high perceived importance and intensity of sex), caregiving tended to be poor and there was reported dissatisfaction with sex in the relationship and the relationship generally.

The current study did not include both members of romantic relationships, and it would have been useful to compare both partner's caregiving characteristics and relationship satisfaction. However, recent work on attachment and partner preference has found some support that the more insecure a person is, the more likely that person will end up with a primarily insecure partner (Latty-Mann & Davis, 1996).

That the dynamic relatedness and relative potency of each behaviour system likely fluctuates over time suggests that any demonstrated associations between them need to be interpreted within the context of relationship length. The relatedness of all three systems may also explain the conflicting results of studies that attempt to predict relationship stability and dissolution using attachment classifications alone (e.g., Feeney & Noller, 1992; Kirkpatrick & Davis, 1994). Although further research is needed with different relationship durations, the

current finding of an association between the three behaviour systems represents an important step toward understanding the composition and dynamics of romantic relationships and the nature of love.

*Three Behaviour Systems and Partner Selection*

Latty-Mann and Davis (1996) have stated that the reasons behind romantic partner selection presents one of the most longstanding and important issues in the study of personal relationships. These researchers believe that attachment theory offers the most promising framework for better understanding partner selection. They cite the generally accepted evidence that physical attractiveness mediates initial attraction (Kalick & Hamilton, 1986), along with perceived similarities in key values, attitudes, and interests (eg., Byrne, 1971; Duck, 1994). Latty-Mann and Davis (1996) hypothesized that all persons have a desire for a safe haven, a secure base, and proximity to a source of security. As a result, all persons try to partner with someone who offers these opportunities. They found support for this hypothesis, and the corollary that insecure persons are more likely to end up with other insecure persons (to whatever extent someone is insecurely attached, they will be less attractive as a secure base to others).

A weakness of the Latty-Mann and Davis study is the lack of a mechanism for determining attachment dimensions in potential partners. They make reference to the tendency of all people to seek out a partner who can provide security, but do not specify how this is accomplished. This raises the question of how any given person comes to determine the attachment-related qualities of another person. In its demonstration of an association between attachment, caregiving, and sex, the current study provides a mechanism for such determination.

Essentially, each person will have various opportunities to seek care when in distress,

but also to provide care to a distressed partner. The current study indicates that the way care is provided will be related to attachment. Furthermore, although variety of sexual behaviour and frequency of sex tended to be similar across attachment dimensions, other sexual variables were related such that secure attachment was associated with greater comfort with sexuality and sexual intimacy. Considering that each of these three related systems is behaviourally-based, it makes sense that in choosing a romantic partner people would both emit attachment, caregiving, and sexual behaviours and observe these behaviours in others. The importance of sexual behaviour in the early stages of a relationship underscores the importance of understanding how attachment and caregiving characteristics are being communicated through this system.

*The Sexual Behaviour System as a Vehicle for Attachment and Caregiving Behaviour*

While it is generally accepted that sexual attraction plays a central role in initial attraction (Kalick & Hamilton, 1986; Reedy et al., 1981; Sprecher & McKinney, 1993) romantic partners typically do not have intercourse immediately. In the current study respondents indicated an average latency to intercourse of four months post initiation of dating. However, this latency to intercourse likely does not reflect the wishes of both partners equally. Buss and Schmitt (1993) found that men were ready to have sex with an attractive woman after knowing her for one week. Conversely, women indicated a need to know a man they found attractive for several months before being inclined to have sex with him. Buss (1994) has pointed to this difference in mating strategy as one example of the conflict that typically surrounds sex in romantic relationships.

Based on the results of the current study, the way each partner attempts to manage this conflict will be reflective of particular attachment and caregiving characteristics. According to Christopher and Cate (1988), the sexual interaction of a newly formed couple grows out of

conflict as the man tries to achieve greater levels of sexual interactions which the woman resists. This resistance decreases as the woman perceives an increase in emotional intimacy. It is interesting to note in this regard that the most effective tactics for men in promoting a sexual encounter with women were found to involve investing time and attention, and communicating love and commitment (Greer & Buss, 1994).

Although newly formed couples obviously demonstrate attachment and caregiving behaviours in a variety of different contexts, sexual thoughts and behaviours seem to play a powerful role in bringing couples together again and again in the early stages of a relationship. This amounts to sex functioning as a type of psychological tether to keep couples interacting while other bonds form between them (Hazan and Zeifman, 1994). Conflict due to competing interests and motivations for engaging in sexual behaviour also represent a highly salient venue for attachment and caregiving behaviour to be displayed. If it is the case that sex initially brings couples together and serves as a highly salient vehicle for attachment and caregiving behaviours, this may explain the relatively lower satisfaction with sex in the relationships of primarily insecure individuals. Perhaps positive attachment and caregiving behaviours are absent in a primarily insecure couple's movement toward having intercourse.

All three of the behaviour systems are considered to be biologically-based, with the primary goal being the formation of a pair bond that will enhance the likelihood that offspring will be well cared for and in turn reproduce themselves. It may be the case that following the eventual negotiation of intercourse and its occurrence over time both members of a couple begin to more closely examine their general feelings of security within the relationship. Results of the current study indicate that insecure attachment tended to be associated with relatively less satisfaction with the relationship and sex in the relationship, and less positive

caregiving and sexually-related characteristics for both genders. It makes sense that sex would be evaluated positively by those persons (primarily securely attached) whose expressions of attachment and caregiving behaviours in negotiating sexual issues were accompanied by feelings of security.

*Sex as a Vehicle for Illusory Attachment and Caregiving Bonds*

The material discussed in the previous section provides a rather simplistic account of how the sexual behaviour system may operate vis-a-vis attachment and caregiving. In contrast, recent work examining the construction of reality within relationships strongly suggests that the "reality" of what occurs is more complex (e.g., Murray & Holmes, 1996; Murray, Holmes, & Griffin, 1996a, 1996b). These researchers have demonstrated the usefulness of positive illusions (seeing imperfect partners in idealized ways) within romantic relationships. Such illusions were found to predict satisfaction, buffer conflict between partners, allow for a reframing of apparent faults or conflicts that diminished their significance, and even create desired interpersonal realities through the idealization of a partner.

These findings do not support the notion that romantic partners excel at accurately contrasting displayed attachment and caregiving behaviours against their own ideals. This is particularly the case when a person possesses high levels of self-esteem. Rather, as Murray et al. (1996) suggest, the most reasonable position is that idealization coexists with some degree of accurate perception. As previously stated, it may be the case that sexual behaviour serves as a psychological tether in a relationship by providing a context for displays of attachment and caregiving behaviour. However, in relationships that report high levels of satisfaction and persist over time, sex may also serve as a vehicle for producing positive illusions about the partner.

Considering the strong tendency for monogamous sexual behaviour to be equated with commitment to a primary relationship (Alcock, 1989) and associated with love and caring (Sprecher & McKinney, 1993), perhaps positive illusions and associations related to sex serve to smooth over failings in attachment and caregiving. In a sense sexual interactions would be creating illusory attachment and caregiving bonds until such time as these bonds exist in reality. At this point sex may serve to buffer or maintain such bonds in an ongoing fashion. If the sexual behaviour in a relationship is legitimately of poor quality (for example, one partner behaving in a manner to meet his or her needs, with no behaviours intended to satisfy the other), it would likely be more difficult to form positive illusions of a partner. Failures in attachment and caregiving in other areas of the relationship would be more salient, and the relationship would probably dissolve or remain intact with strong levels of dissatisfaction with the relationship and sex in the relationship.

I. Relationships between Attachment Categories and Caregiving Dimensions

Previously reported results by Kunce and Shaver (1994) were compared to the attachment-caregiving associations found in the current study. A significant main effect for gender occurred where none was found previously, and significant main effects were also found for attachment category on caregiving for both genders. Attachment category currently did not account for a significant amount of variance for either gender on cooperation versus control, nor for men on the dimension of compulsive caregiving. In addition, there were no significant differences between attachment category means for either gender on the cooperation dimension (Kunce and Shaver obtained the same result for their combined sample).

The cooperation versus control scale of the Caregiving Questionnaire was currently found to be reliable, with lower mean scores across attachment categories than the previous

findings both for the combined sample and separately by gender. As the obtained means on this scale were particularly low for men, correlations were examined between the preoccupied attachment category in men and each caregiving domain (see Appendix A, Table 11). Considering that there was a higher proportion of preoccupied males in the current sample than expected, the correlations in Table 11 suggest this may have lowered scores for cooperation and sensitivity, and increased those for proximity and compulsive caregiving. However, this does not account for the similarly low cooperation means across attachment categories for women. Considering that a relatively small (but significant) univariate F was previously found for cooperation on attachment category, and no differences occurred between mean scores across categories, a question remains as to the ability of this caregiving dimension to meaningfully discriminate on attachment.

The most important similarity between the previous and current results in this area was a significant main effect for attachment category on caregiving, regardless of the current significant main effect for gender. This result provides additional support for a link between attachment and caregiving behaviour. Based on the pattern of significant differences between attachment category means on caregiving, this link between the systems also appears to be meaningful. Securely attached individuals (regardless of gender) tend to notice and accurately interpret their partner's needs, feelings, and nonverbal as well as verbal signals, readily making themselves physically and psychologically available to their partner.

Fearful persons present as exactly the opposite - regardless of gender they tend to be insensitive to their partner and maintain distance from that person. Preoccupied persons tend to provide their partners with a relatively high level of physical and psychological accessibility while misperceiving the other's needs, feelings, and signals. In addition, preoccupied men tend to get overinvolved in their partner's problems. Finally, dismissing

persons are relatively inaccessible to their partner and do not become overinvolved in the other's problems. Dismissing women additionally tend to misperceive their partner's needs, feelings, and signals.

*Caregiving and Gender*

The current finding of a significant main effect for gender on caregiving is consistent with previous theory and research pointing to important gender differences in the areas of caregiving and sex (e.g., Buss, 1985; Hazan & Shaver, 1994, Peplau & Gordon, 1983). For example, Buss (1985) has developed a sociobiological theory of mate selection in humans that emphasizes the greater importance of caregiving for women than men. Hazan and Shaver (1994) point to the later development of the caregiving system versus the attachment system. Because of this later development they consider caregiving to be more susceptible to the pressures of sex role socialization, which has typically emphasized the importance of caregiving for women.

Perhaps the lack of a gender difference in the earlier study was a result of sample characteristics. In the description of their sample, Kunce and Shaver (1994) noted that only two-thirds of respondents were currently involved in a romantic relationship. It is also unclear whether these relationships were sexually active. The decision to have intercourse often represents an important commitment to a relationship (Sprecher & McKinney, 1993), and it is likely that once this step has been taken various sociobiological forces influencing caregiving roles become even more pronounced. The current results provide support for the position that caregiving plays a greater role in sexually active romantic relationships for women than men. Specifically, no significant differences were found between genders on average scores for proximity or compulsive caregiving. However, mean cooperation for women ($\underline{M}$ = 4.14) was significantly higher than for men ($\underline{M}$ = 3.93), $\underline{t}(335) = 2.15$, $\underline{p} < .05$.

In addition, average scores on sensitivity were significantly higher for women ($\underline{M}$ = 4.68) than men ($\underline{M}$ = 4.27), $\underline{t}(335) = 4.70$, $\underline{p} < .0001$ (2 tailed tests).

In conclusion, it appears that attachment and caregiving are meaningfully related for both genders. Women appear to be functioning at a higher level than men in two caregiving domains. This may reflect greater socialization pressures and the biological role of maternal caregiving in a relationship that is largely formed to eventually provide positive care to offspring. As insecure attachment was clearly associated with relatively less positive caregiving characteristics, this does not bode well for insecure persons in their attempts to form satisfying romantic relationships. To whatever extent the previously discussed model of Hazan and Shaver (1994) is correct, as the importance and intensity of caregiving behaviour increases over time, dissatisfaction with the relationship should also increase for the partner of an insecurely attached person.

Considering that the current results suggest more positive caregiving behaviour for women generally, it may be the case that insecurely attached women face a particularly difficult situation in romantic relationships. Men may have come to expect women to be particularly sensitive to their needs, feelings, and signals, and supportive of their own efforts and attempts to solve problems (in a sense, coming into a relationship with the belief that their female partner will fulfil more of a caregiver role). To the extent that this is true, we may expect a man to be particularly dissatisfied over time with the caregiving qualities of an insecurely attached partner.

II. Relationships between Caregiving Dimensions and Primary Sexual Domain Variables

Significant relationships were found between caregiving dimensions and variables within six of the seven primary sexual domains for both genders. That these relationships were found despite the inclusion in the analysis of a large set of covariates argues for the

robustness of the results (this is particularly important considering that the magnitude of the correlations averaged about .27), and confirms the postulated link between the caregiving and sexual behaviour systems. In general, the obtained results indicate expected associations between positive aspects of caregiving and positive aspects of sexuality. For example, an approach to sex emphasizing caring and concern for a partner's sexual needs and preferences (communal orientation) was positively associated with proximity and cooperation in women, and proximity and sensitivity in men.

While results in this area mostly highlight gender-based similarities in the relationship between various aspects of these two systems, there were some interesting gender differences as well. Various aspects of women's sexuality, particularly sexual self-efficacy (sex esteem, sex depression, communal orientation), tended to be positively associated with the caregiving domain of cooperation. In addition, sex assertiveness in women was positively related to sensitivity. These results suggest that women direct their sexual behaviour in a manner that supports their partner's own efforts to meet their sexual needs, and that is based on accurate interpretation of a partner's needs, feelings, and nonverbal as well as verbal signals.

In contrast, sexual self-efficacy in men was less related to cooperation. Instead, reports of positive self-efficacy were generally associated with sensitivity and a lack of compulsive caregiving. In their description of the evolution of sexuality in Western society, Masters and Johnson (1974) noted that men have traditionally been expected to be sexual experts, while women hopefully have little or no sexual experience before marriage. With the advent of the women's liberation movement came an acceptance of greater sexual freedom for women, and a perception that both genders need to take responsibility for building a satisfying sexual relationship.

Masters and Johnson have stated that as long as men continue to hold to the notion

that they are sexual experts vis-a-vis their partners, they must bear the responsibility for the quality of sex in a relationship, which typically increases performance anxiety and decreases sexual satisfaction. The current finding of sexual self-efficacy in men being associated with a lack of compulsive caregiving suggests some movement toward a more relational form of sexuality. However, the lack of a significant positive association between sexual self-efficacy and cooperation in men suggests that men have not yet balanced their own sexual strivings with active support of a partner's efforts to meet her own sexual needs.

In addition, while sexual assertiveness was significantly related to sensitivity for both genders, in men this same variable was negatively related to cooperation. This suggests that men have a stronger tendency to assert themselves sexually in a manner that does not take into account efforts of a partner to meet her own sexual needs (even though men tend to be accurately aware of their partner's sexual needs and signals).

Unlike women, attitudes reflecting a utilitarian and manipulative approach to sex (instrumental orientation) were positively related to sensitivity in men. When combined with the previous result of men being accurately aware of a partner's sexual needs and signals, this suggests that men are more likely to use their sensitivity to a partner's cues in a manipulative manner intended to meet their own sexual needs. This is consistent with a previous study reporting no connection between a lack of appropriate social skills and coercive sexual behaviour in college men (Koralewski & Conger, 1992). This result pointed to an accurate awareness in men of women's social cues, suggesting more of a conscious decision to label these signals as sexual in nature. It is likely that the strong preoccupation of men with sexuality also plays a role in this "misperception" of more neutral cues as sexual.

Finally, less compulsive caregiving in men was associated with a greater tendency to engage in uncommitted sexual behaviour (SOI scale). This is somewhat troubling,

considering that for men less compulsive caregiving was also associated with more positive sexual self-efficacy. Based on the current results, high scores on compulsive caregiving tend to be associated with lower scores on the remaining caregiving dimensions for both genders (except for a high proximity - high compulsive caregiving combination). In general, men tend to consistently report significantly higher SOI scores than women (Simpson & Gangestad, 1992), and the literature suggests that caregiving characteristics in men such as a greater capacity for proximity, sensitivity, and cooperation are attractive to women (Sprecher & McKinney, 1993). Therefore, when combined with men's tendency to be more preoccupied with sexual matters, possession of a constellation of caregiving characteristics that women respond to positively may indirectly contribute to a greater tendency in men to engage in uncommitted sexual behaviour.

III. Relationships between Attachment Dimensions and Primary Sexual Domain Variables

*i) Hypothesized Gender Differences on Sexual Variables*

The current study was primarily interested in the relationship between three behaviour systems thought to comprise the construct of love within early adult romantic relationships. A main focus was the integration of sex with attachment and caregiving, and the literature provides many examples of demonstrated gender differences on sexuality. Even in selection of sexual measures one is typically confronted with reported significant differences in average scores between genders. The strong research interest in sexual gender differences seems to be paralleled by public interest, as evinced by recently published bestselling popular books that essentially place men and women on different sexual planets (e.g., Gray, 1992, 1995). The current study consistently analyzed sexual variables separately by gender, allowing for yet another comparison of sex differences.

As expected, several sexual variables demonstrated highly significant differences

between genders, thus supporting the current approach of analyzing for sex within gender. That these significant differences were found while covarying eight demographic variables and perceived relationship quality attests to their robust nature (as noted earlier, both the literature and statistical analyses confirmed the legitimacy of covarying these variables).

The pattern of significant and nonsignificant differences by gender on the primary sexual domain variables suggests at least two ways in which men and women differ sexually. In general, men's sexuality appears to be more self-focussed, and to have a more driven or highly motivated quality than women's sexuality. This is consistent with previous research indicating that men's motives for intercourse more often include pleasure, fun, and physical reasons, while women more often cite love, commitment, and emotion (Carroll et al., 1985).

The current gender differences are also consistent with evolutionary perspectives of differential parental investment and mate selection strategies (e.g., Trivers, 1972). Such theories focus on the minimal initial investment in offspring for human men, leading to a less discriminating mating strategy both in frequency of sex and choice of partner. This strategy enhances a man's inclusive reproductive fitness. In contrast, women invest more time, effort, resources, and energy in producing and raising offspring, and are more selective in their choice of a sexual partner (Kendrick, Groth, Trost, & Sadalla, 1993).

These gender differences could lead to the conclusion that men and women are indeed very different sexual entities. However, Aries (1996) argues that gender stereotypes tend to polarize perceptions of interactions between men and women, particularly when gender is a salient interactional issue. Black (1997) has commented that gender differences are often very much the result of specific situational factors, and that stereotyped expectations within settings may exaggerate gender differences. The current study informs this issue by demonstrating large gender differences on a subset of sexual variables, and very little

difference on a larger set of variables. It seems clear that such a result provides room to advocate either gender differences or similarities. However, a more reasonable conclusion is that men and women tend toward similarity on a variety of sexual characteristics, but do have important areas of difference. This same pattern of results has been found in a recent meta-analytic study of gender differences in sexuality (Oliver & Hyde, 1993).

*ii) Relationship between Attachment Dimensions and Relationship Variables, Sexual Demographic Variables, and Primary Sexual Domain (PSD) Variables.*

Table 9 and Table 10 display all correlations between attachment dimensions and the relationship, sexual-demographic, and primary sexual domain variables for women and men, respectively. Hypothesized differences between attachment dimensions in relative direction and magnitude of correlations on PSD variables were assessed using pairwise comparisons (see Appendix E). In addition, rotated principle components analyses were conducted for each gender (see Table 11 and Table 12) to investigate the degree of relatedness between the attachment, caregiving, and sexual behaviour systems taken together.

As discussed earlier, MANOVA analyses examined associations between attachment categories and caregiving dimensions. In short, relationships between each pairing of the attachment, caregiving, and sexual behaviour system variables in the current study were examined using at least two statistical methods. It is therefore possible to examine the association of any particular variable with variables from the other two behaviour systems. However, for the purpose of summary and discussion, profiles of relationship, sexual and caregiving characteristics will be provided that are relatively unique to each attachment dimension and consistent across statistical methods.

*Women*

Compared against the insecure attachment dimensions, secure attachment in both

genders was associated with the most distinctive profiles of relationship, sexual, and caregiving variables. The secure profiles are generally consistent with Bartholomew's (1990) description of secure persons having fulfilling adult relationships devoid of serious interpersonal difficulties. For women, only secure attachment was associated with relationship stability, positive perceptions of relationship quality, and satisfaction with sex in the relationship. Secure attachment was related to comfort with sex, positive evaluations of one's ability to relate sexually in a satisfying manner, and a caregiving style based on high levels of proximity and sensitivity.

In general, associations between preoccupied attachment in women and PSD variables were poorly predicted in the current study (see Appendix E). Most unexpected was the lack of feelings of efficacy in the area of sexual behaviour. Preoccupied attachment was most uniquely related to low levels of sexual disengagement from the partner, and strong sexual preoccupation with the partner's needs and evaluations. There was no overlap between statistical methods on caregiving characteristics. The separate analyses pointed to very high levels of proximity, low sensitivity to a partner's needs and signals, and high levels of compulsive caregiving. This constellation of characteristics suggests that a lack of feelings of sexual efficacy in primarily preoccupied women may have some grounding in fact. A strong sexual preoccupation with the other's needs combined with high proximity and insensitivity to signals may well result in distancing and uncooperative sexual behaviour on the partner's part.

The profile of sexual and caregiving characteristics for fearful attachment in women is consistent with the painful ambivalence in relationships more generally associated with fearful attachment. Notions surrounding the satisfaction of a partner's sexual needs tend to be highly idealistic, and thus it is not surprising that efficacy surrounding sexual behaviour is low. Fearful attachment was related to preoccupation with sex, but also strong concerns about how

one's sexual behaviour would be externally evaluated. This painful balance of characteristics may also be reflected in a low level of comfort with sex generally. While there was no methods overlap on caregiving, separate analyses suggested low proximity and sensitivity, and high compulsive caregiving. Perhaps this reflects a tendency to be out of touch with a partner's sexual needs and signals, with increased proximity leading to overinvolvement in the partner's problems.

The sexual and caregiving characteristics associated with dismissing attachment in women parallel more general descriptions of dismissing attachment. This attachment dimension in associated with deactivation of the attachment system in order to avoid painful feelings of rejection. Self confidence is typically high, with persistent avoidance of attachment figures. In this sense, sexual behaviour should pose a difficult problem for primarily dismissing persons. If sex serves to bond people together and create feelings of closeness, it seems logical that primarily dismissing persons would need to defend against these sexual functions.

Dismissing attachment in women was associated with positive feelings of efficacy surrounding sex. However, levels of sexual preoccupation and satisfaction with sex in the relationship were low. There was a strong focus on one's own sexual needs, a tendency to engage in uncommitted sexual relations, and a lack of concern with external evaluations related to sex. Finally, caregiving was mostly defined by low levels of proximity. This profile of sexual/caregiving characteristics seems consistent with the general description of dismissing attachment. The picture is one of sexual competence without strong need for or reliance upon one's partner. As such, evaluations made by the partner would be considered unimportant.

*Men*

Only secure attachment in men was associated with relationship stability and positive perceptions of relationship quality. This attachment dimension was related to feelings of sexual self-efficacy, realistic notions of how to meet the sexual needs of a partner, expressing sexuality in an intimate manner, and satisfaction with sex in the relationship. This was also the only attachment pattern to be positively related to frequency of intercourse. In the area of caregiving, secure attachment was associated with high levels of proximity and sensitivity. All of these characteristics seem to agree with Bartholomew's characterization of secure persons having fulfilling adult relationships devoid of serious interpersonal difficulties.

However, secure attachment in men was also positively related to number of previous sexual partners, number of previous sexual relationships, preoccupation with sex, and tendency to engage in uncommitted sexual behaviour. There may be several reasons for these findings. As discussed earlier, a parallel may exist between an infant's development of a taken-for-granted sense of security with available and responsive caregivers, and the development of secure attachment bonds in adult romantic relationships. In addition, there is some evidence that securely attached persons are most likely to pair with other persons of primarily secure attachment (Latty-Mann & Davis, 1996). Perhaps over time both partners in a primarily secure relationship begin to experience a large decrease in fear and anxiety associated with activation of the attachment system. This would be expected to produce greater exploration of the environment and more independent problem solving.

It was previously noted that secure males tend to be preoccupied with sex, and they possess caregiving characteristics that would be attractive to potential mates. Although this idea is highly speculative, perhaps all of these characteristics combine to make primarily secure males capable of forming an intimate and fulfilling pair bond. However, these same

characteristics may paradoxically predispose such males to uncommitted sexual behaviour.

The profile of sexual and caregiving characteristics in primarily preoccupied men suggests that these areas of functioning pose considerable difficulties for them. Relationships tend to be unstable, and there was a low frequency of intercourse in the current relationship and low level of sexual self-efficacy. The entire profile of characteristics is very consistent with Bartholomew's (1990) general description of preoccupied attachment. There is a consistently strong focus on the partner's sexual needs and desires combined with concerns about that person's evaluations about sex in the relationship (mirroring the positive perception of others and negative perception of self). A belief is held that sexual behaviour performed by one partner should be repaid in some manner by the other. Sexual behaviour itself lacks intimacy, and caregiving tends to be compulsive.

Associations between fearful attachment in men and sexual/caregiving characteristics presents a rather bleak picture of functioning in these areas. Such attachment was associated with highly idealistic views of how to provide for a partner's sexual needs and desires. As expected, this was accompanied by low levels of sexual self-efficacy, dissatisfaction with sex in the relationship, and low sexual intimacy. Fearful attachment was also related to a history of few sexual relationships and sexual partners, and a restricted sociosexual orientation (little tendency to engage in uncommitted sexual behaviour). Caregiving characteristics were low proximity and low sensitivity. This profile of behaviours certainly is not inconsistent with the tendency of primarily fearful persons to avoid rejection in relationships by remaining distant from a partner.

The sexual characteristics of primarily dismissing men were not well predicted in the current study (see Appendix E). Most surprising were idealistic views of how to provide for a partner's sexual needs and desires (without high levels of sexual self-efficacy), a low level

of sexual preoccupation, and positive ratings of satisfaction with sex in the relationship. It is interesting that despite the idealistic views about sex, dismissing attachment was also related to a low level of concern for a partner's sexual needs. Perhaps the idealistic standards for sexual behaviour are neutralized by low personal interest in sex and little concern for the partner's sexual needs. This may allow primarily dismissing men to remain satisfied with the sexual component of their relationship. Consistent with a more disinterested and removed sexual stance vis-a-vis the partner, associated caregiving characteristics for dismissing attachment were low proximity and low compulsive caregiving.

IV. Relationship between Variety of Sexual Behaviour, Frequency of Intercourse, Attachment Category, and Length of Relationship

The current study investigated whether variety of sexual behaviour and frequency of intercourse were related to length of the current relationship, and also whether these sexual variables would differentially vary over time as a function of attachment. As can be seen in Table A10, A11, A13, and A14, length of current relationship was essentially not related to attachment dimensions or categories for either gender. However, variety of sexual behaviour was positively and significantly related to length of current relationship for both genders, while frequency of intercourse was negatively and significantly related to length of current relationship for women. This makes sense if increasing time spent in a relationship allows greater opportunity for exploration of different sexual behaviours. These results are also consistent with literature reporting the highest frequencies of intercourse during the early stages of a relationship (e.g., Traupman & Hatfield, 1981).

As stated in the Results section, attachment was not found to have a straightforward or strong association with variety of sexual behaviour and frequency of intercourse even after controlling for length of relationship. It is interesting to note that there was very little change

in the correlations displayed in Table 9 and 10 between attachment, variety of sexual behaviour, and frequency of intercourse when length of the current relationship was added to the set of covariates. Clearly this is a complex relationship, with other variables such as strength of religious beliefs and marital status also playing important roles.

V. Additional Conclusions Related to Sexual Theory and Variables

*Sexual Behaviour Sequence*

The current study incorporated the Sexual Behaviour Sequence (Byrne, 1977; Fisher, 1986) because it represents a theoretical model of the basic determinants of human sexual behaviour, and provides a parsimonious set of basic sexual response dispositions. Although some alterations were made to the sexual components of this model, all three resulting areas of sexual functioning demonstrated significant differences between genders. In addition, each area produced significant differences between attachment dimensions for at least one gender, and typically for both. These results provide support for the usefulness of the Sexual Behaviour Sequence components in assessing sexual behaviour.

*Sociosexual Orientation*

Simpson and Gangestad (1991) reported preliminary results suggesting individuals with a fearful/avoidant attachment pattern were more likely to be willing to engage in sexual relationships devoid of emotional bonding (unrestricted sociosexual orientation). In contrast, current results indicated that dismissing women and secure men had the most unrestricted orientations, while fearful attachment was associated with a restricted orientation for both genders (particularly men).

Fearful attachment was currently associated with negative evaluations of one's ability to relate sexually in a satisfying manner, and a lack of both sexual engagement with and disengagement from the current partner. Considering the ambivalence that primarily fearful

persons have toward sex due to fear of rejection, they may find casual, uncommitted sex outside their relationship threatening. At least the current partner as a sexual object exists within a relationship, indicating some form of commitment and possibly a higher level of safety. Perhaps uncommitted, casual sex would be perceived as more safe by primarily fearful individuals who are not in a committed relationship.

The positive association between dismissing attachment in women and tendency to engage in uncommitted sexual behaviour may represent an attempt to obtain sexual pleasure from sources outside the current relationship. This would lessen feelings of dependency on a primary attachment figure and not reactivate an attachment system grounded in rejection by earlier attachment figures.

A positive association was also found between secure attachment in men and tendency to engage in uncommitted sexual behaviour. This raises an interesting issue regarding the extent to which such attachment enhances sexual commitment to the primary relationship versus increasing the likelihood of engaging in sex outside the relationship. Perhaps the more unrestricted sociosexual orientation in primarily secure men does not translate into actual behaviour. While this is a possibility, Simpson and Gangestad (1991) conducted convergent validation studies demonstrating that unrestricted individuals had a greater likelihood of engaging in sex with more than one partner during the same period of time. In addition, Seal and Agostinelli (1994b) found that men with an unrestricted orientation were more likely than restricted men to use an impulsive, situationally-responsive style of sexual decision-making.

The finding of a positive relationship between secure attachment in men and unrestricted sociosexual orientation was not predicted, and requires replication. Such an association may reflect Bowlby's (1969) observation of a form of taken-for-granted security in young children that results from consistent caregiving over time. Perhaps in some way

primarily securely attached men are occasionally given to a type of naive exploration of other relationship possibilities, which later are probably regretted.

This study demonstrated that secure men possess positive caregiving characteristics that are attractive to women, and in general men tend to be preoccupied with sexual matters. In addition, Hazan and Shaver (1990) found that secure attachment was associated with relatively higher incomes than preoccupied, and that secure persons had a significantly higher level of education than did the insecure groups. Buss (1985) noted that from an evolutionary perspective, it makes sense for women to be attracted to men who possess greater social status and personal resources. Such resources increase the likelihood of offspring surviving and reproducing. In this sense the higher education and incomes of secure men would be attractive to women. In summary, the secure male - unrestricted sociosexual orientation association (if replicated) may be due in some way to the nature of secure attachment. However, several additional variables only related to secure attachment may account for this finding.

*Practical Applications of Sexual Profiles for Attachment Dimensions*

Sexual profiles in the present study compliment the general description of personal and relational characteristics for attachment dimensions provided by Bartholomew (1990). They increase our understanding of behaviours and attitudes related to attachment in early adulthood and more fully expand the practical application of attachment theory into marital and sexual therapy. Knowledge of an individual's or couple's primary and secondary attachment dimensions could be quickly translated into an understanding of important careseeking, caregiving, and sexual characteristics that may be present.

While the most straightforward applications of the current profiles would be in marital and sexual therapy, useful working hypotheses may also be provided for individual

psychodynamic psychotherapy. The current profiles could even be applied to the therapist-client relationship regarding likely transference and countertransference phenomena, such as the extent certain clients may pull for their therapist to take care of them, the extent to which certain therapists need to take care of others, or how easily clients will form a positive therapeutic relationship. Considering the alarming rates of reported sexual misconduct by therapists with their clients (Pope, 1994), a therapist's knowledge of his or her own primary and secondary attachment dimensions and related profile characteristics could suggest areas for ongoing self-analysis. The current profiles would seem most applicable to young adults embarking on a career as a therapist.

## VI. Study Limitations and Directions for Future Research

The current study was limited in several respects, most notably in characteristics of the sample, method of data collection, and the type of behaviours sampled.

### *RQ Attachment Category Proportions and Attachment Dimension Means*

A higher proportion of men fell within the RQ preoccupied attachment category than expected. In addition, men scored significantly higher than women on the RQ preoccupied attachment dimension. This raises the possibility of bias in the sampling procedure such that a higher proportion of preoccupied men (or men who rated themselves most highly on the preoccupied dimension) was included in the current study than expected given previous research results.

In the current study preoccupied attachment in men was associated with high levels of interest in sex and concern over external evaluations of one's sexuality. Therefore, this high level of interest may have directly translated into a greater likelihood of participation. Perhaps the study was viewed by such men as an opportunity to learn important information about themselves sexually, and/or represented a vehicle to talk about sex with their partner

after completing the study.

*Data Collection*

The current study utilized a self-report questionnaire method, which tends to reduce the variety and complexity of collected data, and increases opportunities for misunderstandings of content and erroneous responding. Although most respondents stated that they enjoyed completing the current questionnaire, several people complained that the response alternatives were limited in scope. While some research has found that response bias in sexual studies is decreased when the data collection procedure is discreet, immediate, and anonymous (e.g., Barker & Perlman, 1975), the current study could probably have been improved by reducing the number of variables involved and conducting discrete interviews.

Oliver and Hyde (1993) have remarked that concerns over methods of data collection remain unresolved within the area of sex research. As long as self-report measures are used instead of direct observations of behaviour, any differences between identified groups are essentially reported differences. Therefore, in the current study it is possible that no actual sexual differences exist across gender or attachment dimensions. Instead, one gender or certain attachment dimensions may have a tendency to exaggerate or minimize their sexual experiences. However, it may be the case that any losses in objectivity through use of self-report methods in sex research are offset by enhanced candidness due to the greater anonymity and privacy accorded by such methods. This issue also emphasizes the importance of assessing evaluative perceptions of sexual behaviour - that even when sexual behaviour between different persons or identified groups is objectively similar, evaluations and reasons for engaging in such behaviour may be quite different.

One very interesting question for future research concerns how sexual behaviour changes or fails to change over time vis-a-vis attachment and caregiving behaviour within

adult romantic relationships. The current study provided limited support for Hazan and Shaver's (1994) developmental model of the three behaviour systems. A longitudinal study of approximately four to five years duration could examine whether and/or when various aspects of attachment and caregiving form and strengthen in romantic relationships during the eventual decrease in sexual activity that occurs during this time period.

*Nature of the Sample*

Ellis and Symons (1990) have stated that in many ways a college sample is useful in sex-related research as both genders tend to be alike in their progressiveness, experience, use of birth control, and freedom to choose partners. However, the current respondents tended to be in young adulthood with current relationships of relatively brief duration. A large proportion lived with parents or roommates. These characteristics limited the generalizability of the current results to young adults, and may have masked several attachment-caregiving-sexuality links that would be more clearly present in an older sample.

A major limitation of the current sample was the use of individuals in romantic relationships instead of couples. Involving both members of the relationship would allow for investigation of what combinations of attachment dimensions are selected for in romantic relationships and in what proportions. In addition, it would be important to know the extent to which the current attachment-caregiving-sexuality profiles are influenced by partner choice. For example, would the profiles for secure attachment in men vary as the primary attachment dimensions of the current partner change, and to what extent?

It would also have been interesting to include in the current sample individuals who wished they were involved in a sexual relationship but were not. As important as it is to understand sexual functioning within relationships, it would be useful to understand the attachment, caregiving, and sexual characteristics of those persons who have difficulty

forming or maintaining sexual relationships. Perhaps those persons who have never formed a sexual relationship would have a primarily fearful or dismissing attachment dimension, while those with a history of many brief sexual relationships would have a primarily preoccupied dimension.

Secure attachment in men presented an interesting paradox in the current study. This attachment dimension was associated both with qualities positively related to commitment to the primary relationship, and a tendency to engage in uncommitted sexual behaviour. It would be interesting to attempt to replicate this result while also examining primarily secure males' history of cheating on their partners sexually.

An additional concern is the use of volunteers for a research project dealing with sexual matters. The inclusion of volunteers in the current study may have influenced the proportional representation of individuals with certain primary attachment dimensions. In addition, Catania et al. (1990) noted that volunteers for sex research tend to view sex significantly more positively than nonvolunteers, and are more likely to report a greater range of sexual behaviour. Such persons are also more willing to share sexual information about themselves. The present study did attempt to minimize such bias by introducing the sexual nature of the research to groups of participants at the time of data collection, and encouraging everyone present to complete the questionnaire.

*Type of Behaviours Sampled*

Although the current study purposely examined behaviours generally considered to be sexual in nature, certain behaviours were not included that could be very important in relating attachment with sex. Such behaviours include time spent in sexual foreplay, time spent interacting both physically and verbally immediately after cessation of intercourse (afterglow), and amount/type of kissing during sex (Nass & Fisher, 1988). It would also be interesting to

look at various aspects of physical touch in relation to attachment within romantic relationships. It would seem likely that the amount of time a couple spends touching one another and the nature of the touching (such as holding hands, hugging, sitting so as to be in contact with one another) would reflect the nature of attachment formation. For example, recent research has focussed on differences in touch between friendships and romantic relationships (Guerroro, 1997).

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## APPENDIX A

Pearson Product-Moment Intercorrelations of All Variables Utilized in the Current Study

Table A1

Pearson Product-Moment Intercorrelations of Demographic, Relationship, and Caregiving Variables - Women

| | AGE | ETHN | KIDH | KID | LIVC | LIVS | MAR | RELO | RELV | SABU | CURL | LIVT | LONG | NUMS | QMI | COMP | COOP | PROX | SENS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| AGE | 1.00 | | | | | | | | | | | | | | | | | | |
| ETHN | .03 | 1.00 | | | | | | | | | | | | | | | | | |
| KIDH | -.62 | -.06 | 1.00 | | | | | | | | | | | | | | | | |
| KID | -.72 | -.11 | .85 | 1.00 | | | | | | | | | | | | | | | |
| LIVC | .60 | -.23 | -.47 | -.51 | 1.00 | | | | | | | | | | | | | | |
| LIVS | .35 | -.03 | -.40 | -.39 | .34 | 1.00 | | | | | | | | | | | | | |
| MAR | .52 | -.02 | -.49 | -.47 | .44 | .42 | 1.00 | | | | | | | | | | | | |
| RELO | -.20 | .11 | .11 | .11 | -.18 | -.01 | -.07 | 1.00 | | | | | | | | | | | |
| RELV | .04 | .06 | .05 | -.02 | -.07 | -.00 | .09 | -.40 | 1.00 | | | | | | | | | | |
| SABU | -.18 | .07 | .29 | .20 | -.12 | -.25 | -.14 | .03 | .09 | 1.00 | | | | | | | | | |
| CURL | .60 | .11 | -.19 | -.36 | .35 | .24 | .22 | -.14 | -.00 | -.07 | 1.00 | | | | | | | | |
| LIVT | .61 | .08 | -.15 | -.37 | .38 | .30 | .26 | -.08 | .03 | -.01 | .88 | 1.00 | | | | | | | |
| LONG | .75 | .06 | -.31 | -.45 | .50 | .23 | .36 | -.17 | .01 | -.10 | .89 | .82 | 1.00 | | | | | | |
| NUMS | .24 | -.12 | -.20 | -.24 | .21 | .15 | .13 | -.07 | -.10 | -.13 | -.09 | .02 | .00 | 1.00 | | | | | |
| QMI | .01 | -.09 | .03 | .06 | .12 | .08 | .13 | .03 | -.08 | -.02 | .11 | .10 | .12 | -.06 | 1.00 | | | | |
| COMP | -.09 | -.07 | .09 | .16 | -.06 | -.17 | -.12 | -.08 | .14 | .17 | -.15 | -.14 | -.12 | -.07 | -.19 | 1.00 | | | |
| COOP | .02 | .05 | -.03 | -.07 | .18 | .09 | .20 | -.03 | -.03 | .00 | .02 | .01 | .04 | -.10 | .24 | -.35 | 1.00 | | |
| PROX | -.08 | -.04 | -.00 | .00 | .02 | .01 | .03 | -.04 | .01 | -.08 | -.03 | -.04 | -.05 | .03 | .39 | .01 | .31 | 1.00 | |
| SENS | .07 | .11 | -.10 | -.11 | .09 | -.07 | .15 | -.01 | -.03 | .01 | .06 | .02 | .06 | -.03 | .39 | -.14 | .32 | .44 | 1.00 |

Note: Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A2

Pearson Product-Moment Intercorrelations of Demographic, Relationship, and Caregiving Variables - Men

| | AGE | ETHN | KIDH | KID | LIVC | LIVS | MAR | RELO | RELV | SABU | CURL | LIVT | LONG | NUMS | QMI | COMP | COOP | PROX | SENS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| AGE | 1.00 | | | | | | | | | | | | | | | | | | |
| ETHN | -.09 | 1.00 | | | | | | | | | | | | | | | | | |
| KIDH | -.16 | -.06 | 1.00 | | | | | | | | | | | | | | | | |
| KID | -.39 | -.02 | .85 | 1.00 | | | | | | | | | | | | | | | |
| LIVC | .40 | -.27 | -.21 | -.16 | 1.00 | | | | | | | | | | | | | | |
| LIVES | .20 | -.09 | -.08 | -.09 | .19 | 1.00 | | | | | | | | | | | | | |
| MAR | .47 | -.08 | -.06 | -.28 | .16 | .23 | 1.00 | | | | | | | | | | | | |
| RELO | .02 | .04 | .01 | -.02 | -.13 | .17 | .05 | 1.00 | | | | | | | | | | | |
| RELV | -.06 | -.04 | .08 | .07 | .06 | .05 | .09 | -.50 | 1.00 | | | | | | | | | | |
| SABU | -.09 | -.30 | -.05 | -.06 | -.10 | -.10 | -.08 | -.03 | .02 | 1.00 | | | | | | | | | |
| CURL | .25 | -.06 | .01 | -.03 | .11 | .25 | .36 | .05 | .10 | -.12 | 1.00 | | | | | | | | |
| LIVT | .43 | -.08 | -.13 | -.16 | .28 | .34 | .45 | .04 | .04 | -.29 | .66 | 1.00 | | | | | | | |
| LONGR | .47 | -.05 | -.00 | -.20 | .10 | .22 | .46 | .07 | -.01 | -.15 | .71 | .58 | 1.00 | | | | | | |
| NUMS | .38 | -.05 | -.04 | -.34 | .03 | -.02 | .15 | .00 | -.01 | .02 | -.00 | .04 | .22 | 1.00 | | | | | |
| QMI | .05 | -.06 | -.04 | -.05 | .01 | .14 | .10 | .05 | .10 | -.04 | .13 | .12 | .07 | -.05 | 1.00 | | | | |
| COMP | -.13 | .18 | -.02 | .06 | -.19 | -.03 | -.06 | .07 | .08 | .05 | .06 | .01 | .01 | -.28 | -.10 | 1.00 | | | |
| COOP | .07 | -.04 | -.16 | -.12 | .21 | .08 | .05 | -.13 | .09 | -.20 | -.17 | .06 | -.06 | .06 | .26 | -.31 | 1.00 | | |
| PROX | -.07 | -.06 | -.11 | -.08 | .01 | .11 | .03 | -.02 | .06 | -.02 | -.00 | .03 | .00 | -.08 | .39 | .11 | .20 | 1.00 | |
| SENS | -.12 | .03 | .08 | .16 | -.05 | .04 | -.07 | .03 | .04 | -.10 | -.08 | -.05 | -.05 | -.08 | .42 | -.13 | .34 | .38 | 1.00 |

Note: Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A3

Pearson Product-Moment Intercorrelations of Demographic, Relationship, and Caregiving Variables - All Participants

| | AGE | ETHN | KIDH | KID | LIVC | LIVS | MAR | RELO | RELV | SABU | CURL | LIVT | LONG | NUMS | QMI | COMP | COOP | PROX | SENS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| AGE | 1.00 | | | | | | | | | | | | | | | | | | |
| ETHN | -.01 | 1.00 | | | | | | | | | | | | | | | | | |
| KIDH | -.48 | -.07 | 1.00 | | | | | | | | | | | | | | | | |
| KID | -.61 | -.08 | .85 | 1.00 | | | | | | | | | | | | | | | |
| LIVC | .53 | -.24 | -.37 | -.38 | 1.00 | | | | | | | | | | | | | | |
| LIVS | .29 | -.05 | -.28 | -.27 | .24 | 1.00 | | | | | | | | | | | | | |
| MAR | .51 | -.04 | -.35 | -.41 | .34 | .35 | 1.00 | | | | | | | | | | | | |
| RELO | -.11 | .08 | .06 | .05 | -.15 | .08 | -.02 | 1.00 | | | | | | | | | | | |
| RELV | -.01 | .01 | .07 | .03 | -.01 | .02 | .08 | -.45 | 1.00 | | | | | | | | | | |
| SABU | -.18 | -.06 | .22 | .16 | -.14 | -.21 | -.15 | -.00 | .08 | 1.00 | | | | | | | | | |
| CURL | .51 | .07 | -.15 | -.29 | .28 | .25 | .27 | -.07 | .02 | -.12 | 1.00 | | | | | | | | |
| LIVT | .56 | .04 | -.15 | -.32 | .34 | .29 | .30 | -.04 | .02 | -.08 | .84 | 1.00 | | | | | | | |
| LONG | .68 | .04 | -.24 | -.39 | .38 | .23 | .39 | -.08 | -.01 | -.16 | .86 | .78 | 1.00 | | | | | | |
| NUMS | .28 | -.09 | -.11 | -.27 | .10 | .05 | .13 | -.03 | -.04 | -.04 | -.06 | .01 | .07 | 1.00 | | | | | |
| QMI | .06 | -.06 | -.02 | -.01 | .09 | .12 | .14 | .05 | -.01 | -.08 | .15 | .13 | .15 | -.07 | 1.00 | | | | |
| COMP | -.11 | .04 | .05 | .12 | -.12 | -.11 | -.10 | -.01 | .12 | .13 | -.08 | -.10 | -.09 | -.18 | -.15 | 1.00 | | | |
| COOP | .05 | .02 | -.09 | -.10 | .20 | .10 | .15 | -.07 | .02 | -.09 | -.01 | .04 | .04 | -.02 | .27 | -.33 | 1.00 | | |
| PROX | -.06 | -.04 | -.06 | -.04 | .02 | .07 | .04 | -.03 | .03 | -.08 | -.01 | -.01 | -.01 | -.03 | .40 | .05 | .27 | 1.00 | |
| SENS | .02 | .08 | -.05 | -.03 | .05 | .01 | .08 | .02 | -.01 | -.09 | .06 | .03 | .07 | -.07 | .44 | -.14 | .34 | .42 | 1.00 |

Note: Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A4

Pearson Product-Moment Intercorrelations of Sexual-Demographic, Attachment Dimension/Category, and Demographic Variables - Women

| | ACTV | FSEX | SREL | TSEX | SEC | FEAR | PREC | DISM | SELF | OTHR | SEC | FEAR | PREC | DISM | SELF | OTHR |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ACTV | 1.00 | | | | | | | | | | | | | | | |
| FSEX | .26 | 1.00 | | | | | | | | | | | | | | |
| SREL | -.15 | -.26 | 1.00 | | | | | | | | | | | | | |
| TSEX | -.16 | -.13 | .53 | 1.00 | | | | | | | | | | | | |
| SEC | .03 | .13 | -.14 | -.01 | 1.00 | | | | | | | | | | | |
| FEAR | -.07 | -.20 | .07 | .04 | -.51 | 1.00 | | | | | | | | | | |
| PREC | .02 | -.17 | .03 | -.12 | -.28 | .18 | 1.00 | | | | | | | | | |
| DISM | -.09 | -.15 | -.00 | .08 | -.18 | .41 | -.40 | 1.00 | | | | | | | | |
| SELF | .00 | .17 | -.10 | .06 | .67 | -.63 | -.77 | .27 | 1.00 | | | | | | | |
| OTHR | .08 | .13 | -.07 | -.10 | .55 | -.75 | .38 | -.79 | .13 | 1.00 | | | | | | |
| SEC | .07 | .10 | -.16 | -.08 | .55 | -.53 | -.34 | -.06 | .60 | .34 | 1.00 | | | | | |
| FEAR | -.03 | -.04 | .03 | -.05 | -.46 | .58 | .19 | .13 | -.50 | -.41 | -.60 | 1.00 | | | | |
| PREC | -.08 | -.14 | .16 | .01 | -.32 | .12 | .67 | -.31 | -.58 | .22 | -.43 | .15 | 1.00 | | | |
| DISM | -.04 | -.07 | .02 | .23 | -.09 | .35 | -.35 | .59 | .15 | -.56 | -.15 | .10 | -.24 | 1.00 | | |
| SELF | .05 | .09 | -.13 | .07 | .50 | -.36 | -.61 | .27 | .72 | -.00 | .75 | -.66 | -.72 | .38 | 1.00 | |
| OTHR | .02 | .03 | -.02 | -.11 | .35 | -.60 | .22 | -.48 | .16 | .68 | .59 | -.70 | .30 | -.65 | .15 | 1.00 |
| AGE | .09 | .12 | .33 | .35 | -.03 | .03 | -.11 | .05 | .04 | -.09 | .01 | -.02 | -.10 | .02 | .06 | -.04 |
| ETHN | .02 | .09 | -.16 | -.12 | .04 | -.05 | -.17 | .05 | .14 | -.05 | .06 | -.13 | -.22 | .02 | .17 | -.02 |
| KIDH | .06 | .09 | -.30 | -.44 | -.02 | -.01 | .06 | .01 | -.02 | .02 | -.02 | .07 | .04 | -.00 | -.05 | -.02 |
| KID | -.01 | .05 | -.28 | -.38 | .03 | .01 | .06 | -.02 | -.03 | .04 | .00 | .07 | .09 | -.02 | -.07 | .02 |
| LIVC | -.12 | -.15 | .30 | .26 | .01 | .10 | .04 | .13 | -.01 | -.07 | -.06 | .11 | .01 | -.09 | -.11 | -.04 |
| LIVS | -.02 | -.01 | .20 | .22 | -.02 | -.03 | -.00 | .07 | .04 | -.02 | .05 | -.01 | .05 | -.03 | -.01 | .06 |
| MAR | -.04 | -.01 | .17 | .10 | .07 | -.02 | -.18 | .08 | .14 | -.07 | .15 | -.07 | -.12 | -.05 | .12 | .07 |
| RELO | -.02 | -.13 | -.10 | .09 | .05 | -.02 | -.15 | .12 | .14 | -.08 | .04 | -.10 | -.12 | .23 | .19 | -.09 |
| RELV | .07 | .09 | -.10 | -.16 | .01 | .07 | .01 | -.07 | -.06 | -.00 | .02 | -.02 | -.08 | -.04 | .03 | .00 |
| SABU | .17 | .11 | -.22 | -.22 | .10 | -.05 | -.06 | -.00 | .08 | .04 | .12 | -.06 | -.11 | -.08 | .09 | .06 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions. Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

Table A5

Pearson Product-Moment Intercorrelations of Sexual-Demographic, Attachment Dimension/Category, and Demographic Variables - Men

| | ACTV | FSEX | SREL | TSEX | SEC | FEAR | PREC | DISM | SELF | OTHR | SEC | FEAR | PREC | DISM | SELF | QTHR |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ACTV | 1.00 | | | | | | | | | | | | | | | |
| FSEX | .04 | 1.00 | | | | | | | | | | | | | | |
| SREL | -.11 | -.18 | 1.00 | | | | | | | | | | | | | |
| TSEX | -.14 | -.16 | .69 | 1.00 | | | | | | | | | | | | |
| SEC | -.09 | .06 | .22 | .09 | 1.00 | | | | | | | | | | | |
| FEAR | -.03 | -.10 | -.05 | -.00 | -.36 | 1.00 | | | | | | | | | | |
| PREC | -.05 | .01 | -.01 | -.01 | -.18 | .13 | 1.00 | | | | | | | | | |
| DISM | .04 | -.03 | -.04 | .01 | -.22 | .39 | -.24 | 1.00 | | | | | | | | |
| SELF | .02 | .06 | .11 | .05 | .60 | -.58 | -.72 | .24 | 1.00 | | | | | | | |
| OTHR | -.06 | .09 | .12 | .03 | .55 | -.71 | .40 | -.75 | .10 | 1.00 | | | | | | |
| SEC | -.07 | .06 | .14 | .12 | .42 | -.39 | -.21 | -.17 | .41 | .32 | 1.00 | | | | | |
| FEAR | .05 | -.15 | -.11 | -.17 | -.36 | .51 | .19 | .11 | -.46 | -.34 | -.49 | 1.00 | | | | |
| PREC | -.03 | -.08 | -.06 | -.05 | -.17 | .01 | .54 | -.13 | -.39 | .22 | -.25 | .14 | 1.00 | | | |
| DISM | .05 | .06 | -.07 | -.05 | -.04 | .07 | -.32 | .37 | .26 | -.32 | -.17 | -.02 | -.37 | 1.00 | | |
| SELF | -.01 | .14 | .10 | .12 | .36 | -.34 | -.51 | .10 | .61 | .04 | .62 | -.66 | -.70 | .50 | 1.00 | |
| OTHR | -.08 | .03 | .11 | .13 | .28 | -.42 | .21 | -.34 | .10 | .52 | .61 | -.58 | .43 | -.67 | .02 | 1.00 |
| AGE | .09 | -.05 | .48 | .49 | -.05 | -.01 | .09 | -.03 | -.07 | .03 | .05 | .07 | -.06 | -.14 | -.04 | .03 |
| ETHN | -.09 | .10 | -.02 | .16 | -.08 | .13 | .09 | .01 | -.14 | -.06 | -.11 | -.06 | .01 | -.04 | -.03 | .00 |
| KIDH | -.04 | .10 | -.02 | .01 | .09 | -.12 | -.18 | .05 | .21 | -.00 | .10 | -.13 | -.19 | .20 | .25 | -.07 |
| KIDS | -.03 | .11 | -.30 | -.23 | .06 | -.07 | -.17 | .09 | .18 | -.05 | .05 | -.11 | -.16 | .22 | .22 | -.10 |
| LIVC | .07 | -.05 | .09 | .20 | .03 | -.04 | -.16 | .08 | .14 | -.07 | .07 | -.03 | -.02 | -.12 | -.01 | .09 |
| LIVS | .13 | .04 | .01 | .10 | -.02 | .05 | .09 | -.04 | -.10 | .02 | .13 | -.05 | -.06 | -.06 | .07 | .08 |
| MAR | .01 | .06 | .18 | .26 | .04 | -.09 | .01 | -.10 | .02 | .10 | .08 | -.06 | -.02 | -.09 | .03 | .09 |
| RELO | .01 | -.18 | .07 | .06 | .05 | .01 | .05 | .06 | .02 | .02 | -.02 | .04 | -.06 | .02 | .01 | -.06 |
| RELV | -.01 | .28 | -.11 | -.10 | .08 | -.07 | -.01 | -.05 | .05 | .08 | .13 | -.05 | .10 | .00 | .03 | .12 |
| SABU | .05 | -.02 | -.03 | -.24 | -.07 | .04 | .03 | .03 | -.01 | -.00 | -.00 | .06 | .07 | .07 | -.02 | -.03 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions. Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

Table A6

Pearson Product-Moment Intercorrelations of Sexual-Demographic, Attachment Dimension/Category, and Demographic Variables - All Participants

| | ACTV | FSEX | SREL | TSEX | SEC | FEAR | PREC | DISM | SELF | OTHR | SEC | FEAR | PREC | DISM | SELF | OTHR |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ACTV | 1.00 | | | | | | | | | | | | | | | |
| FSEX | .11 | 1.00 | | | | | | | | | | | | | | |
| SREL | -.12 | -.21 | 1.00 | | | | | | | | | | | | | |
| TSEX | -.12 | -.13 | .54 | 1.00 | | | | | | | | | | | | |
| SEC | -.04 | .09 | .06 | .02 | 1.00 | | | | | | | | | | | |
| FEAR | -.04 | -.16 | .01 | .03 | -.44 | 1.00 | | | | | | | | | | |
| PREC | -.03 | -.09 | .01 | -.08 | -.23 | .16 | 1.00 | | | | | | | | | |
| DISM | -.00 | -.10 | -.02 | .05 | -.19 | .40 | -.32 | 1.00 | | | | | | | | |
| SELF | .02 | .12 | .01 | .05 | .64 | -.61 | -.75 | .26 | 1.00 | | | | | | | |
| OTHR | -.01 | .11 | .03 | -.06 | .55 | -.73 | .39 | -.77 | .12 | 1.00 | | | | | | |
| SEC | -.02 | .08 | .00 | -.02 | **.49** | **-.47** | **-.28** | **-.11** | **.52** | **.33** | 1.00 | | | | | |
| FEAR | .02 | -.08 | -.05 | -.08 | **-.42** | **.55** | **.19** | **.12** | **-.49** | **-.38** | -.55 | 1.00 | | | | |
| PREC | -.04 | -.12 | .04 | -.02 | **-.23** | **.07** | **.61** | **-.22** | **-.48** | **.22** | -.34 | .13 | 1.00 | | | |
| DISM | .02 | -.02 | -.03 | .12 | **-.05** | **.21** | **-.33** | **.48** | **.21** | **-.44** | -.15 | .04 | -.29 | 1.00 | | |
| SELF | .01 | .11 | -.01 | .08 | **.43** | **-.35** | **-.56** | **.19** | **.68** | **.02** | .69 | -.66 | -.71 | .44 | 1.00 | |
| OTHR | -.04 | .03 | .05 | -.03 | **.32** | **-.52** | **.21** | **-.41** | **.14** | **.61** | .60 | -.65 | .37 | -.65 | .09 | 1.00 |
| AGE | .08 | .07 | .37 | .39 | -.05 | .02 | -.03 | .01 | -.01 | -.05 | .02 | .03 | -.10 | -.06 | .01 | -.02 |
| ETHN | -.05 | .09 | -.09 | -.03 | -.02 | .03 | -.06 | .03 | .01 | -.05 | -.01 | -.10 | -.12 | -.01 | .08 | -.01 |
| KIDH | .00 | .09 | -.16 | -.33 | .04 | -.06 | -.03 | .03 | .07 | .02 | .03 | -.02 | -.04 | .09 | .07 | -.03 |
| KID | -.01 | .06 | -.28 | -.34 | .06 | -.02 | -.03 | .03 | .06 | .01 | .03 | -.01 | .01 | .09 | .05 | -.02 |
| LIVC | -.01 | -.10 | .18 | .24 | .00 | .04 | -.06 | .10 | .04 | -.08 | -.01 | .06 | -.02 | -.11 | -.06 | .01 |
| LIVS | .07 | .02 | .09 | .18 | -.03 | .01 | .04 | .01 | -.03 | -.00 | .08 | -.02 | -.01 | -.05 | .03 | .06 |
| MAR | -.01 | .02 | .17 | .15 | .04 | -.04 | -.10 | -.00 | .08 | -.04 | .12 | -.06 | -.09 | -.07 | .08 | .07 |
| RELO | -.00 | -.15 | -.01 | .08 | .05 | -.01 | -.06 | .09 | .08 | -.04 | .01 | -.03 | -.10 | .12 | .10 | -.08 |
| RELV | .02 | .17 | -.10 | -.13 | .05 | -.00 | .00 | -.06 | -.00 | .05 | .08 | -.04 | .02 | -.01 | .03 | .07 |
| SABU | .09 | .06 | -.13 | -.23 | .07 | -.05 | -.02 | .02 | .07 | .03 | .08 | -.04 | -.02 | -.01 | .06 | .05 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. Correlations in boldface print are intercorrelations between the Relationship Questionnaire and Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions.
Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

Table A7

Pearson Product-Moment Intercorrelations of Primary Sexual Domain and Demographic Variables - Women

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| COML | 1.00 | | | | | | | | | | | | | | | | | | | |
| COMU | -.29 | 1.00 | | | | | | | | | | | | | | | | | | |
| CPSS | .30 | -.18 | 1.00 | | | | | | | | | | | | | | | | | |
| EXCH | .20 | -.12 | -.03 | 1.00 | | | | | | | | | | | | | | | | |
| INST | .02 | .10 | .03 | -.31 | 1.00 | | | | | | | | | | | | | | | |
| MAST | .04 | -.02 | .14 | -.03 | -.11 | 1.00 | | | | | | | | | | | | | | |
| SDS | .23 | -.32 | .17 | .12 | -.14 | .41 | 1.00 | | | | | | | | | | | | | |
| SDSE | .11 | -.20 | .01 | -.09 | .22 | -.18 | -.10 | 1.00 | | | | | | | | | | | | |
| SXAP | .18 | -.21 | .17 | .05 | -.09 | .10 | .36 | -.19 | 1.00 | | | | | | | | | | | |
| SXAS | .38 | -.26 | .38 | .08 | -.09 | .16 | .29 | .05 | .22 | 1.00 | | | | | | | | | | |
| SXCN | .45 | -.33 | .27 | .06 | -.00 | .18 | .33 | -.07 | .34 | .66 | 1.00 | | | | | | | | | |
| SXFR | .26 | -.30 | .21 | .13 | -.07 | -.05 | .07 | .05 | .17 | .31 | .27 | 1.00 | | | | | | | | |
| SXMO | .02 | -.07 | .06 | -.07 | -.14 | .17 | .39 | -.10 | .17 | -.06 | -.02 | -.11 | 1.00 | | | | | | | |
| SXPR | .22 | -.26 | .20 | .10 | -.17 | .36 | .70 | -.11 | .30 | .40 | .28 | .12 | .33 | 1.00 | | | | | | |
| SXTL | .34 | -.36 | .47 | .04 | -.01 | .07 | .06 | .17 | .20 | .60 | .46 | .28 | -.14 | .21 | 1.00 | | | | | |
| SOI | .15 | .06 | .20 | .03 | -.18 | .25 | .22 | -.26 | .26 | .26 | .24 | .04 | .19 | .21 | .10 | 1.00 | | | | |
| SOS | .26 | -.13 | .41 | .08 | -.26 | .37 | .43 | -.17 | .21 | .38 | .39 | .07 | .20 | .50 | .25 | .35 | 1.00 | | | |
| SSI | .19 | -.38 | .29 | -.04 | .01 | -.08 | .04 | .29 | .10 | .31 | .26 | .43 | -.12 | .08 | .49 | -.07 | .03 | 1.00 | | |
| SXDP | -.21 | .44 | -.18 | .04 | -.07 | -.05 | -.07 | -.21 | -.19 | -.39 | -.41 | -.38 | .09 | -.19 | -.49 | .02 | -.04 | -.77 | 1.00 | |
| SXES | .38 | -.34 | .24 | .13 | -.07 | .10 | .22 | .08 | .29 | .64 | .58 | .46 | -.07 | .32 | .54 | .18 | .26 | .56 | -.62 | 1.00 |
| AGE | -.10 | .03 | .07 | -.05 | .04 | .04 | -.19 | -.17 | .07 | -.06 | .00 | -.00 | -.10 | -.11 | .05 | .12 | .23 | -.17 | .05 | .08 |
| ETHN | -.07 | .08 | -.18 | .03 | .05 | -.11 | -.13 | -.02 | -.09 | .09 | -.09 | -.16 | -.21 | .12 | .05 | .16 | -.12 | .05 | -.06 | .01 |
| KIDH | -.04 | .03 | -.11 | .09 | -.09 | -.01 | .13 | .11 | .16 | .16 | .04 | -.01 | -.07 | .03 | .17 | -.04 | -.14 | .04 | -.17 | .26 |
| KID | -.07 | .00 | -.03 | .04 | -.05 | -.02 | .11 | .16 | .09 | .11 | -.00 | .04 | -.03 | .04 | .13 | -.13 | -.23 | .17 | -.17 | .15 |
| LIVC | .07 | -.03 | .18 | -.02 | -.01 | .04 | .01 | .01 | -.00 | -.24 | .07 | .18 | .24 | .03 | -.05 | .15 | .28 | -.04 | .04 | -.03 |
| LIVS | -.01 | .03 | .12 | -.05 | -.03 | -.08 | -.13 | -.04 | .02 | -.01 | .02 | -.01 | -.04 | -.03 | -.01 | .05 | .16 | -.15 | .08 | .00 |
| MAR | .02 | .06 | .07 | -.03 | -.09 | -.10 | -.22 | -.11 | .02 | -.02 | .02 | .02 | -.07 | -.03 | .05 | .12 | .13 | -.11 | .07 | .06 |
| RELO | .01 | .11 | -.06 | -.02 | .04 | -.04 | -.08 | -.06 | .06 | .15 | -.02 | .05 | -.13 | -.01 | .06 | .11 | .07 | -.00 | .00 | -.00 |
| RELV | -.06 | -.11 | -.39 | -.01 | -.09 | -.04 | -.03 | -.03 | -.14 | -.10 | -.06 | -.13 | .11 | -.07 | -.05 | -.20 | -.15 | -.07 | .08 | -.13 |
| SABU | .06 | -.06 | -.16 | .05 | -.15 | -.05 | .00 | .10 | .04 | .08 | .09 | -.07 | .17 | .02 | -.01 | -.15 | -.07 | -.06 | .11 | -.05 |

Note: Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A8

Pearson Product-Moment Intercorrelations of Primary Sexual Domain and Demographic Variables - Men

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| COML | 1.00 | | | | | | | | | | | | | | | | | | | |
| COMU | -.36 | 1.00 | | | | | | | | | | | | | | | | | | |
| CPSS | .11 | -.10 | 1.00 | | | | | | | | | | | | | | | | | |
| EXCH | .18 | -.03 | .01 | 1.00 | | | | | | | | | | | | | | | | |
| INST | .04 | .01 | -.04 | -.28 | 1.00 | | | | | | | | | | | | | | | |
| MAST | .09 | .02 | .14 | .09 | .11 | 1.00 | | | | | | | | | | | | | | |
| SDS | .44 | -.39 | .07 | .18 | -.22 | .13 | 1.00 | | | | | | | | | | | | | |
| SDSE | .05 | -.12 | -.05 | -.15 | .26 | -.17 | -.22 | 1.00 | | | | | | | | | | | | |
| SXAP | .04 | -.20 | .10 | -.01 | -.13 | -.01 | .16 | -.04 | 1.00 | | | | | | | | | | | |
| SXAS | .20 | -.01 | .33 | .13 | -.13 | .07 | .04 | -.08 | .25 | 1.00 | | | | | | | | | | |
| SXCN | .20 | -.16 | .23 | -.06 | -.03 | .07 | .13 | -.01 | .23 | .43 | 1.00 | | | | | | | | | |
| SXFR | .17 | -.17 | .25 | -.18 | .21 | -.08 | .10 | .12 | .07 | .05 | .09 | 1.00 | | | | | | | | |
| SXMO | .07 | -.31 | -.17 | -.04 | .01 | -.03 | .21 | .00 | .14 | -.28 | .08 | -.06 | 1.00 | | | | | | | |
| SXPR | .37 | -.32 | .12 | .13 | -.20 | .08 | .72 | -.22 | .11 | .09 | .20 | .03 | .14 | 1.00 | | | | | | |
| SXTL | .20 | -.07 | .53 | -.05 | .09 | .08 | .01 | .06 | .08 | .45 | .21 | .26 | -.29 | .05 | 1.00 | | | | | |
| SOI | .14 | .03 | .11 | .07 | -.24 | .08 | .34 | -.35 | .19 | .07 | .03 | .12 | -.01 | .34 | -.08 | 1.00 | | | | |
| SOS | .28 | -.12 | .28 | -.06 | -.00 | .30 | .39 | -.20 | .07 | .03 | .17 | .23 | .03 | .40 | .09 | .43 | 1.00 | | | |
| SSI | .08 | -.18 | .25 | -.05 | .18 | -.09 | -.10 | .38 | .03 | .11 | .18 | .37 | -.11 | -.08 | .33 | -.20 | -.11 | 1.00 | | |
| SXDP | -.09 | .11 | -.20 | .11 | -.14 | -.02 | .07 | -.23 | -.11 | -.22 | -.23 | -.31 | .20 | .03 | -.31 | .02 | -.02 | -.67 | 1.00 | |
| SXES | .29 | -.13 | .36 | -.01 | .00 | .10 | .06 | .02 | .31 | .42 | .24 | .17 | -.22 | .16 | .45 | .13 | .20 | .31 | -.59 | 1.00 |
| AGE | -.10 | .03 | .16 | -.07 | .17 | .04 | -.13 | -.11 | .07 | -.06 | .00 | -.00 | -.10 | -.11 | .05 | .12 | .23 | -.17 | .05 | .08 |
| ETHN | -.07 | .08 | .08 | .03 | .01 | -.01 | .04 | -.05 | -.09 | .09 | -.09 | -.16 | -.21 | .12 | .05 | .16 | -.12 | .05 | -.06 | .01 |
| KIDH | -.04 | .03 | .04 | -.04 | -.06 | .01 | -.05 | -.02 | .16 | .16 | .04 | -.01 | -.07 | .03 | .17 | -.04 | -.14 | .04 | -.17 | .26 |
| KID | -.07 | .00 | .04 | -.02 | -.12 | .00 | -.02 | .06 | .09 | .11 | -.00 | .04 | -.03 | .04 | .13 | -.13 | -.23 | .17 | -.17 | .15 |
| LIVC | .07 | -.03 | .01 | -.21 | .14 | .02 | .08 | -.01 | -.00 | -.24 | .07 | .18 | .24 | .03 | -.05 | .15 | .28 | -.04 | .04 | -.03 |
| LIVS | -.01 | .03 | .05 | -.04 | -.05 | .08 | -.04 | .13 | .02 | -.01 | .02 | -.01 | -.04 | -.03 | -.01 | .05 | .16 | -.15 | .08 | .00 |
| MAR | .02 | .06 | .04 | -.07 | .16 | -.02 | -.02 | -.03 | .02 | -.02 | .02 | .02 | -.07 | -.03 | .05 | .12 | .13 | -.11 | .07 | .06 |
| RELO | .01 | .11 | .13 | .14 | -.11 | .03 | .01 | -.11 | .06 | .15 | -.02 | .05 | -.13 | -.01 | .06 | .11 | .07 | -.00 | .00 | -.00 |
| RELV | -.06 | -.11 | -.30 | -.07 | .11 | -.19 | -.03 | .04 | -.14 | -.10 | -.07 | -.13 | .11 | -.07 | -.05 | -.20 | -.15 | -.07 | .08 | -.13 |
| SABU | .06 | -.06 | -.08 | .10 | -.15 | -.03 | -.01 | -.03 | .04 | .08 | .09 | -.07 | .17 | .02 | -.01 | -.15 | -.07 | -.06 | .11 | -.05 |

Note: Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A9

Pearson Product-Moment Intercorrelations of Primary Sexual Domain and Demographic Variables - All Participants

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| COML | 1.00 | | | | | | | | | | | | | | | | | | | |
| COMU | -.32 | 1.00 | | | | | | | | | | | | | | | | | | |
| CPSS | .20 | -.14 | 1.00 | | | | | | | | | | | | | | | | | |
| EXCH | .19 | -.06 | -.00 | 1.00 | | | | | | | | | | | | | | | | |
| INST | .03 | .05 | -.01 | -.29 | 1.00 | | | | | | | | | | | | | | | |
| MAST | .04 | -.02 | .14 | .02 | .01 | 1.00 | | | | | | | | | | | | | | |
| SDS | .30 | -.36 | .11 | .13 | -.18 | .30 | 1.00 | | | | | | | | | | | | | |
| SDSE | .11 | -.13 | -.02 | -.09 | .23 | -.24 | -.22 | 1.00 | | | | | | | | | | | | |
| SXAP | .13 | -.19 | .13 | .03 | -.10 | .00 | .22 | -.06 | 1.00 | | | | | | | | | | | |
| SXAS | .31 | -.14 | .35 | .11 | -.11 | .09 | .16 | .02 | .24 | 1.00 | | | | | | | | | | |
| SXCN | .33 | -.24 | .25 | -.01 | -.02 | .11 | .22 | -.04 | .29 | .56 | 1.00 | | | | | | | | | |
| SXFR | .22 | -.23 | .23 | -.05 | .08 | -.07 | .08 | .09 | .12 | .19 | .18 | 1.00 | | | | | | | | |
| SXMO | .03 | -.20 | -.07 | -.06 | -.06 | .08 | .31 | -.07 | .14 | -.16 | .03 | -.09 | 1.00 | | | | | | | |
| SXPR | .24 | -.29 | .15 | .08 | -.17 | .28 | .72 | -.24 | .16 | .24 | .23 | .07 | .26 | 1.00 | | | | | | |
| SXTL | .28 | -.21 | .50 | -.00 | .04 | .05 | .02 | .14 | .16 | .54 | .34 | .27 | -.22 | .11 | 1.00 | | | | | |
| SOI | .11 | .03 | .14 | .02 | -.20 | .23 | .32 | -.36 | .17 | .15 | .14 | .06 | .12 | .33 | .00 | 1.00 | | | | |
| SOS | .25 | -.13 | .34 | -.01 | -.14 | .35 | .43 | -.21 | .13 | .23 | .29 | .14 | .13 | .47 | .17 | .40 | 1.00 | | | |
| SSI | .15 | -.28 | .27 | -.04 | .09 | -.09 | -.04 | .33 | .08 | .24 | .22 | .40 | -.12 | -.00 | .42 | -.13 | -.04 | 1.00 | | |
| SXDP | -.15 | .29 | -.19 | .08 | -.10 | -.04 | -.02 | -.19 | -.15 | -.33 | -.33 | -.34 | .13 | -.11 | -.40 | .01 | -.04 | -.72 | 1.00 | |
| SXES | .34 | -.24 | .29 | .06 | -.04 | .09 | .14 | .06 | .29 | .56 | .43 | .33 | -.14 | .24 | .50 | .15 | .23 | .46 | -.61 | 1.00 |
| AGE | .02 | .09 | .11 | -.04 | .09 | .01 | -.19 | -.09 | .07 | .03 | .07 | -.03 | -.19 | -.18 | .02 | .06 | .05 | -.14 | .05 | .02 |
| ETHN | -.03 | .05 | -.05 | .03 | .03 | -.07 | -.06 | -.02 | -.11 | -.01 | -.03 | -.12 | -.17 | -.06 | -.05 | -.05 | -.14 | .01 | .03 | -.06 |
| KIDH | -.08 | -.03 | -.04 | .01 | -.08 | .03 | .08 | .02 | -.05 | -.06 | -.08 | -.05 | .01 | .10 | .01 | -.12 | -.02 | .01 | -.03 | .04 |
| KID | -.09 | -.07 | .00 | -.00 | -.08 | .02 | .08 | .07 | -.03 | -.06 | -.10 | -.00 | .06 | .11 | .04 | -.13 | -.04 | .09 | -.02 | -.00 |
| LIVC | .18 | .01 | .09 | -.11 | .06 | -.00 | .02 | .04 | .05 | -.01 | .13 | .11 | .09 | -.01 | .01 | .08 | .22 | .01 | -.02 | .03 |
| LIVS | .06 | .11 | .09 | -.04 | -.04 | -.02 | -.10 | .07 | .02 | .07 | .04 | .06 | -.12 | -.11 | .01 | .09 | .04 | -.08 | .09 | .01 |
| MAR | .07 | .05 | .05 | -.04 | .02 | -.09 | -.15 | -.03 | .01 | .05 | .05 | .11 | -.13 | -.15 | .10 | -.02 | -.03 | .02 | -.02 | .07 |
| RELO | -.08 | .14 | .04 | .07 | -.03 | -.01 | -.05 | -.07 | -.03 | .01 | -.08 | .02 | -.07 | -.08 | -.05 | .05 | .06 | .01 | .05 | -.04 |
| RELV | -.08 | -.02 | -.34 | -.05 | .02 | -.11 | -.01 | -.01 | -.13 | -.10 | -.06 | -.08 | .00 | .00 | -.11 | -.16 | -.18 | -.14 | .07 | -.08 |
| SABU | -.12 | -.08 | -.12 | .04 | -.14 | .03 | .06 | -.03 | -.05 | -.12 | -.09 | -.09 | .08 | .09 | -.12 | -.10 | -.03 | .00 | -.01 | -.07 |

Note: Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A10

Pearson Product-Moment Intercorrelations of Relationship and Caregiving Variables by Sexual Demographic and Attachment Dimension/Category Variables - Women

| | CURL | LIVT | LONG | NUMS | QMI | COMP | COOP | PROX | SENS |
|---|---|---|---|---|---|---|---|---|---|
| ACTV | .01 | .07 | .02 | -.11 | -.14 | .27 | -.02 | -.07 | -.07 |
| FSEX | .29 | .26 | .26 | -.19 | .15 | .07 | .13 | .03 | .09 |
| SREL | .05 | .03 | .07 | .89 | -.05 | -.05 | -.10 | .03 | .02 |
| TSEX | -.03 | .01 | .09 | .42 | .02 | -.15 | -.03 | -.05 | .03 |
| SEC | .02 | .01 | .01 | -.14 | .51 | -.08 | .29 | .33 | .37 |
| FEAR | -.05 | -.03 | -.02 | .10 | -.28 | .05 | -.16 | -.41 | -.19 |
| PREC | -.03 | -.03 | -.04 | .03 | -.19 | .29 | -.10 | .11 | -.27 |
| DISM | -.02 | .01 | -.01 | .03 | -.11 | -.13 | -.06 | -.34 | .02 |
| SELF | .04 | .04 | .03 | -.10 | .37 | -.23 | .21 | .15 | .35 |
| OTHR | .03 | .00 | .00 | -.10 | .27 | .12 | .16 | .48 | .10 |
| SEC | .08 | .09 | .05 | -.19 | .36 | -.11 | .20 | .29 | .37 |
| FEAR | -.04 | -.03 | -.02 | .02 | -.25 | .20 | -.17 | -.35 | -.23 |
| PREC | -.11 | -.12 | -.11 | .15 | -.22 | .19 | -.09 | .09 | -.30 |
| DISM | -.11 | -.07 | -.12 | .07 | -.18 | -.18 | -.03 | -.30 | -.02 |
| SELF | .05 | .07 | .03 | -.11 | .27 | -.27 | .17 | .11 | .35 |
| OTHR | .05 | .03 | .03 | -.05 | .25 | .02 | .14 | .45 | .14 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions.

Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

Table A11

Pearson Product-Moment Intercorrelations of Relationship and Caregiving Variables by Sexual Demographic and Attachment Dimension Variables - Men

| | CURL | LIVT | LONG | NUMS | QMI | COMP | COOP | PROX | SENS |
|---|---|---|---|---|---|---|---|---|---|
| ACTV | .08 | .01 | .02 | -.11 | -.01 | .03 | .01 | -.01 | -.00 |
| FSEX | .35 | .06 | .01 | -.19 | .17 | -.03 | -.03 | .08 | .09 |
| SREL | -.01 | .12 | .24 | .84 | -.08 | -.28 | .09 | .03 | -.02 |
| TSEX | -.03 | .13 | .27 | .54 | -.03 | -.23 | .12 | .01 | .08 |
| SEC | .06 | .03 | .01 | .19 | .20 | -.21 | .21 | .24 | .34 |
| FEAR | -.07 | -.05 | -.03 | -.03 | -.23 | .06 | -.00 | -.11 | -.02 |
| PREC | -.00 | -.02 | .14 | -.02 | -.08 | .35 | -.12 | .16 | -.05 |
| DISM | -.07 | -.16 | -.12 | -.02 | -.09 | -.14 | -.01 | -.16 | .03 |
| SELF | .04 | -.02 | -.10 | .10 | .20 | -.35 | .14 | .01 | .18 |
| OTHR | .08 | .09 | .12 | .08 | .19 | .10 | .03 | .27 | .10 |
| SEC | .07 | .08 | .04 | .10 | .34 | -.12 | .23 | .19 | .23 |
| FEAR | -.06 | -.02 | .03 | -.07 | -.25 | .03 | -.10 | -.20 | -.08 |
| PREC | -.15 | -.08 | -.07 | -.09 | -.13 | .26 | -.11 | .18 | -.12 |
| DISM | -.04 | -.15 | -.12 | .00 | -.07 | -.12 | -.03 | -.21 | -.05 |
| SELF | .10 | .01 | -.02 | .11 | .25 | -.21 | .16 | -.01 | .15 |
| OTHR | .01 | .08 | .03 | .03 | .23 | .10 | .10 | .34 | .10 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions.
Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

Table A12

Pearson Product-Moment Intercorrelations of Relationship and Caregiving Variables by Sexual Demographic and Attachment Dimension Variables - All Participants

| | CURL | LIVT | LONG | NUMS | QMI | COMP | COOP | PROX | SENS |
|---|---|---|---|---|---|---|---|---|---|
| ACTV | .03 | .03 | .01 | -.10 | -.06 | .11 | -.00 | -.03 | -.03 |
| FSEX | .30 | .21 | .20 | -.18 | .16 | .02 | .07 | .05 | .10 |
| SREL | -.03 | .05 | .13 | .86 | -.06 | -.17 | .00 | .03 | -.00 |
| TSEX | -.01 | .04 | .14 | .42 | .02 | -.17 | .03 | -.02 | .06 |
| SEC | .01 | .00 | -.01 | .06 | .33 | -.13 | .24 | .27 | .31 |
| FEAR | -.05 | -.03 | -.02 | .03 | -.24 | .05 | -.09 | -.26 | -.10 |
| PREC | -.02 | -.03 | .02 | .00 | -.14 | .32 | -.11 | .13 | -.16 |
| DISM | -.05 | -.03 | -.05 | .01 | -.11 | -.13 | -.05 | -.25 | .01 |
| SELF | .02 | .01 | -.02 | .01 | .27 | -.27 | .17 | .08 | .24 |
| OTHR | .04 | .02 | .03 | .00 | .22 | .11 | .10 | .38 | .09 |
| SEC | .07 | .07 | .04 | -.03 | .33 | -.11 | .21 | .24 | .28 |
| FEAR | -.03 | -.02 | .01 | -.04 | -.22 | .12 | -.12 | -.27 | -.13 |
| PREC | -.14 | -.11 | -.12 | .02 | -.20 | .22 | -.11 | .12 | -.24 |
| DISM | -.09 | -.09 | -.13 | .04 | -.14 | -.15 | -.04 | -.26 | -.05 |
| SELF | .06 | .05 | .00 | .01 | .25 | -.24 | .16 | .05 | .24 |
| OTHR | .02 | .03 | .02 | .00 | .22 | .06 | .11 | .39 | .10 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions.
Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

Table A13

Pearson Product-Moment Intercorrelations of Primary Sexual Domain by Relationship and Caregiving Variables - Women

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| CURL | .07 | .02 | .15 | -.05 | .12 | -.09 | -.24 | -.03 | -.15 | -.00 | .02 | -.18 | -.22 | -.22 | .01 | -.10 | -.09 | -.12 | .06 | -.11 |
| LIVT | .01 | .05 | .08 | .01 | .05 | -.07 | -.22 | -.07 | -.15 | -.01 | .01 | -.14 | -.23 | -.23 | -.04 | -.07 | -.07 | -.11 | .09 | -.09 |
| LONG | .12 | .04 | .17 | -.06 | .09 | -.03 | -.22 | -.05 | -.07 | .04 | .09 | -.10 | -.21 | -.18 | .03 | -.04 | -.07 | -.05 | .00 | -.03 |
| NUMS | .10 | .01 | .15 | .07 | -.02 | .24 | .19 | -.18 | .11 | .25 | .20 | .07 | .10 | .21 | .07 | .27 | .26 | -.02 | -.01 | .13 |
| QMI | .17 | -.30 | .19 | -.03 | .04 | -.27 | -.09 | .29 | .09 | .21 | .21 | .20 | -.21 | -.06 | .45 | -.18 | .02 | .55 | -.46 | .31 |
| COMP | -.02 | .02 | -.11 | -.03 | .05 | .13 | .11 | .03 | -.13 | -.16 | -.20 | -.16 | .27 | .07 | -.14 | -.08 | -.11 | -.22 | .17 | -.23 |
| COOP | .20 | -.15 | -.05 | .02 | -.04 | -.12 | -.10 | .22 | .03 | .09 | .09 | .17 | -.17 | -.05 | .22 | -.05 | .01 | .27 | -.27 | .24 |
| PROX | .29 | -.33 | .14 | -.04 | .09 | -.07 | -.08 | .38 | -.03 | .15 | .18 | .23 | -.09 | -.06 | .29 | -.18 | .02 | .31 | -.31 | .23 |
| SENS | .19 | -.31 | .08 | -.00 | .10 | -.07 | -.02 | .16 | .15 | .22 | .36 | .14 | -.14 | -.09 | .31 | -.04 | .10 | .24 | -.28 | .32 |

Note: Critical *r* for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A14

Pearson Product-Moment Intercorrelations of Primary Sexual Domain by Relationship and Caregiving Variables - Men

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| CURL | -.02 | .05 | .26 | -.04 | .06 | .10 | -.06 | -.16 | -.00 | .08 | .06 | -.05 | -.08 | -.08 | .21 | -.04 | .14 | -.03 | .03 | .05 |
| LIVT | -.07 | .09 | .16 | -.10 | .03 | .03 | -.07 | -.09 | -.01 | -.12 | -.07 | -.04 | -.10 | -.03 | .12 | .11 | .25 | -.14 | .11 | -.04 |
| LONG | .00 | .11 | .22 | .01 | .13 | .10 | -.07 | -.17 | .10 | .11 | .03 | .01 | -.08 | -.07 | .15 | .12 | .30 | -.12 | .04 | .14 |
| NUMS | .01 | -.04 | .10 | -.04 | .17 | .05 | -.07 | -.14 | .14 | .07 | .09 | .07 | -.07 | .00 | .05 | .28 | .30 | -.12 | .04 | .14 |
| QMI | -.01 | -.08 | .06 | -.11 | .15 | -.14 | -.20 | .37 | -.01 | .06 | .05 | .20 | -.07 | -.20 | .25 | -.34 | -.09 | .56 | -.38 | .16 |
| COMP | -.06 | -.02 | -.03 | .16 | -.13 | -.05 | -.00 | -.01 | -.11 | -.09 | -.14 | -.23 | .08 | -.03 | -.09 | -.15 | -.23 | -.11 | .27 | -.30 |
| COOP | .03 | -.09 | -.13 | -.14 | .18 | .03 | -.03 | .26 | -.03 | -.21 | -.03 | .21 | -.00 | -.08 | -.05 | .01 | .14 | .25 | -.24 | .09 |
| PROX | .26 | -.20 | -.02 | -.03 | .19 | -.03 | -.01 | .35 | -.08 | .07 | .08 | .23 | -.02 | .02 | .17 | -.16 | .09 | .33 | -.23 | .09 |
| SENS | .21 | -.01 | .08 | -.05 | .18 | .03 | -.04 | .24 | .15 | .17 | .15 | .26 | -.14 | -.03 | .29 | -.10 | .05 | .40 | -.36 | .37 |

Note: Critical *r* for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A15

Pearson Product-Moment Intercorrelations of Primary Sexual Domain by Relationship and Caregiving Variables - All Participants

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| CURL | .05 | .04 | .18 | -.03 | .09 | -.07 | -.21 | -.01 | -.07 | .04 | .03 | -.13 | -.17 | -.22 | .08 | -.14 | -.04 | -.08 | .06 | -.06 |
| LIVT | .01 | .06 | .09 | -.01 | .04 | -.07 | -.19 | -.03 | -.09 | -.02 | -.01 | -.10 | -.18 | -.21 | .01 | -.07 | -.01 | -.11 | .09 | -.08 |
| LONG | .10 | .07 | .17 | -.01 | .10 | -.04 | -.20 | -.01 | .02 | .08 | .06 | -.06 | -.17 | -.20 | .08 | -.06 | .01 | -.06 | .02 | .02 |
| NUMS | .04 | -.02 | .11 | -.01 | .09 | .13 | .06 | -.17 | .11 | .15 | .14 | .07 | .01 | .11 | .05 | .27 | .26 | -.06 | -.04 | .15 |
| QMI | .11 | -.17 | .12 | -.04 | .09 | -.25 | -.19 | .37 | .08 | .17 | .13 | .20 | -.16 | -.18 | .37 | -.30 | -.05 | .55 | -.41 | .25 |
| COMP | -.04 | -.01 | -.07 | .07 | -.04 | .05 | .06 | -.00 | -.12 | -.13 | -.17 | -.19 | .18 | .04 | -.12 | -.09 | -.16 | -.17 | .21 | -.26 |
| COOP | .14 | -.11 | -.09 | -.06 | .06 | -.07 | -.09 | .26 | .02 | -.02 | .04 | .19 | -.10 | -.09 | .11 | -.06 | .05 | .27 | -.25 | .18 |
| PROX | .28 | -.25 | .05 | -.03 | .14 | -.07 | -.06 | .37 | -.04 | .12 | .13 | .23 | -.06 | -.05 | .24 | -.19 | .04 | .32 | -.27 | .17 |
| SENS | .22 | -.14 | .08 | -.01 | .13 | -.08 | -.09 | .26 | .19 | .21 | .24 | .20 | -.16 | -.14 | .31 | -.14 | .04 | .31 | -.30 | .33 |

Note: Critical *r* for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$. See Appendix F for list of variable abbreviations and descriptions.

Table A16

Pearson Product-Moment Intercorrelations of Primary Sexual Domain by Sexual Demographic and Attachment Dimension/Category Variables - Women

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ACTV | -.21 | .09 | -.28 | -.06 | .03 | .44 | .01 | .06 | -.07 | -.09 | -.19 | -.17 | .01 | -.03 | -.11 | -.09 | -.23 | -.07 | -.01 | -.06 |
| FSEX | -.16 | -.05 | -.04 | -.00 | .08 | -.12 | -.14 | .08 | -.03 | -.06 | -.09 | -.09 | -.21 | -.13 | .09 | -.16 | -.27 | .07 | -.05 | -.02 |
| SREL | .14 | .03 | .15 | -.00 | -.03 | .27 | .11 | -.18 | .12 | .21 | .20 | .09 | .08 | .15 | .05 | .33 | .28 | -.04 | .01 | .17 |
| TSEX | .09 | .07 | .20 | .01 | -.07 | .11 | -.04 | -.20 | .19 | .18 | .21 | .07 | -.04 | -.03 | .12 | .60 | .20 | .05 | -.07 | .16 |
| SEC | .13 | -.29 | .07 | -.13 | .05 | -.13 | -.10 | .31 | .04 | .24 | .20 | .25 | -.27 | -.08 | .32 | -.21 | -.06 | .44 | -.46 | .32 |
| FEAR | -.05 | .11 | -.04 | .10 | -.03 | .18 | .19 | -.25 | .04 | -.14 | -.02 | -.14 | .18 | .11 | -.18 | .15 | .14 | -.29 | .33 | -.22 |
| PREC | .08 | -.08 | .06 | .09 | .03 | .16 | .21 | .14 | .03 | -.11 | -.12 | -.07 | .32 | .17 | -.13 | .00 | .05 | -.17 | .18 | -.14 |
| DISM | .05 | .11 | .01 | .14 | -.11 | .02 | -.02 | -.32 | .04 | .03 | .08 | -.01 | -.17 | -.11 | -.03 | .15 | .04 | -.16 | .15 | -.08 |
| SELF | .05 | -.09 | .02 | -.09 | -.03 | -.20 | -.24 | .06 | -.01 | .22 | .16 | .19 | -.39 | -.20 | .25 | -.10 | -.10 | .32 | -.36 | .26 |
| OTHR | .08 | -.23 | .06 | -.11 | .08 | -.08 | -.03 | .40 | -.01 | .10 | -.00 | -13 | .01 | .03 | .15 | -.20 | -.09 | .29 | -.30 | .19 |
| SEC | .11 | -.12 | .06 | -.09 | .06 | -.11 | -.12 | .16 | -.02 | .14 | .12 | .09 | -.31 | -.08 | .24 | -.10 | -.03 | .35 | -.35 | .29 |
| FEAR | -.04 | .18 | -.05 | .11 | -.08 | .06 | .13 | -.15 | .05 | -.22 | -.12 | -.17 | .27 | .13 | -.21 | .02 | .06 | -.30 | .32 | -.22 |
| PREC | .04 | .01 | .12 | .08 | -.06 | .05 | .12 | .10 | -.00 | -.06 | -.07 | .03 | .35 | .07 | -.06 | .10 | .05 | -.17 | .21 | -.14 |
| DISM | -.04 | .11 | -.02 | .20 | -.10 | .03 | .00 | -.41 | .07 | .03 | .10 | -.08 | -.14 | -.10 | .02 | .20 | .05 | -.16 | .10 | .01 |
| SELF | .03 | -.08 | -.01 | -.03 | .04 | -.07 | -.15 | -.07 | -.00 | .18 | .16 | .06 | -.42 | -.15 | .21 | -.01 | -.04 | .27 | -.31 | .26 |
| OTHR | .10 | -.17 | .11 | -.14 | .08 | -.07 | -.06 | .36 | -.06 | .13 | .03 | .16 | -.04 | -.02 | .17 | -.09 | -.04 | .29 | -.25 | .17 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions.

Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

Table A17

Pearson Product-Moment Intercorrelations of Primary Sexual Domain by Sexual Demographic and Attachment Dimension/Category Variables - Men

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ACTV | -.03 | .01 | .04 | .03 | .12 | .74 | -.09 | .01 | -.00 | -.02 | -.06 | -.15 | .06 | -.14 | .04 | -.21 | .02 | -.02 | -.02 | .02 |
| FSEX | .02 | -.01 | -.00 | -.08 | .03 | -.12 | -.02 | .11 | -.10 | .06 | .04 | -.12 | -.02 | -.11 | .08 | -.23 | -.18 | .12 | -.11 | .08 |
| SREL | .05 | -.03 | .16 | -.04 | .16 | .08 | -.01 | -.09 | .15 | .07 | .08 | .11 | -.14 | .07 | .10 | .38 | .31 | -.11 | -.13 | .27 |
| TSEX | .07 | -.08 | .13 | -.03 | .14 | .06 | -.02 | -.06 | .20 | .11 | .13 | .14 | -.11 | .07 | .06 | .54 | .27 | -.03 | -.11 | .24 |
| SEC | .18 | -.11 | .13 | -.07 | .22 | -.05 | .01 | .14 | .02 | .12 | .10 | .19 | -.14 | .00 | .27 | .05 | .07 | .28 | -.32 | .28 |
| FEAR | .04 | .16 | -.05 | .02 | -.01 | -.02 | .06 | .01 | -.02 | -.18 | -.12 | -.01 | .10 | .03 | -.16 | .12 | .11 | -.16 | .17 | -.16 |
| PREC | .08 | -.16 | .07 | .11 | -.14 | -.03 | .12 | -.04 | -.10 | .06 | .05 | -.13 | .16 | .08 | .02 | -.07 | .00 | -.11 | .20 | -.06 |
| DISM | -.01 | .14 | .00 | -.05 | -.09 | .03 | -.05 | -.07 | .18 | .04 | .10 | .01 | -.05 | -.04 | -.04 | .09 | .11 | -.02 | .05 | .01 |
| SELF | .01 | .01 | .05 | -.11 | .13 | .02 | -.11 | .04 | .14 | .13 | .13 | .15 | -.21 | -.07 | .17 | .03 | .02 | .24 | -.30 | .24 |
| OTHR | .09 | -.24 | .10 | .04 | .06 | -.03 | .05 | .06 | -.10 | .14 | .08 | .02 | -.01 | .04 | .20 | -.10 | -.07 | .14 | -.13 | .15 |
| SEC | .02 | -.15 | .01 | -.11 | .04 | -.09 | -.00 | .25 | .15 | .02 | -.06 | .15 | -.12 | .05 | .14 | .10 | .07 | .24 | -.31 | .24 |
| FEAR | -.06 | .14 | -.10 | .03 | -.01 | .02 | .04 | -.09 | -.08 | -.08 | -.04 | -.11 | .10 | -.03 | -.18 | -.09 | .00 | -.26 | .29 | -.24 |
| PREC | .16 | -.20 | -.14 | .19 | -.07 | -.04 | .20 | -.15 | -.13 | -.00 | -.02 | -.14 | .26 | .18 | -.10 | -.03 | -.03 | -.20 | .30 | -.18 |
| DISM | -.22 | .14 | .04 | -.06 | -.12 | .03 | -.13 | -.13 | .19 | .06 | -.06 | -.07 | -.10 | -.13 | -.07 | .01 | -.11 | .06 | -.02 | .03 |
| SELF | -.13 | .02 | .11 | -.16 | -.01 | -.02 | -.15 | .14 | .22 | .07 | -.02 | .13 | -.23 | -.09 | .14 | .09 | -.01 | .30 | -.36 | .27 |
| OTHR | .20 | -.27 | -.03 | .05 | .04 | -.07 | .12 | .14 | -.05 | .01 | .01 | .08 | .06 | .17 | .13 | .06 | .07 | .11 | -.12 | .12 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions.

Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

Table A18

Pearson Product-Moment Intercorrelations of Primary Sexual Domain by Sexual Demographic and Attachment Dimension/Category Variables - All Participants

| | COML | COMU | CPSS | EXCH | INST | MAST | SDS | SDSE | SXAP | SXAS | SXCN | SXFR | SXMO | SXPR | SXTL | SOI | SOS | SSI | SXDP | SXES |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ACTV | -.09 | .03 | -.06 | .01 | .08 | .62 | -.04 | .01 | -.03 | -.04 | -.10 | -.15 | .05 | -.07 | -.02 | -.13 | -.06 | -.04 | -.02 | -.01 |
| FSEX | -.08 | -.03 | -.02 | -.03 | .06 | -.12 | -.10 | .10 | -.05 | -.02 | -.04 | -.10 | -.13 | -.13 | .09 | -.19 | -.24 | .09 | -.07 | .02 |
| SREL | .09 | -.01 | .15 | -.02 | .08 | .15 | .04 | -.12 | .13 | .14 | .13 | .10 | -.05 | .10 | .08 | .32 | .29 | -.07 | -.06 | .21 |
| TSEX | .09 | .02 | .16 | .00 | .01 | .06 | -.04 | -.12 | .19 | .17 | .17 | .09 | -.07 | -.03 | .10 | .52 | .20 | .03 | -.08 | .18 |
| SEC | .14 | -.20 | .10 | -.11 | .13 | -.05 | -.02 | .17 | .01 | .17 | .15 | .21 | -.19 | .01 | .28 | -.05 | .01 | .36 | -.39 | .30 |
| FEAR | -.01 | .14 | -.04 | .06 | -.02 | .07 | .12 | -.11 | .02 | -.15 | -.07 | -.08 | .13 | .06 | -.17 | .12 | .12 | -.23 | .27 | -.19 |
| PREC | .08 | -.12 | .06 | .10 | -.05 | .06 | .16 | .05 | -.03 | -.04 | -.04 | -.10 | .24 | .12 | -.06 | -.02 | .03 | -.14 | .19 | -.11 |
| DISM | .02 | .12 | .01 | .02 | -.10 | .04 | -.02 | -.21 | .09 | .03 | .09 | -.00 | -.10 | -.06 | -.04 | .14 | .08 | -.10 | .11 | -.04 |
| SELF | .03 | -.05 | .03 | -.11 | .05 | -.07 | -.15 | .02 | .04 | .18 | .14 | .17 | -.29 | -.11 | .21 | -.02 | -.04 | .28 | -.33 | .25 |
| OTHR | .08 | -.24 | .08 | -.03 | .07 | -.04 | .01 | .21 | -.05 | .11 | .04 | .07 | .01 | .04 | .17 | -.14 | -.07 | .22 | -.23 | .17 |
| SEC | .07 | -.13 | .03 | -.10 | .05 | -.09 | -.05 | .18 | .05 | .08 | .04 | .12 | -.21 | -.01 | .19 | -.01 | .02 | .30 | -.33 | .27 |
| FEAR | -.04 | .16 | -.08 | .07 | -.04 | .02 | .07 | -.09 | .01 | -.15 | -.08 | -.14 | .17 | .03 | -.19 | -.05 | .02 | -.28 | .30 | -.23 |
| PREC | .08 | -.10 | -.01 | .13 | -.06 | .03 | .17 | -.05 | -.08 | -.04 | -.05 | -.05 | .31 | .14 | -.08 | .08 | .03 | -.19 | .24 | -.16 |
| DISM | -.13 | .12 | .01 | .04 | -.11 | .05 | -.04 | -.27 | .11 | .04 | .02 | -.07 | -.11 | -.09 | -.03 | .13 | -.01 | -.06 | .04 | .01 |
| SELF | -.05 | -.03 | .05 | -.10 | .02 | -.03 | -.13 | .02 | .09 | .13 | .08 | .10 | -.32 | -.11 | .17 | .04 | -.02 | .28 | -.33 | .26 |
| OTHR | .14 | -.22 | .04 | -.04 | .06 | -.05 | .04 | .22 | -.06 | .07 | .02 | .12 | .02 | .08 | .14 | -.00 | .01 | .20 | -.19 | .14 |

Note: Underlined variables represent attachment categories as measured using the Relationship Questionnaire. Attachment variables not underlined represent attachment dimensions as measured by the Relationship Scales Questionnaire. See Appendix F for list of variable abbreviations and descriptions.

Critical $r$ for $p<.05=.15$, for $p<.01=.19$, for $p<.001=.24$.

# APPENDIX B

## Error Terms for MANOVA Results

Table 5

Caregiving Scales in Relation to Four Attachment Categories: Error Terms for MANOVA Results

| Source | Error SS | Error MS |
|---|---|---|
| Proximity | 145.477 | .444 |
| Sensitivity | 176.130 | .537 |
| Cooperation | 233.677 | .712 |
| Compulsive | 219.922 | .671 |

Note: Error df=328.

Table 6

Caregiving Scales in Relation to Four Attachment Categories: Error Terms for MANOVA Results - Women

| Source | Error SS | Error MS |
|---|---|---|
| Proximity | 68.977 | .421 |
| Sensitivity | 89.312 | .545 |
| Cooperation | 129.539 | .790 |
| Compulsive | 114.095 | .696 |

Note: Error df=164.

Table 7

Caregiving Scales in Relation to Four Attachment Categories: Error Terms for MANOVA Results - Men

| Source | Error SS | Error MS |
|---|---|---|
| Proximity | 76.417 | .469 |
| Sensitivity | 86.465 | .531 |
| Cooperation | 104.091 | .639 |
| Compulsive | 104.724 | .643 |

Note: Error df=163.

Table 8

Gender in Relation to Twenty Primary Sexual Domain (PSD) Variables: Error Terms for MANOVA Results

| Source | Error SS | Error MS |
|---|---|---|
| Sex Esteem | 19514.130 | 60.044 |
| Sex Depression | 11860.006 | 36.492 |
| Sexual Consciousness | 150.698 | .464 |
| Sex Appeal | 352.345 | 1.084 |
| Sex Assertiveness | 236.499 | .728 |
| Communal Orientation | 6098.795 | 18.766 |
| Evaluative Affect | 2124.264 | 347.172 |
| Communion Orientation | 104.533 | .322 |
| Instrumental Orientation | 189.510 | .583 |
| Exchange Orientation | 7477.422 | 23.008 |
| Variety of Sexual Behavior | 4480.229 | 13.785 |
| Frequency of Intercourse | 755.910 | 2.326 |
| Tell of Sexual Needs | 578.400 | 1.780 |
| SOI | 260806.553 | 802.482 |
| SDSE | 192564.039 | 592.505 |
| Masturbation Frequency | 3352.066 | 10.314 |
| Sexual Daydreaming | 34184.558 | 105.183 |
| Sexual Preoccupation | 21866.154 | 67.281 |
| Sexual Monitoring | 130.786 | .402 |
| SSI | 1631.492 | 5.020 |

Note: Error df=325.

RQ Attachment Categories in Relation to Variety of Sexual Behavior and Frequency of Intercourse: Error Terms for MANOVA Results

| Source | Error SS | Error MS |
|---|---|---|
| Variety of Sexual Behavior | 4267.655 | 13.336 |
| Frequency of Intercourse | 737.444 | 2.305 |

Note: Error df=320.

# APPENDIX C

Statistical t and p Values for Pairwise Comparisons - Table 9 and 10

Table 9

| Variable Set | Pairwise Comparison | t(157) | p value |
|---|---|---|---|
| *Relationship* | | | |
| Number of Steady Relationships | Secure vs. Preoccupied | 2.59 | .0106 (S) |
| | Secure vs. Dismissing | 2.20 | .0295 (S) |
| Length of Current Relationship | Secure vs. Dismissing | 1.64 | .1022 (T) |
| Time Living with Partner | Secure vs. Preoccupied | 2.03 | .0443 (S) |
| Quality of Current Relationship | Secure vs. Fearful | 4.66 | .0000 (S) |
| | Secure vs. Preoccupied | 4.76 | .0000 (S) |
| | Secure vs. Dismissing | 4.91 | .0000 (S) |
| *Sexual-Demographic* | | | |
| Number of Sexual Relationships | Secure vs. Preoccupied | -2.44 | .0040 (S) |
| Number of Sexual Partners | Dismissing vs. Secure | 2.67 | .0084 (S) |
| | Dismissing vs. Fearful | 2.69 | .0078 (S) |
| | Dismissing vs. Preoccupied | 1.84 | .0681 (T) |
| Time from Dating to First Sex | Secure vs. Preoccupied | 1.88 | .0625 (T) |
| *Primary Sexual Domain* | | | |
| Sex Esteem | Fearful vs. Secure | -3.09 | .0012 (S) |
| | Fearful vs. Preoccupied | -3.97 | .0000 (S) |
| | Fearful vs. Dismissing | -2.40 | .0083 (S) |
| | Secure vs. Preoccupied | 2.27 | .0043 (S) |
| | Dismissing vs. Preoccupied | 1.35 | .0889 (T) |
| | Dismissing vs. Secure | 1.47 | .0721 (T) |
| Sex Depression | Secure vs. Fearful | -3.75 | .0001 (S) |
| | Secure vs. Preoccupied | -2.98 | .0017 (S) |
| | Secure vs. Dismissing | -2.18 | .0154 (S) |
| | Fearful vs. Dismissing | 2.45 | .0077 (S) |
| Sexual Consciousness | Dismissing vs. Fearful | 2.33 | .0105 (S) |
| | Dismissing vs. Preoccupied | 1.70 | .0457 (S) |
| Sex Appeal Consciousness | Dismissing vs. Secure | 1.27 | .1034 (T) |
| | Dismissing vs. Preoccupied | 1.31 | .0965 (T) |
| Sex Assertiveness | Fearful vs. Secure | -2.41 | .0083 (S) |
| | Fearful vs. Dismissing | -2.85 | .0025 (S) |
| | Preoccupied vs. Secure | -1.37 | .0867 (T) |
| | Preoccupied vs. Fearful | -1.40 | .0815 (T) |

| | | | |
|---|---|---|---|
| Communion Orientation | Fearful vs. Preoccupied | 1.73 | .0431 (S) |
| | Fearful vs. Dismissing | 1.39 | .0835 (T) |
| Instrumental Orientation | Secure vs. Dismissing | 1.83 | .0348 (S) |
| Exchange Orientation | Secure vs. Dismissing | -2.68 | .0041 (S) |
| | Secure vs. Fearful | -1.40 | .0817 (T) |
| | Secure vs. Preoccupied | -1.33 | .0928 (T) |
| Variety of Sexual Behavior | Fearful vs. Preoccupied | -1.33 | .0928 (T) |
| Frequency of Intercourse | Fearful vs. Preoccupied | -1.86 | .0322 (S) |
| | Fearful vs. Secure | -1.33 | .0919 (T) |
| Tell of Sexual Needs/Desires | Fearful vs. Secure | -2.23 | .0136 (S) |
| | Fearful vs. Dismissing | -3.22 | .0008 (S) |
| | Preoccupied vs. Fearful | -1.38 | .0842 (T) |
| | Preoccupied vs. Dismissing | -1.46 | .0738 (T) |
| SOI | Dismissing vs. Fearful | 2.05 | .0210 (S) |
| | Dismissing vs. Preoccupied | 1.43 | .0777 (T) |
| SDSE | Dismissing vs. Secure | -3.92 | .0000 (S) |
| | Dismissing vs. Fearful | -2.54 | .0060 (S) |
| | Dismissing vs. Preoccupied | -4.44 | .0000 (S) |
| | Fearful vs. Preoccupied | -2.52 | .0064 (S) |
| Sexual Preoccupation | Fearful vs. Dismissing | 1.69 | .0466 (S) |
| Sexual Monitoring | Secure vs. Fearful | -3.24 | .0007 (S) |
| | Secure vs. Preoccupied | -4.22 | .0000 (S) |
| | Dismissing vs. Fearful | -3.97 | .0000 (S) |
| | Dismissing vs. Preoccupied | -4.04 | .0000 (S) |
| SSI | Secure vs. Fearful | 2.94 | .0019 (S) |
| | Secure vs. Dismissing | 2.17 | .0157 (S) |
| | Fearful vs. Preoccupied | -1.45 | .0746 (T) |
| | Fearful vs. Dismissing | -1.44 | .0759 (T) |

Note: (S) = significant result; (T) = trend where $p<.10$. SOI = tendency to engage in uncommitted sexual relations; SDSE = extent of fantasy involving current partner; SSI = satisfaction with sexual aspect of current relationship.

Table 10

| Variable Set | Pairwise Comparison | t(156) | p value |
|---|---|---|---|
| *Relationship* | | | |
| Length of Current Relationship | Secure vs. Preoccupied | 1.84 | .0681 (T) |
| Time Living with Current Partner | Secure vs. Dismissing | -1.97 | .0250 (S) |
| Quality of Current Relationship | Secure vs. Fearful | 4.67 | .0000 (S) |
| | Secure vs. Preoccupied | 4.03 | .0001 (S) |
| | Secure vs. Dismissing | 3.68 | .0003 (S) |
| *Sexual-Demographic* | | | |
| Number of Sexual Relationships | Secure vs. Preoccupied | 1.67 | .0967 (T) |
| | Secure vs. Fearful | 1.90 | .0590 (T) |
| | Secure vs. Dismissing | 1.81 | .0717 (T) |
| Number of Sexual Partners | Secure vs. Fearful | 2.19 | .0296 (S) |
| Time from Dating to First Sex | Fearful vs. Dismissing | -1.83 | .0686 (T) |
| *Primary Sexual Domain* | | | |
| Sex Esteem | Secure vs. Fearful | 2.73 | .0035 (S) |
| | Secure vs. Preoccupied | 2.30 | .0114 (S) |
| | Secure vs. Dismissing | 1.54 | .0627 (T) |
| | Fearful vs. Dismissing | -1.58 | .0586 (T) |
| Sex Depression | Secure vs. Fearful | -3.16 | .0005 (S) |
| | Secure vs. Preoccupied | -3.86 | .0001 (S) |
| | Dismissing vs. Secure | -1.75 | .0407 (S) |
| | Dismissing vs. Fearful | -1.85 | .0334 (S) |
| | Dismissing vs. Preoccupied | -1.93 | .0277 (S) |
| Sex Appeal | Secure vs. Preoccupied | 1.96 | .0258 (S) |
| | Dismissing vs. Fearful | 2.14 | .0170 (S) |
| | Dismissing vs. Preoccupied | 2.02 | .0227 (S) |
| | Secure vs. Fearful | 1.62 | .0538 (T) |
| Communal Orientation | Dismissing vs. Secure | -2.05 | .0210 (S) |
| | Dismissing vs. Preoccupied | -2.98 | .0017 (S) |
| | Fearful vs. Preoccupied | -2.27 | .0124 (S) |
| | Fearful vs. Dismissing | 1.27 | .1032 (T) |
| Evaluative Affect | Secure vs. Preoccupied | 1.29 | .0994 (T) |
| | Secure vs. Dismissing | 1.46 | .0736 (T) |
| Communion Orientation | Dismissing vs. Secure | 2.24 | .0132 (S) |
| | Dismissing vs. Preoccupied | 2.61 | .0050 (S) |
| | Fearful vs. Secure | 1.93 | .0276 (S) |
| | Fearful vs. Preoccupied | 3.12 | .0011 (S) |

| | | | |
|---|---|---|---|
| Exchange Orientation | Preoccupied vs. Secure | 1.96 | .0257 (S) |
| | Preoccupied vs. Fearful | 1.84 | .0339 (S) |
| | Preoccupied vs. Dismissing | 1.98 | .0249 (S) |
| Frequency of Intercourse | Secure vs. Preoccupied | 1.71 | .0448 (S) |
| | Secure vs. Fearful | 1.37 | .0867 (T) |
| | Secure vs. Dismissing | 1.46 | .0727 (T) |
| SOI | Secure vs. Fearful | 3.64 | .0002 (S) |
| | Secure vs. Preoccupied | 2.76 | .0032 (S) |
| | Secure vs. Dismissing | 2.01 | .0232 (S) |
| | Fearful vs. Dismissing | -2.11 | .0091 (S) |
| | Fearful vs. Preoccupied | -1.33 | .0934 (T) |
| SDSE | Secure vs. Preoccupied | 2.04 | .0215 (S) |
| | Secure vs. Dismissing | 2.21 | .0144 (S) |
| Sexual Daydreaming | Secure vs. Dismissing | 1.87 | .0319 (S) |
| | Preoccupied vs. Fearful | 1.74 | .0416 (S) |
| | Preoccupied vs. Dismissing | 2.38 | .0092 (S) |
| Sexual Preoccupation | Dismissing vs. Secure | -2.50 | .0067 (S) |
| | Dismissing vs. Preoccupied | -2.53 | .0063 (S) |
| | Fearful vs. Preoccupied | -2.31 | .0111 (S) |
| | Fearful vs. Secure | -1.63 | .0530 (T) |
| Sexual Monitoring | Preoccupied vs. Secure | 2.89 | .0022 (S) |
| | Preoccupied vs. Dismissing | 2.70 | .0039 (S) |
| | Fearful vs. Preoccupied | -1.56 | .0607 (T) |
| | Fearful vs. Dismissing | 1.62 | .0536 (T) |
| SSI | Secure vs. Fearful | 2.12 | .0178 (S) |
| | Secure vs. Preoccupied | 2.21 | .0142 (S) |
| | Dismissing vs. Fearful | 2.10 | .0187 (S) |
| | Dismissing vs. Preoccupied | 1.70 | .0454 (S) |

Note: (S) = significant result; (T) = trend where $p \leq .10$. SOI = tendency to engage in uncommitted sexual relations; SDSE = extent of fantasy involving current partner; SSI = satisfaction with sexual aspect of current relationship.

# APPENDIX D

Full Partial Pearson Product Moment Correlations between Caregiving Dimensions and Primary Sexual Domain Variables - Women

| *PSD Variable Set* | *Caregiving Dimension* | | | |
|---|---|---|---|---|
| | Proximal(a) | Sensitive(b) | Cooperate(c) | Compuls(d) |
| Sex Esteem | .117 | .215** | .173* | -.190* |
| Sex Depression | -.167* | -.073 | -.176* | .119 |
| Sexual Consciousness | .090 | .288** | .031 | -.138 |
| Sex Appeal | -.079 | .142 | .036 | -.150 |
| Sex Assertiveness | .061 | .162* | .037 | -.010 |
| Communal Orientation | .238** | .144 | .157 | .077 |
| Evaluative Affect | .009 | .142 | .034 | -.107 |
| Communion Orientation | -.256** | -.202* | -.095 | .011 |
| Instrumental Orientation | .062 | .081 | -.032 | .084 |
| Exchange Orientation | -.028 | .002 | .013 | -.033 |
| Variety of Sexual Behavior | .086 | .034 | -.125 | -.034 |
| Frequency of Intercourse | .178* | .078 | .112 | -.121 |
| Tell of Sexual Needs/Desires | .136 | .160* | .128 | -.060 |
| Tendency Toward Uncommitted Sex | -.145 | .085 | .026 | -.077 |
| Inclusive Fantasy | .312** | .086 | .203* | .047 |
| Masturbation Frequency | .035 | .054 | -.046 | .084 |
| Sexual Daydreaming | -.065 | .057 | -.040 | .071 |
| Sexual Preoccupation | -.056 | -.044 | .009 | .026 |
| Sexual Monitoring | -.010 | -.059 | -.096 | .222** |
| Sexual Satisfaction Index | .142 | -.006 | .165* | -.165* |

Note: *$p<.05$ **$p<.01$ (2 tailed). All other comparisons, $p>.05$.

Full Partial Pearson Product Moment Correlations between Caregiving Dimensions and Primary Sexual Domain Variables - Men

| *PSD Variable Set* | *Caregiving Dimension* | | | |
|---|---|---|---|---|
| | Proximal(a) | Sensitive(b) | Cooperate(c) | Compuls(d) |
| Sex Esteem | .066 | .369** | .109 | -.261** |
| Sex Depression | -.130 | -.215** | -.197* | .259** |
| Sexual Consciousness | .069 | .166* | -.020 | -.107 |
| Sex Appeal | -.063 | .188* | .007 | -.066 |
| Sex Assertiveness | .083 | .170* | -.167* | -.110 |
| Communal Orientation | .295** | .275** | .041 | -.041 |
| Evaluative Affect | .136 | .169* | .145 | -.180* |
| Communion Orientation | -.173* | .023 | -.058 | -.035 |
| Instrumental Orientation | .146 | .166* | .100 | -.098 |
| Exchange Orientation | .013 | -.005 | -.086 | .128 |
| Variety of Sexual Behavior | -.043 | .052 | -.145 | .005 |
| Frequency of Intercourse | .174* | .190* | .151 | -.191* |
| Tell of Sexual Needs/Desires | .107 | .208** | -.082 | -.072 |
| Tendency Toward Uncommitted Sex | -.033 | .092 | .110 | -.185* |
| Inclusive Fantasy | .223** | .077 | .158* | .039 |
| Masturbation Frequency | .022 | .103 | .068 | -.022 |
| Sexual Daydreaming | .071 | .049 | .013 | -.035 |
| Sexual Preoccupation | .122 | .058 | -.008 | -.072 |
| Sexual Monitoring | -.007 | -.112 | .003 | .089 |
| Sexual Satisfaction Index | .174* | .163* | .168* | -.111 |

Note: *p<.05 **p<.01 (2 tailed). All other comparisons, p>.05.

# APPENDIX E

Direction of Correlational Relationships Between Attachment Dimensions on Primary Sexual Domain (PSD) Variables - Hypothesized Versus Obtained Results

| PSD Variables | Gender | Attachment Dimensions: Secure | Fearful | Preoccupied | Dismissing |
|---|---|---|---|---|---|
| Sex Esteem | F | ✓ | ✓ | × | ✓ |
| | M | ✓ | ✓ | × | ✓w |
| Sex Depression | F | ✓ | ✓ | × | ×w |
| | M | ✓ | ✓ | × | ✓w |
| Sex Assertiveness | F | ✓ | ✓ | × | ✓ |
| | M | ×w | ✓w | ✓ | ✓w |
| Sexual Consciousness | F | ✓ | ✓ | × | ✓ |
| | M | × | ✓w | ✓w | × |
| Sex Appeal Consciousness | F | ×w | ×w | ×w | ✓ |
| | M | ✓ | ✓ | × | ✓ |
| Communal Orientation | F | ✓ | ✓w | ✓w | ✓w |
| | M | ✓w | ✓ | ✓ | × |
| Evaluative Affect | F | ×w | ✓w | ×w | ✓ |
| | M | ✓ | × | ×w | × |
| Exchange Orientation | F | ✓ | × | ✓ | ✓ |
| | M | ✓ | ✓w | ✓ | × |
| Communion Orientation | F | ×w | ✓ | ×w | ×w |
| | M | × | ✓ | × | × |
| Instrumental Orientation | F | × | ✓ | × | × |
| | M | ✓w | ×w | × | × |
| Variety of Sexual Behavior | F | ✓w | ✓ | ✓ | ×w |
| | M | ✓w | ✓ | × | ×w |
| Frequency of Intercourse | F | ✓w | ✓ | ✓ | ✓ |
| | M | ✓ | ✓ | × | ✓ |
| Tell of Sexual Needs/Desires | F | ✓ | ✓ | ×w | × |
| | M | ✓ | ✓ | ×w | ✓ |
| SOI | F | ×w | × | ✓w | ✓ |
| | M | × | × | ✓ | ✓w |
| SDSE | F | ✓ | ✓ | ✓ | ✓ |
| | M | ✓ | ×w | × | ✓ |
| Masturbation Frequency | F | ×w | ×w | ✓ | ×w |
| | M | ✓w | ×w | ✓w | ✓w |

| | | | | | |
|---|---|---|---|---|---|
| Sexual Daydreaming | F | × | × | ✓w | ✓w |
| | M | ✓ | ✓w | ✓ | × |
| Sexual Preoccupation | F | ×w | × | ×w | × |
| | M | ✓ | ✓ | ✓ | × |
| Sexual Monitoring | F | × | × | ✓ | × |
| | M | × | × | ✓ | × |
| SSI | F | ✓ | ✓ | × | ✓ |
| | M | ✓ | ✓ | × | × |

Note: F=female; M=male; ✓=confirmed direction of hypothesized result; ×= disconfirmed direction of hypothesized result; w=weak result where obtained *r* fell between -.05 and .05. SOI = tendency to engage in uncommitted sexual relations; SDSE = extent of fantasy involving current partner; SSI = satisfaction with sexual aspect of current relationship.

# APPENDIX F

Listing of Abbreviations and Full Description of all Variable Names

*Demographic Variables*

Age

Ethn - Ethnic status

Kid - Has respondent had children

Kidh - Are there children present in the respondent's residence

Livc - Number of years living in Canada

Livs - Current living situation

Mar - Marital status

Relo - Religious orientation/affiliation

Relv - Strength of religious beliefs

Sabu - Experience of sexual abuse at any time

*Attachment Variables* (in text designated as categories or dimensions)

Rqgen - Relationship Questionnaire Attachment Categories

Sec - Secure

Prec - Preoccupied

Dism - Dismissing

Fear - Fearful

Self - Self Model

Othr - Model of Hypothetical Others

*Caregiving Variables*

Prox - Proximity versus Distance

Sens - Sensitivity versus Insensitivity

Coop - Cooperation versus Control

Comp - Compulsive Caregiving

*Relationship Variables*

Nums - Number of steady/romantic relationships

Long - length of longest romantic relationship

Curl - length of current romantic/sexual relationship

Livt - length of time living with current partner

QMI - perceived quality of current relationship

*Sexual-Demographic Variables*

Srel - total number of sexual relationships

Tsex - total number of different sexual partners

Fsex - length of time from start of dating to first intercourse

Actv - age when first had consenting intercourse

*Primary Sexual Domain Variables*

Sxes - sexual esteem

Sxdp - sexual depression

Sxcn - sexual consciousness

Sxap - sexual appeal

Sxas - sexual assertiveness

Coml - communal orientation

SOS - sexual opinion survey (affective/evaluative responses to sexual stimuli)

Comu - communion orientation

Inst - instrumental orientation

Exch - exchange orientation

CPSS - variety of sexual experience in the current relationship

Sxfr - frequency of intercourse in the current relationship

Sxtl - tendency to tell current partner about sexual needs and desires

SOI - sociosexual orienation (tendency to engage in uncommitted sexual relations)

SDSE - extent of fantasy involving the current partner

Mast - frequency of masturbation within the current relationship

SDS - sexual daydreaming

*Primary Sexual Domain Variables, cont.*

Sxpr - sexual preoccupation

Sxmo - sexual monitoring

SSI - satisfaction with the sexual aspect of the current relationship

APPENDIX G

# RELATIONSHIP QUESTIONNAIRE

## *PLEASE READ THIS INFORMATION BEFORE STARTING!!*

**Take a moment to make sure you have received the correct questionnaire. If you are male, this cover sheet should be blue. If you are female, it should be green.**

**On the next pages are lots of questions asking you about how you think and feel in relationships. Each part of the questionnaire has directions for you to read. *Please make sure you read all directions carefully!!* They tell you how to fill out the questions properly.**

***Please make sure you answer every question.* Any unanswered questions will make the entire package useless, which would be a waste of the effort you put in for all the questions you do answer.**

**Some of the questions may seem difficult, but please try to answer as openly and honestly as you can. There are no right or wrong answers.**

***Please do not put your name on this questionnaire package.***

**If you have any questions at this point, or while completing the questionnaire package, please ask the primary researcher (Jordan Hanley).**

## GENERAL INFORMATION

1. Your sex: _____ Female _____ Male

2. Your age: _____

3. Your ethnic background (circle one):

   a) Caucasian
   b) Asian
   c) Indo-Canadian
   d) Black
   e) Other (please specify): _____

4. Have you ever been involved in an ongoing (or steady) romantic or sexual relationship? _____ Yes _____ No

   If not, please skip to question #11.

5. How many ongoing (or steady) romantic/sexual relationships have you ever been involved in as an adult? _____

6. How many of these ongoing romantic relationships have been sexual? (where you had sex with your partner at the time) _____

7. What is the longest romantic/sexual relationship you have been involved in?
   (e.g., 2 months, 3 1/2 years) _____

   If you have never had a sexual relationship, what is the longest romantic/dating relationship you have been involved in?

   _____

8. How many people have you had sex with as an adult? _____

9. Are you currently involved in an ongoing romantic relationship? _____ Yes _____ No

   If so, how long have you been involved in this relationship? _____

   Is this a sexual relationship? _____ Yes _____ No

   If it is a sexual relationship, how long was it after you started dating until you first had sex?

   _____

10. Do either you or your current romantic/sexual partner have any children?

____ Yes ____ No

If yes, are any of these children currently living with you or your partner?

____ Yes ____ No

11. Your marital status (you may circle more than one):

a) Single

b) Cohabiting with romantic partner ("living together")

c) Married

d) Separated

e) Divorced

12. Your current living situation (you may circle more than one):

a) by self

b) with one or both parents

c) with roommates

d) with spouse or romantic partner

e) other (please specify): _____

If you are living with your current romantic/sexual partner, how long have you lived together?

_____

13. How long have you lived in Canada? _____

14. What is your sexual orientation? (circle one)

a) attracted mostly to members of the opposite sex (heterosexual)

b) attracted mostly to members of the same sex (homosexual)

c) attracted about equally to members of both sexes (bisexual)

14a. Please indicate the level of intensity of your religious beliefs by writing a number between zero and twenty where 0 = Not at all Intense; and 20 = Very Intense

Level of Intensity of Religious Beliefs = _____

15. What is your religious orientation?

a) Protestant
b) Catholic
c) Agnostic
d) Atheist
e) other (please specify): _____

16. Education: Put a check beside the furthest you have gone in school:

| | | |
|---|---|---|
| _____elementary school | _____some college | _____undergraduate degree |
| _____some high school | _____college complete | _____some graduate school |
| _____high school complete | _____some university | _____graduate degree(s) |

17. Have you ever been sexually abused?

_____yes _____no

*Thank you for responding to this important set of questions.*

*If you are <u>not currently</u> in an ongoing romantic/sexual relationship, you have completed all of the questionnaire package that applies to you. Please stop at this point and return the package to the person you received it from.*

*If you <u>are currently</u> in an ongoing romantic/sexual relationship, please turn this page and continue with the questionnaire package.*

## QMI INDEX

INSTRUCTIONS:

This part of the questionnaire asks about relationship attitudes. Try to respond to each of the statements as honestly as possible, based on your relationship with your current romantic/sexual partner.

| | VERY STRONG DISAGREEMENT | | | | | | VERY STRONG AGREEMENT |
|---|---|---|---|---|---|---|---|
| 1. We have a good relationship. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. My relationship with my partner is very stable. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Our relationship is strong. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. My relationship with my partner makes me happy. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. I really feel like *part of a team* with my partner. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

6. [the degree of happiness, everything considered, in your relationship]

| VERY UNHAPPPY | | | | | | | | | VERY HAPPY |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

# RSQ

INSTRUCTIONS: Please read each of the following statements and rate the extent that each describes your feelings about close relationships. Think about all of your close relationships, past and present, and respond in terms of how you generally feel in these relationships.

| | Not at all like me | | Somewhat like me | | Very Much like me |
|---|---|---|---|---|---|
| 1. I find it difficult to depend on other people. | 1 | 2 | 3 | 4 | 5 |
| 2. It is very important to me to feel independent. | 1 | 2 | 3 | 4 | 5 |
| 3. I find it easy to get emotionally close to others. | 1 | 2 | 3 | 4 | 5 |
| 4. I want to merge completely with another person. | 1 | 2 | 3 | 4 | 5 |
| 5. I worry that I will be hurt if I allow myself to become too close to others. | 1 | 2 | 3 | 4 | 5 |
| 6. I am comfortable without close emotional relationships. | 1 | 2 | 3 | 4 | 5 |
| 7. I am not sure that I can always depend on others to be there when I need them. | 1 | 2 | 3 | 4 | 5 |
| 8. I want to be completely emotionally intimate with others. | 1 | 2 | 3 | 4 | 5 |
| 9. I worry about being alone. | 1 | 2 | 3 | 4 | 5 |
| 10. I am comfortable depending on other people. | 1 | 2 | 3 | 4 | 5 |
| 11. I often worry that romantic partners don't really love me. | 1 | 2 | 3 | 4 | 5 |
| 12. I find it difficult to trust others completely. | 1 | 2 | 3 | 4 | 5 |
| 13. I worry about others getting too close to me. | 1 | 2 | 3 | 4 | 5 |
| 14. I want emotionally close relationships. | 1 | 2 | 3 | 4 | 5 |
| 15. I am comfortable having other people depend on me. | 1 | 2 | 3 | 4 | 5 |
| 16. I worry that others don't value me as much as I value them. | 1 | 2 | 3 | 4 | 5 |

| | Not at all like me | | | | Very Much like me |
|---|---|---|---|---|---|
| 17. People are never there when you need them. | 1 | 2 | 3 | 4 | 5 |
| 18. My desire to merge completely sometimes scares people away. | 1 | 2 | 3 | 4 | 5 |
| 19. It is very important to me to feel self-sufficient. | 1 | 2 | 3 | 4 | 5 |
| 20. I am nervous when anyone gets too close to me. | 1 | 2 | 3 | 4 | 5 |
| 21. I often worry that romantic partners won't want to stay with me. | 1 | 2 | 3 | 4 | 5 |
| 22. I prefer not to have other people depend on me. | 1 | 2 | 3 | 4 | 5 |
| 23. I worry about being abandoned. | 1 | 2 | 3 | 4 | 5 |
| 24. I am uncomfortable being close to others. | 1 | 2 | 3 | 4 | 5 |
| 25. I find that others are reluctant to get as close as I would like. | 1 | 2 | 3 | 4 | 5 |
| 26. I prefer not to depend on others. | 1 | 2 | 3 | 4 | 5 |
| 27. I know that others will be there when I need them. | 1 | 2 | 3 | 4 | 5 |
| 28. I worry about having others not accept me. | 1 | 2 | 3 | 4 | 5 |
| 29. Romantic partners often want me to be closer than I feel comfortable being. | 1 | 2 | 3 | 4 | 5 |
| 30. I find it relatively easy to get close to others. | 1 | 2 | 3 | 4 | 5 |

# KCS

INSTRUCTIONS:

Please read each of the following statements and rate the extent to which each describes your feelings and behaviors in your current romantic relationship. Respond in terms of how you feel and behave in this relationship.

| | NOT AT ALL LIKE ME | | | | | VERY MUCH LIKE ME |
|---|---|---|---|---|---|---|
| 1. When my partner seems to want or need a hug, I'm glad to provide it. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. I'm very good at recognizing my partner's needs and feelings, even when they're different from my own. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. I tend to be too domineering when trying to help my partner. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. I tend to get overinvolved in my partner's problems and difficulties. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. When my partner is troubled or upset, I move closer to provide support or comfort. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. I am very attentive to my partner's nonverbal signals for help and support. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. When helping my partner solve a problem, I am much more 'cooperative' than 'controlling.' | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. I frequently get too 'wrapped up' in my partner's problems and needs. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. I sometimes draw away from my partner's attempts to get a reassuring hug from me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. I can always tell when my partner needs comforting, even when s/he doesn't ask for it. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. When I help my partner with something, I tend to want to do things 'my way.' | 1 | 2 | 3 | 4 | 5 | 6 |

| | NOT AT ALL LIKE ME | | | | | VERY MUCH LIKE ME |
|---|---|---|---|---|---|---|
| 12. I tend to take on my partner's problems - and then feel burdened by them. | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. I feel comfortable holding my partner when s/he needs physical signs of support and reassurance. | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. Too often, I don't realize when my partner is upset or worried about something. | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. I can help my partner work out his/her problems without 'taking control.' | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. I create problems by taking on my partner's troubles as if they were my own. | 1 | 2 | 3 | 4 | 5 | 6 |
| 17. I sometimes push my partner away when s/he reaches out for a needed hug or kiss. | 1 | 2 | 3 | 4 | 5 | 6 |
| 18. I sometimes miss the subtle signs that show how my partner is feeling. | 1 | 2 | 3 | 4 | 5 | 6 |
| 19. I am always supportive of my partner's *own efforts* to solve his/her problems. | 1 | 2 | 3 | 4 | 5 | 6 |
| 20. I help my partner without becoming overinvolved in his/her problems. | 1 | 2 | 3 | 4 | 5 | 6 |
| 21. When my partner cries or is distressed, my first impulse is to hold or touch him/her. | 1 | 2 | 3 | 4 | 5 | 6 |
| 22. I'm good at knowing when my partner needs my help or support and when s/he would rather handle things alone. | 1 | 2 | 3 | 4 | 5 | 6 |
| 23. When my partner tells me about a problem, I sometimes go too far in criticizing his/her own attempts to deal with it. | 1 | 2 | 3 | 4 | 5 | 6 |
| 24. When necessary, I can say 'no' to my partner's requests for help without feeling guilty. | 1 | 2 | 3 | 4 | 5 | 6 |

| | NOT AT ALL LIKE ME | | | | | VERY MUCH LIKE ME |
|---|---|---|---|---|---|---|
| 25. When my partner is crying or emotionally upset, I sometimes feel like withdrawing. | 1 | 2 | 3 | 4 | 5 | 6 |
| 26. I'm not very good at 'tuning-in' to my partner's needs and feelings. | 1 | 2 | 3 | 4 | 5 | 6 |
| 27. I always respect my partner's ability to make his/her own decisions and solve his/her own problems. | 1 | 2 | 3 | 4 | 5 | 6 |
| 28. I can easily keep myself from becoming overly concerned about or overly protective of my partner. | 1 | 2 | 3 | 4 | 5 | 6 |
| 29. I don't like it when my partner is needy and clings to me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 30. I sometimes 'miss' or 'misread' my partner's signals for help and understanding. | 1 | 2 | 3 | 4 | 5 | 6 |
| 31. I often end up telling my partner what to do when s/he is trying to make a decision. | 1 | 2 | 3 | 4 | 5 | 6 |
| 32. When it's important, I take care of my own needs before I try to take care of my partner's. | 1 | 2 | 3 | 4 | 5 | 6 |

# GENRQCAT

## PLEASE READ DIRECTIONS!!!

1. Following are descriptions of four general relationship styles that people often report. Please read each description and CIRCLE the letter corresponding to the style that best describes you or is closest to the way you generally are in your close relationships.

A. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.

B. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.

C. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.

D. I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

# GENRQDIM

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

A. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.

B. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.

C. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.

D. I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

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

# PART TWO

## GENERAL INSTRUCTIONS:

***IF YOUR CURRENT ROMANTIC RELATIONSHIP IS SEXUAL*** **(that is, you have had intercourse with your partner), PART TWO of the questionnaire package applies to you. Please turn the page and continue.**

***IF YOUR CURRENT ROMANTIC RELATIONSHIP IS <u>NOT</u> SEXUAL,*** **you have completed all of the questionnaire package that applies to you. Please take a moment to review the package to make sure you haven't missed any items or left any pages blank that apply to you.**

**After reviewing your responses, please seal your questionnaire package inside the unmarked envelope you were given. You will be asked to place this envelope in a box that contains previously completed and sealed questionnaire packages. In this way your responses will remain completely anonymous.**

**The primary researcher (Jordan Hanley) will briefly speak with you about the study and give you an information sheet to take with you.**

**Thank you very much for your participation.**

**PART TWO**

## *PLEASE READ THE FOLLOWING INFORMATION:*

**The rest of the questionnaire package deals specifically with sexual behavior and attitudes. This is a very important part of this study, and the information gathered will hopefully be useful to professionals working with couples.**

**WE WANT TO EMPHASIZE THAT PART TWO OF THE QUESTIONNAIRE PACKAGE ASKS SPECIFIC AND DETAILED QUESTIONS ABOUT YOUR SEXUAL ATTITUDES AND BEHAVIORS.**

**Although it is understandable to feel a bit uneasy when reporting your sexual behavior and attitudes, we encourage you to complete the questionnaire. Efforts have been made to ensure that nobody, not even the primary researcher, will be able to identify your responses. We hope you feel comfortable enough to respond openly and honestly to the questions. Remember that you are free to withdraw from the study at any time.**

**Please turn the page and continue with the questionnaire.**

# SSI

INSTRUCTIONS: Please read the following three questions and circle the number of the response that is most true for you.

1. How satisfied are you with yourself as a sexual partner in your current sexual relationship?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| Very Unsatisfied | | | | | | Very Satisfied |

2. How satisfied are you with your current sexual partner?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| Very Unsatisfied | | | | | | Very Satisfied |

3. All things considered, how satisfied are you with your current sexual relationship?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|
| Very Unsatisfied | | | | | | | | | Very Satisfied |

# SAQ

**INSTRUCTIONS:** The items listed below refer to the sexual aspects of people's lives. Please read each item carefully and circle the letter of the response that is most characteristic of you by using the following scale:

A = Not at all characteristic of me
B = Slightly characteristic of me
C = Somewhat characteristic of me
D = Moderately characteristic of me
E = Very characteristic of me

1. I am very aware of my sexual feelings..... A B C D E
2. I wonder whether others think I'm sexy..... A B C D E
3. I'm assertive about the sexual aspects of my life..... A B C D E
4. I'm very aware of my sexual motivations..... A B C D E
5. I'm concerned about the sexual appearance of my body..... A B C D E
6. I'm not very direct about voicing my sexual desires..... A B C D E
7. I'm always trying to understand my sexual feelings..... A B C D E
8. I know immediately when others consider me sexy..... A B C D E
9. I am somewhat passive about expressing my sexual desires..... A B C D E
10. I'm very alert to changes in my sexual desires..... A B C D E
11. I am quick to sense whether others think I'm sexy..... A B C D E
12. I do not hesitate to ask for what I want in a sexual relationship..... A B C D E
13. I am very aware of my sexual tendencies..... A B C D E
14. I usually worry about making a good sexual impression on others.... A B C D E
15. I'm the type of person who insists on having my sexual needs met.. A B C D E
16. I think about my sexual motivations more than most people do..... A B C D E
17. I'm concerned about what other people think of my sex appeal..... A B C D E

A = Not at all characteristic of me
B = Slightly characteristic of me
C = Somewhat characteristic of me
D = Moderately characteristic of me
E = Very characteristic of me

18. When it comes to sex, I usually ask for what I want..... A B C D E

19. I reflect about my sexual desires a lot..... A B C D E

20. I never seem to know when I'm turning others on..... A B C D E

21. If I were sexually interested in someone, I'd let that person know.... A B C D E

22. I'm very aware of the way my mind works when I'm sexually aroused..... A B C D E

23. I rarely think about my sex appeal..... A B C D E

24. If I were to have sex with someone, I'd tell my partner what I like.. A B C D E

25. I know what turns me on sexually..... A B C D E

26. I don't care what others think of my sexuality..... A B C D E

27. I don't let others tell me how to run my sex life..... A B C D E

28. I rarely think about the sexual aspects of my life..... A B C D E

29. I know when others think I'm sexy..... A B C D E

30. If I were to have sex with someone, I'd let my partner take the initiative..... A B C D E

31. I don't think about my sexuality very much..... A B C D E

32. Other people's opinions of my sexuality don't matter very much to me..... A B C D E

33. I would ask about sexually-transmitted diseases before having sex with someone..... A B C D E

34. I don't consider myself a very sexual person..... A B C D E

35. When I'm with others, I want to look sexy..... A B C D E

36. If I wanted to practice "safe sex" with someone, I would insist on doing so..... A B C D E

# SS

INSTRUCTIONS: Please read each of the following items carefully, and indicate how much you agree or disagree with each statement by using the following scale:

1. Disagree
2. Slightly disagree
3. Neither agree nor disagree
4. Slightly agree
5. Agree

| | | | | | |
|---|---|---|---|---|---|
| 1. I am a good sexual partner..... | 1 | 2 | 3 | 4 | 5 |
| 2. I am depressed about the sexual aspects of my life..... | 1 | 2 | 3 | 4 | 5 |
| 3. I think about sex all the time..... | 1 | 2 | 3 | 4 | 5 |
| 4. I would rate my sexual skill quite highly..... | 1 | 2 | 3 | 4 | 5 |
| 5. I feel good about my sexuality..... | 1 | 2 | 3 | 4 | 5 |
| 6. I think about sex more than anything else..... | 1 | 2 | 3 | 4 | 5 |
| 7. I am better at sex than most other people..... | 1 | 2 | 3 | 4 | 5 |
| 8. I am disappointed about the quality of my sex life..... | 1 | 2 | 3 | 4 | 5 |
| 9. I don't daydream about sexual situations..... | 1 | 2 | 3 | 4 | 5 |
| 10. I sometimes have doubts about my sexual competence..... | 1 | 2 | 3 | 4 | 5 |
| 11. Thinking about sex makes me happy..... | 1 | 2 | 3 | 4 | 5 |
| 12. I tend to be preoccupied with sex..... | 1 | 2 | 3 | 4 | 5 |
| 13. I am not very confident in sexual encounters..... | 1 | 2 | 3 | 4 | 5 |
| 14. I derive pleasure and enjoyment from sex..... | 1 | 2 | 3 | 4 | 5 |
| 15. I'm constantly thinking about having sex..... | 1 | 2 | 3 | 4 | 5 |
| 16. I think of myself as a very good sexual partner..... | 1 | 2 | 3 | 4 | 5 |
| 17. I feel down about my sex life..... | 1 | 2 | 3 | 4 | 5 |

1. Disagree
2. Slightly disagree
3. Neither agree nor disagree
4. Slightly agree
5. Agree

| | | | | | |
|---|---|---|---|---|---|
| 18. I think about sex a great deal of the time..... | 1 | 2 | 3 | 4 | 5 |
| 19. I would rate myself low as a sexual partner..... | 1 | 2 | 3 | 4 | 5 |
| 20. I feel unhappy about my sexual relationships..... | 1 | 2 | 3 | 4 | 5 |
| 21. I seldom think about sex..... | 1 | 2 | 3 | 4 | 5 |
| 22. I am confident about myself as a sexual partner..... | 1 | 2 | 3 | 4 | 5 |
| 23. I feel pleased with my sex life..... | 1 | 2 | 3 | 4 | 5 |
| 24. I hardly ever fantasize about having sex..... | 1 | 2 | 3 | 4 | 5 |
| 25. I am not very confident about my sexual skill..... | 1 | 2 | 3 | 4 | 5 |
| 26. I feel sad when I think about my sexual experiences..... | 1 | 2 | 3 | 4 | 5 |
| 27. I probably think about sex less often than most people..... | 1 | 2 | 3 | 4 | 5 |
| 28. I sometimes doubt my sexual competence..... | 1 | 2 | 3 | 4 | 5 |
| 29. I am not discouraged about sex..... | 1 | 2 | 3 | 4 | 5 |
| 30. I don't think about sex very often..... | 1 | 2 | 3 | 4 | 5 |

## SAS

INSTRUCTIONS: Please read the following items and indicate how much you agree or disagree with each statement.

1. Sex gets better as a relationship progresses.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

2. Sex is the closest form of communication between two people.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

3. A sexual encounter between two people deeply in love is the ultimate human interaction.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

4. Orgasm is the greatest experience in the world.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

5. At its best, sex seems to be the merging of two souls.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

6. Sex is a very important part of life.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

7. Sex is usually an intensive, almost overwhelming experience.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

8. During sexual intercourse, intense awareness of the partner is the best frame of mind.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

9. Sex is fundamentally good.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

10. Sex is best when you let yourself go and focus on your own pleasure.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

11. Sex is primarily the taking of pleasure from another person.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

12. The main purpose of sex is to enjoy oneself.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

13. Sex is primarily physical.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

14. Sex is primarily a bodily function, like eating.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

15. Sex is mostly a game between males and females.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| Strongly Agree | Moderately Agree | Neutral | Moderately Disagree | Strongly Disagree |

# SRS

INSTRUCTIONS: Listed below are several statements that concern the topic of sexual relationships. Please read each of the following statements carefully and decide to what extent they are generally characteristic of you in sexual relationships. For each statement, circle the letter that indicates how much it applies to you by using the following scale:

A = Not at all characteristic of me
B = Slightly characteristic of me
C = Somewhat characteristic of me
D = Moderately characteristic of me
E = Very characteristic of me

NOTE: Remember to respond to all items, even if you are not completely sure.

1. It would bother me if my sexual partner neglected my needs.
   A B C D E

2. When I make love with someone I generally expect something in return.
   A B C D E

3. If I were to make love with a sexual partner, I'd take that person's needs and feelings into account.
   A B C D E

4. If a sexual partner were to do something sensual for me, I'd try to do the same for him/her.
   A B C D E

5. I'm not especially sensitive to the feelings of a sexual partner.
   A B C D E

6. I don't think people should feel obligated to repay an intimate partner for sexual favors.
   A B C D E

7. I don't consider myself to be a particularly helpful sexual partner.
   A B C D E

8. I wouldn't feel all that exploited if an intimate partner failed to repay me for a sexual favor.
   A B C D E

A = Not at all characteristic of me
B = Slightly characteristic of me
C = Somewhat characteristic of me
D = Moderately characteristic of me
E = Very characteristic of me

9. I believe sexual lovers should go out of their way to be sexually responsive to their partner.

A B C D E

10. I wouldn't bother to keep track of the times a sexual partner asked for a sensual pleasure.

A B C D E

11. I wouldn't especially enjoy helping a partner achieve their own sexual satisfaction.

A B C D E

12. When a person receives sexual pleasures from another, she/he ought to repay that person right away.

A B C D E

13. I expect a sexual partner to be responsive to my sexual needs and feelings.

A B C D E

14. It's best to make sure things are always kept "even" between two people in a sexual relationship.

A B C D E

15. I would be willing to go out of my way to satisfy my sexual partner.

A B C D E

16. I would do a special sexual favor for an intimate partner, only if that person did some special sexual favor for me.

A B C D E

17. I don't think it's wise to get involved taking care of a partner's sexual needs.

A B C D E

18. If my sexual partner performed a sexual request for me, I wouldn't feel that I'd have to repay him/her later on.

A B C D E

A = Not at all characteristic of me
B = Slightly characteristic of me
C = Somewhat characteristic of me
D = Moderately characteristic of me
E = Very characteristic of me

19. I'm not the sort of person who would help a partner with a sexual problem.
A B C D E

20. If my sexual partner wanted something special from me, she/he would have to do something sexual for me.
A B C D E

21. If I were feeling sexually needy, I'd ask my sexual partner for help.
A B C D E

22. If my sexual partner became emotionally upset, I would try to avoid him/her.
A B C D E

23. People should keep their sexual problems to themselves.
A B C D E

24. If a sexual partner were to ignore my sexual needs, I'd feel hurt.
A B C D E

# SDS

INSTRUCTIONS: Please read each item carefully and circle the number of the response that best describes you by using the following scale:

1. definitely not true for me
2. usually not true for me
3. usually true for me
4. true for me
5. very true for me

| | | | | | |
|---|---|---|---|---|---|
| 1. My daydreams about love are so vivid, I actually feel they are occurring | 1 | 2 | 3 | 4 | 5 |
| 2. I imagine myself to be physically attractive to people of the opposite sex | 1 | 2 | 3 | 4 | 5 |
| 3. While working intently at a job, my mind will wander to thoughts about sex | 1 | 2 | 3 | 4 | 5 |
| 4. Sometimes on my way to work, I imagine myself making love to an attractive person of the opposite sex | 1 | 2 | 3 | 4 | 5 |
| 5. My sexual daydreams are very vivid and clear in my mind | 1 | 2 | 3 | 4 | 5 |
| 6. While reading, I often slip into daydreams about sex or making love to someone | 1 | 2 | 3 | 4 | 5 |
| 7. While travelling on a train or bus or airplane, my idle thoughts turn to love | 1 | 2 | 3 | 4 | 5 |
| 8. Whenever I am bored, I daydream about the opposite sex | 1 | 2 | 3 | 4 | 5 |
| 9. Sometimes in the middle of the day, I will daydream of having sexual relations with someone I am fond of | 1 | 2 | 3 | 4 | 5 |
| 10. In my fantasies, I arouse great desire in someone I admire | 1 | 2 | 3 | 4 | 5 |
| 11. Before going to sleep, my idle thoughts turn to love-making. | 1 | 2 | 3 | 4 | 5 |
| 12. My daydreams tend to arouse me physically | 1 | 2 | 3 | 4 | 5 |

13. Think about the sexual daydreams and fantasies you have had since beginning a romantic relationship with your current sexual partner. In general, to what extent has your current sexual partner been included in your sexual fantasies? (Circle one).

    a. Always - my fantasies include my current sexual partner 100% of the time.
    b. 90% of the time
    c. 80% of the time
    d. 70% of the time
    e. 60% of the time
    f. 50% of the time
    g. 40% of the time
    h. 30% of the time
    i. 20% of the time
    j. 10% of the time
    k. Never - my fantasies have <u>not ever</u> included my current sexual partner.

## SOI

INSTRUCTIONS:
Please answer all of the following questions honestly. For the questions dealing with behavior, *write* your answers in the blank spaces provided. For the questions dealing with thoughts and attitudes, *circle* the appropriate number on the scales provided.

1. With how many different partners have you had sex (sexual intercourse) within the past year? _____

2. How many different partners do you foresee yourself having sex with during the next five years? (Please give a *specific, realistic* estimate). _____

3. With how many different partners have you had sex on *one and only one* occasion? _____

4. How often do you fantasize about having sex with someone other than your current ongoing sexual partner (Circle one).

   1. never
   2. once every two or three months
   3. once a month
   4. once every two weeks
   5. once a week
   6. a few times each week
   7. nearly every day
   8. at least once a day

5. Sex without love is OK.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|
| I strongly disagree | | | | | | | | I strongly agree |

6. I can imagine myself being comfortable and enjoying "casual" sex with different partners.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|
| I strongly disagree | | | | | | | | I strongly agree |

7. I would have to be closely attached to someone (both emotionally and psychologically) before I could feel comfortable and fully enjoy having sex with him or her.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|---|---|---|---|---|---|---|---|---|
| I strongly disagree | | | | | | | | I strongly agree |

CPSSE-F

INSTRUCTIONS: If you are not exclusively attracted sexually to members of the opposite sex (ie. you are not heterosexual), please turn to the next section of the questionnaire, the SOS scale.

Please indicate whether you have experienced the following behaviors in your CURRENT SEXUAL RELATIONSHIP by circling either yes or no for each behavior.

1. Showering or bathing with your male partner..... yes no
2. Penetration of your vagina by your male partner's finger..... yes no
3. Mutual oral stimulation of genitals to orgasm..... yes no
4. Your finger penetrating your male partner's anus..... yes no
5. Penetration of your vagina by your male partner's tongue..... yes no
6. Your male partner's mouth in contact with your breast..... yes no
7. Your male partner's observation of your nude body..... yes no
8. Your nude breast felt by your male partner..... yes no
9. Sexual intercourse, with you lying on top of your male partner..... yes no
10. Your mouth in contact with your partner's penis..... yes no
11. Exposure to erotic materials sold openly in newsstands..... yes no
12. Your male partner's tongue manipulating your genitals to orgasm..... yes no
13. Sexual intercourse, with your male partner lying on top of you..... yes no
14. Your hand in contact with your male partner's anal area..... yes no
15. Your hand manipulating your partner's penis..... yes no
16. Your male partner's tongue manipulating your clitoris..... yes no
17. Your male partner's hand manipulating your vulva (outer genital area)..... yes no
18. Your partner lying on top of you, face to face without his penis inside your vagina..... yes no
19. Your partner's penis inside your anus (anal intercourse)..... yes no
20. Sexual intercourse with your male partner, partially clothed..... yes no
21. Hand manipulation of your clitorus by your male partner..... yes no
22. Hand manipulation of your clitorus to orgasm by your male partner..... yes no
23. Sexual intercourse with your male partner, face to face, both lying sideways..... yes no
24. Your observation of your nude male partner..... yes no
25. Sexual intercourse with your male partner, sitting position..... yes no
26. Sexual intercourse, your vagina entered from the rear by your partner's penis..... yes no
27. Your male partner's mouth in contact with your vulva (outer genital area)..... yes no
28. Sexual intercourse with your male partner, standing position..... yes no
29. Masturbation..... yes no
30. Exposure to hardcore erotic materials..... yes no

1. Over the past three months, how frequently have you tended to masturbate (alone)? (Please circle the letter of the response that is most true for you)

   a. never
   b. once in the past 3 months
   c. once a month
   d. once every 2 weeks
   e. once a week
   f. twice a week
   g. three times a week
   h. every day
   i. twice a day
   j. three or more times a day

2. How old were you when you first willingly had sexual intercourse?

   _____ (please provide as accurate an age as possible)

3. Over the past three months (or less if you have not yet been together that long), how frequently have you and your current sexual partner tended to have sexual intercourse?

   (Please circle the letter of the response that is most true for you)

   a. never
   b. once in the past 3 months
   c. once a month
   d. once every 2 weeks
   e. once a week
   f. twice a week
   g. three times a week
   h. every day or more

4. To what extent have you told your current partner about the kinds of sexual behaviors you are interested in?

| Not at all | | | Somewhat | | | Completely |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

5. Overall, how satisfied are you with the variety of sexual behavior that occurs in your current relationship?

| Very Unsatisfied | | | | | | Very Satisfied |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

6. To what extent have you told your current partner about the frequency of sexual behavior that would best meet your own needs?

| Not at all | | | Somewhat | | | Completely |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

7. Overall, how satisfied are you with the frequency of sexual behavior that occurs in your current relationship?

| Very Unsatisfied | | | | | | Very Satisfied |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

SOS

INSTRUCTIONS: Please respond to each item as honestly as you can. There are no right or wrong answers, and your answers will be completely confidential.

1. I think it would be very entertaining to look at erotica (sexually explicit books, movies, etc.).

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

2. Erotica (sexually explicit books, movies, etc.) is obviously filthy and people should not try to describe it as anything else.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

3. Swimming in the nude with a member of the opposite sex would be an exciting experience.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

4. Masturbation can be an exciting experience.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

5. If I found out that a close friend of mine was a homosexual, it would annoy me.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

6. If people thought I was interested in oral sex, I would be embarrassed.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

7. Engaging in group sex is an entertaining idea.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

8. I personally find that thinking about engaging in sexual intercourse is arousing.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

9. Seeing an erotic (sexually explicit) movie would be sexually arousing to me.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

10. Thoughts that I may have homosexual tendencies would not worry me at all.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

11. The idea of my being physically attracted to members of the same sex is not depressing.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

12. Almost all erotic (sexually explicit) material is nauseating.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

13. It would be emotionally upsetting to me to see someone exposing themselves publicly.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

14. Watching a stripper of the opposite sex would not be very exciting.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

15. I would not enjoy seeing an erotic (sexually explicit) movie.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

16. When I think about seeing pictures showing someone of the same sex as myself masturbating, it nauseates me.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

17. The thought of engaging in unusual sex practices is highly arousing.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

18. Manipulating my genitals would probably be an arousing experience.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

19. I do not enjoy daydreaming about sexual matters.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

20. I am not curious about explicit erotica (sexually explicit books, movie, etc.).

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

21. The thought of having long-term sexual relations with more than one sex partner is not disgusting to me.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| I Strongly Agree | | | | | | I Strongly Disagree |

**You have completed all of the questionnaire package.**

**Please take a moment to review the package to make sure you haven't missed any items or left any pages blank that apply to you.**

**After reviewing your responses, please seal your questionnaire package inside the unmarked envelope you were given. You will be asked to place this envelope in a box that contains previously completed and sealed questionnaire packages. In this way your responses will remain completely anonymous.**

**The primary researcher (Jordan Hanley) will briefly speak with you about the study and give you an information sheet to take with you.**

**Thank you very much for your participation.**

# APPENDIX H

## THE RELATIONSHIP STUDY INFORMATION & CONSENT FORM

PURPOSE:

The purpose of this study is to understand the relationship between how people feel about their romantic partner, care for this person, and behave sexually with this person. By exploring the connection between these feelings and behaviors, we hope to better understand the nature of adult romantic relationships, and how therapists can work more effectively with couples.

PROCEDURE:

In this study you will be asked to complete a questionnaire package. We will be asking you questions about how you feel about yourself, your romantic partner, and your relationship, as well as questions about your sexual behavior and sexual behavior between yourself and your partner. WE WANT TO EMPHASIZE THAT PART OF THE QUESTIONNAIRE PACKAGE ASKS SPECIFIC AND DETAILED QUESTIONS ABOUT YOUR SEXUAL ATTITUDES AND BEHAVIORS. You can choose whether you will complete the sexual part of the questionnaire or not. We estimate that it will take approximately 50 minutes to complete all of the questionnaire package.

WITHDRAWAL:

Your participation in this study is entirely voluntary, and you have the right to withdraw from the study at any point.

CONFIDENTIALITY:

We do not require that your answers be connected to you as an individual - therefore the consent form with your name on it will be kept separate from your answers. Only the author (Jordan Hanley) will have access to the completed forms and once the data have been entered, these forms will be destroyed. In this way your participation will remain confidential, and your responses anonymous.

POTENTIAL BENEFITS AND RISKS:

Although no direct benefit will come to you, perhaps some of these questions will make you think about your feelings and behaviors in relationships, and this may be helpful to you. In addition, your participation will assist professionals in better understanding how relationships function, and suggest ways to help people with difficulties in this area.

Many people consider their sexual thoughts and behaviors to be personal and private. As a result, you may feel some mild discomfort when you are reading and responding to specific questions about sex. We have tried to minimize this discomfort by ensuring that all your responses will be anonymous. Please remember that you are free to withdraw from the study at any time.

QUESTIONS/COMPLAINTS:

If you are interested, you may obtain a copy of the results by contacting the author. If you have any concerns or complaints, you may contact the author, Jordan Hanley (Psychology Department - 291-3354), Dr. Marlene Moretti (Senior Supervisor - 291-3604), or Dr. Christopher Webster (Chair, Psychology Department - 291-3354).

CONSENT:

I have read the above, and understand the purpose and nature of the study. I give my consent to participate in this study.

_____ _____

Print Name Sign Name

# THE RELATIONSHIP STUDY
# COPY OF CONSENT FORM FOR PARTICIPANTS

THIS IS A COPY OF THE INFORMATION YOU WERE GIVEN ABOUT THE STUDY

PURPOSE:

The purpose of this study is to understand the relationship between how people feel about their romantic partner, care for this person, and behave sexually with this person. By understanding the connection between these feelings and behaviors, we hope to better understand the nature of adult romantic relationships, and how therapists can work more effectively with couples.

PROCEDURE:

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Although no direct benefit will come to you, perhaps some of these questions will make you think about your feelings and behaviors in relationships, and this may be helpful to you. In addition, your participation will assist professionals in better understanding how relationships function, and suggest ways to help people with difficulties in this area.

Many people consider their sexual thoughts and behaviors to be personal and private. As a result, you may feel some mild discomfort when you are reading and responding to specific questions about sex. We have tried to minimize this discomfort by ensuring that all your responses will be anonymous. Please remember that you are free to withdraw from the study at any time.

QUESTIONS/COMPLAINTS:

If you are interested, you may obtain a copy of the results by contacting the author. If you have any concerns or complaints, you may contact the author, Jordan Hanley (Psychology Department - 291-3354), Dr. Marlene Moretti (Senior Supervisor - 291-3604), or Dr. Christopher Webster (Chair, Psychology Department - 291-3354).

You may obtain a copy of the results by writing Jordan Hanley, Department of Psychology, Simon Fraser University, Burnaby, B.C. V5A 1S6. Thank you very much for your participation in this study.

# THE RELATIONSHIP STUDY
# DEBRIEFING SHEET

THIS SHEET PROVIDES FURTHER INFORMATION
ABOUT THE STUDY YOU HAVE JUST COMPLETED

The study you just completed is interested in how people feel and behave toward each other in adult romantic relationships. Several factors were assessed including your feelings of closeness toward your partner, how you take care of that person, and how you express affection for that person. The expression of affection included sexual attitudes and behaviors if your romantic relationship happened to be sexual. Many researchers have been interested in how these different factors interact together in adult romantic relationships, but at this point no work has been done to directly relate them together. In this sense, the study you just completed has been exploratory in nature.

If you would like to learn more about this study, I would be happy to send you a summary of the results. Please write to me at the address listed at the bottom of your copy of the consent form. If you are interested in adult romantic relationships yourself and would like to read some of the information that led to the creation of this study, the following reference is very good:

**R.J. Sternberg & M.L. Barnes (Eds.), The Psychology of Love. New York: Yale University Press.**

Once again, thank you very much for your participation in this study.

Jordan Hanley, M.A.