THE INFLUENCE OF DEPRESSION ON ROMANTIC JEALOUSY:

A TRANSACTIONAL MODEL APPROACH

By

Ramaris Elisa German

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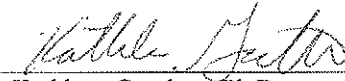of American University

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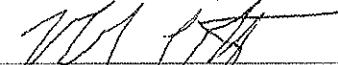
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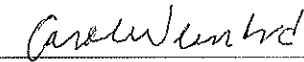
In

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August 15, 2012

Date

2012

American University

Washington, D.C. 20016

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Jealousy can have detrimental effects on romantic relationships (Crowe, 2004) and can lead to issues related to domestic abuse and violence (Daly, Wilson & Weghorst, 1982; Guerrero, Andersen, Jorgensen, Spitzberg, & Eloy, 1995; Guerrero, Trost, Yoshimura, 2005; O'Leary, Slep, & O'Leary, 2007; Wilson & Daly 1993). Depression has also been shown to have negative effects on romantic relationships (Barnett & Gotlib, 1988; Gotlib & Wiffen, 1989; Shannon & Hammen, 2002); however, little is known about the influence of depression specifically on experiences of jealousy in the context of romantic relationships. In this study, we assess whether (1) individuals higher in depression appraise situations as more threatening and less controllable, (2) report to a greater degree that their coping goal is to maintain relationship rewards, (3) chose less adaptive coping strategies, (4) are more rigid in their coping strategy choices and (5) have greater negative emotional reactions to jealousy-evoking situations than those who have lower levels of depression. One hundred and fifty two college students completed questionnaires on depression, chronic jealousy, social desirability and relationship satisfaction. We devised vignettes of jealousy-evoking situations and compared these to vignettes of general romantic relationship conflict scenarios. Participants rated vignettes on projected appraisals, emotional responses, coping goals, and coping choice. Unique effects for jealousy-evoking situations were found for the relationship between depression and perceived stressfulness of the situations, self-criticism, and jealous emotional responses. Depression was positively associated to sense of personal responsibility and avoidant and passive emotion-focused coping choices for relationship conflict overall. Depression was generally not associated with coping goals or coping flexibility. Limitations and future directions for research are also discussed.

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CHAPTER 1

INTRODUCTION

Romantic jealousy can have detrimental consequences in relationships. The most common cause of wife battering and wife-killing is male sexual jealousy (Daly, Wilson & Weghorst, 1982; Wilson & Daly 1993). In addition, jealousy was found to be one of the three strongest predictors of partner aggression for men and women (O'Leary, Slep, & O'Leary, 2007). Despite the important outcomes of jealousy reactions, there is little focus on managing jealousy in the emotion regulation literature.

Furthermore, although there is little literature on the relationship between depression and jealousy, it is likely that depression plays an important role in the perceptions of and reactions to jealousy-evoking situations. For example, research suggests that depression is associated with less relationship satisfaction, greater marital stress and relationship instability (Barnett & Gotlib, 1988; Gotlib & Wiffen, 1989). In addition, depressed individuals have been shown to be more reactive to interpersonal stress as compared to other types of stressors (Gunthert, Cohen, Butler, & Beck, 2007). Those high in depression also tend to generate more interpersonal stress in their relationships (Hammen, 1991; Shih, 2006), which might actually contribute to the occurrence of jealousy-evoking situations. Depressed individuals engage in poor interpersonal problem solving and excessive reassurance seeking (Joiner, Metalsky, Gencoz, & Gencoz, 2001) and tend to have a lack of attention to other's emotions (Donges et al., 2005). These behaviors could lead to relationship tensions and fears of infidelity. In addition, research suggests that romantic partners provide less emotional support to their dysphoric partners (Shannon & Hammen, 2002).

Overall, then, since jealousy situations are characterized by a threat to a relationship. It is likely that depressed individuals would react differently than nondepressed individuals to jealousy-evoking situations. It is therefore surprising that not many researchers have examined the relationship between depression and jealousy. Although sadness is the central emotion in depression, research shows that depressed individuals have a harder time handling other negative emotions as well, such as anger (Wenze,

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Gunthert, Forand, & Laurenceau, 2009). It is likely that those high in depression have a particularly difficult time responding to jealousy-evoking situations, given that these situations are both emotionally charged and threatening to relationships and self-worth. In this paper, we seek to understand the influence of depression on stress reactions in response to threatening relationship situations. Specifically, we will investigate the influence of depression on appraisals of the situations, coping goals, coping choice, and coping flexibility.

<p style="text-align:center;">Jealousy</p>

In this study, we focus only on romantic jealousy (as opposed to friendship jealousy, for example) which has been defined in the literature as, "a complex of thoughts, emotions, and actions that follows loss of or threat to self-esteem and/or the existence or quality of the romantic relationship. The perceived loss or threat is generated by the perception of a real or potential romantic attraction between one's partner and a (perhaps imaginary) rival" (White & Mullen, 1989, p. 9). White and Mullen (1989) proposed a model for romantic jealousy that draws from the cognitive-transactional theory of stress and coping (Lazarus & Folkman, 1984). The transactional model of stress (Lazarus & Folkman, 1984) proposes that when one encounters stress there are two levels of appraisals that occur: (1) primary appraisals, assessing whether the situation should be viewed as a threat or challenge, and (2) secondary appraisal, assessing one's available resources for coping with the threat or challenge (Lazarus, 1999). Depending on how one appraises the situation, one may choose to cope with the resulting emotions (emotion-focused coping) or with the problem itself (problem-focused coping). White and Mullen then used this theory to hypothesize how individuals distinctively appraise jealousy situations and the resulting emotions and coping strategies that are unique to jealousy situations. For example, White (1981) found that when subjects felt that their rival was more similar to their partner than the subjects were themselves they felt more jealous. In this situation, subjects were less likely to use denial and more likely to use derogation as a coping strategy for the jealousy situation. The subjects were likely to derogate the partner in order to make the rival's qualities or similarities with the partner seem less "appealing" and to maintain self-esteem due to possible social comparisons with the rival and partner. In addition, depression symptoms could have an influence on each

stage of this process, including appraisals, coping goals, coping choices and coping flexibility, and emotional responses to jealousy. The possible influence of depression on each of these stages follows below. Figure 1 illustrates our conceptualization of the influence of depression on the transactional model of jealousy.
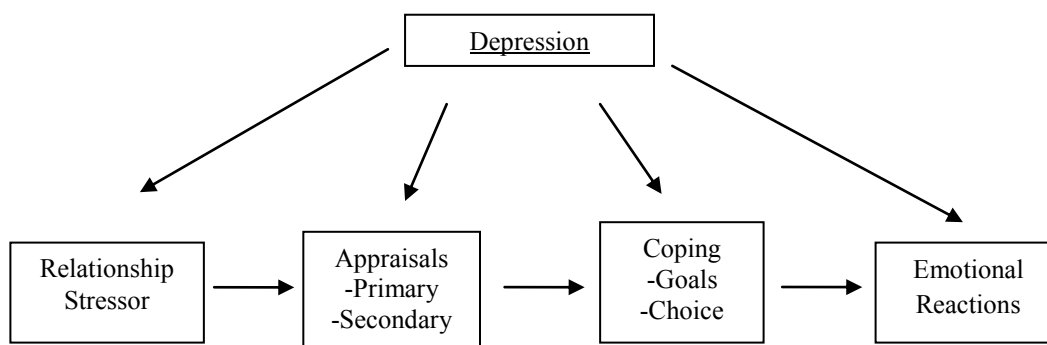
Figure 1. Transactional Model of Jealousy

Transactional Model of Romantic Jealousy

Appraisals

According to White and Mullen (1989), primary appraisals are important for determining whether there is potential for a rival relationship and the threat or harm posed by the potential or actual relationship. The primary appraisals consist of motive assessment ("Why is my partner interested in the rival?"), social comparison ("What does my rival have that I don't?"), and loss assessment ("What is going to happen to me if I get left? Just what might I lose or have I lost?"). Secondary appraisals consist of alternatives assessment ("What will happen to me if my partner leaves the relationship?"), planning coping, or assessing other coping options.

Cognitive theory postulates that cognitive content of those high in depression focuses on themes of pessimistic assessments of the self (low self-esteem), world and future (hopelessness) (Alloy et al., 1999; Beck & Perkins, 2001). Depressed individuals' negative self views revolve around themes of inadequacy, failure, loss and worthlessness (Alloy et al., 1999). It is reasonable to assume, then, that level of depression will lead to greater negative appraisals of jealousy situations. In support of this view, one study found that subjects with greater depression reported significantly higher threat by a romantic rival than those not

depressed (Radecki-Bush, Farrell & Bush, 1993). They also found that higher levels of depression were correlated with lower relationship security, lower relationship esteem, and greater jealousy. In our study, we hypothesize that depression will relate to greater threat appraisals in jealousy-evoking situations. Also, since depressed individuals tend to appraise situations as less controllable (Gan, Zhang, Wang et al., 2006), we hypothesize that level of depression will be negatively correlated with perceived controllability of the event.

Also, the transactional model suggests that if individuals appraise situations as highly changeable then they are more likely to use problem-focused coping instead of emotion-focused coping. However, depressed individuals still engage in emotion-focused coping, such as wishful thinking, even when they appraise a situation as changeable (Vitaliano, DeWolfe, Maiuro, Russo, & Katon, 1990). This is why it is important to assess the difference between depressed and non depressed individuals in the process of both appraisals and coping.

<div align="center">Coping Goals</div>

Research suggests that jealousy responses can be characterized in terms of two distinct goals: (a) a desire to maintain the relationship and (b) a desire to maintain self-esteem (Bryson, 1977; White, 1981). Bryson (1977) stated that one's action in response to jealousy situations is either an attempt to achieve both goals, one goal, or neither goal. For example, if the main goal is to maintain self-esteem then one may derogate the partner; however if one's goal is to maintain the relationship without concern to self-esteem then one might emphasize dependency possibly by clinging to the partner in the hopes that this strategy will lead the partner to stay in the relationship. With regards to goals, it is not about the effectiveness of the coping strategy selected itself but the motivation behind the selected coping strategy and how one's goal will influence the coping strategies selected.

Coyne and Racioppo (2000) have emphasized that we need to pay more attention to coping goals as it relates to coping research. They argue that the assumption that an individual's main goal when choosing a coping strategy to deal with life stressors is to decrease distress does not take into account the complexity of real life situations. For example, if the goal the individual chooses is to maintain the

relationship, then they might actually experience an increase in distress as they fight to preserve their relationship; the person might feel, however, that in the long-term achieving the goal of relationship maintenance will relieve distress. Coyne and Racioppo (2000) also state that goals directly affect the coping strategies that individuals select. For example, a study by Sanderson and Karetsky (2002) found that individuals with greater focus on intimacy-related goals (communion, interdependence and self-disclosure) engaged in more open discussion and sought greater social support in response to a relationship conflict. In addition, individuals with intimacy goals were also less likely to deny or ignore a romantic relationship conflict.

When considering what coping goals depressed individuals will tend to select in romantic jealousy situations, it is important to understand the dependency that depressed individuals have on interpersonal relationships to define their self-worth. According to the literature, high interpersonal dependency and introversion predisposes individuals for depression; this is due to a narrowly defined self-worth in combination with few resources of self-worth and social isolation (Barnett & Gotlib, 1988; Champion & Powers, 1995). Research suggests that depressed individuals' self-concept relies on feedback from others (Abela, McIntyre-Smith, & Deschef, 2003; Ingram, Miranda & Segal, 1998), and so the loss of a meaningful relationship could be particularly threatening. Therefore, one would predict that coping goals will be focused on maintaining the relationship because the depressed individual may need their partner to validate their self-worth and self-esteem. Given that research shows that depressed individuals are more emotionally demanding of their partners than nondepressed individuals (Coyne, 1981), depressive individuals may be relying more on the relationship to provide the emotional support that they lack in their life. Therefore, since depressed individuals tend to have less social support and be more socially isolated (Barnett & Gotlib, 1988) they might be more likely to place high value on the goal of maintaining the relationship.

<center>Coping Choice</center>

In the next stage of the transactional process, coping goals would lead to choices of specific coping strategies to fulfill those goals. Studies on coping choice and jealousy have identified the following

coping efforts as common in response to jealousy: improving the relationship, interfering with the rival relationship, demanding commitment, derogating the partner or rival, developing alternatives (assessing one's commitment to the relationship and the likelihood of developing a new relationship), self-assessment, seeking support, catharsis, denial, and avoidance (White & Mullen, 1989). Previous coping research tends to focus on determining which coping strategies are more adaptive than others; however, over the past years people have identified that coping choice needs to be assessed in the context of appraisals and coping goals (Coyne & Racioppo, 2000).

In general, though, research on depression and coping shows that depressed individuals tend to choose less active and more passive coping strategies. They tend to use emotion- focused coping such as avoidance strategies, wishful thinking, withdrawal and self-blame (Coyne, 1981; Perrez & Reicherts, 1992; Radecki-Bush, Farrell, & Bush, 1993; Vitaliano, Russo, Carr, Miauro, & Becker, 1985). In addition, research suggests that depressed individuals use escape-avoidance, denial, confrontation, accepting responsibility, wishful thinking, self-criticism, social withdrawal, emotional discharge as coping strategies for stressful situations and that they use less cognitive restructuring, less information and support seeking, less problem solving, less emotional regulation, less distraction, less acceptance, and less positive thinking as coping strategies than nondepressed individuals (Chang, 1998; Connor-Smith & Compas, 2002; Fondacaro & Moos, 1989; Gotlib & Whiffen, 1989). According to Vitaliano et al. (1990) even when depressed individuals appraise a situation as changeable, they still engage in these more disengagement and emotion-focused coping strategies rather than problem-focused strategies. This may be due to several reasons, including low sense of confidence, lack of skill in implementing problem-focused strategies, or low energy for active coping. In our study, we hypothesize that individuals higher in depression will engage in more emotion-focused coping and will display more denial, avoidance, withdrawal, self-criticism, whereas individuals with low depressive symptomotalogy will engage in more active problem-focused coping strategies.

Coping Flexibility

Research on coping has focused on individual's choice of various types of coping, be it emotion-focused coping or problem-focused coping in response to different types of stressors. Originally it was thought that problem-focused coping was more adaptive than emotion-focused coping (Halamandaris & Power, 1999; Litchfield & Gow, 2002; Sasaki &Yamasaki 2007). However, recent research suggests that problem-focused coping may be more adaptive when situations are viewed as more changeable and more controllable; whereas, emotion-focused coping may be more adaptive when situations are uncontrollable and unchangeable (Lazarus & Folkman, 1984; Vitaliano et al., 1990). Even still, in some controllable situations, managing one's emotions by focusing on reducing aversive emotional reactions to stressors might be the most effective way to cope, and in some uncontrollable situations, focusing on what one can control might help (Coyne & Racioppo, 2000). More recent coping research has therefore focused on the ability to be flexible in terms of choosing different coping strategies across varying situations in reducing one's distress.

Cheng (2001) has conceptualized coping flexibility as (a) variability of cognitive appraisal and coping patterns across stressful situations, (b) good fit between coping strategy and situational demands, and (c) subjective evaluation of effectiveness achieving the desired goal. She assessed coping flexibility by using the Coping Flexibility Questionnaire (CFQ, Cheng, 2001). She then used cluster analysis to assess different groups of coping flexibility by their variability in cognitive appraisals and coping patterns. She found that individuals who tend to be more flexible in their coping strategies also varied in their control appraisals of the situations and reported greater effectiveness in the use of coping strategies to achieve their desired goals. In this study, she also demonstrated that individuals who showed greater coping flexibility in a laboratory task also showed greater coping flexibility in real-life stressful situations.

Studies have shown that coping flexibility leads to positive health benefits; coping rigidity, in contrast, is correlated with stress and depression. For example, Bun Lam and McBride –Chang (2007) found that coping flexibility tended to reduce the relationship between life event stress and depression. Roussi, Krikeli, Hatzilimitrou and Koutri (2007) found that greater coping flexibility predicted less distress for individuals dealing with breast cancer, and that the adaptiveness of different coping strategies may vary

as stressors evolve. Cheng (2001) showed that higher coping flexibility was associated with lower

depression scores, even after accounting for initial depression scores. In addition, Fresco, Williams and

Nugent (2006) assessed the mediating effect of coping flexibility on the relationship between explanatory

flexibility and depression. They operationalized explanatory flexibility as the standard deviation of a

person's response to the stable and global items on the Attributional Style Questionnaire (ASQ; Peterson,

Semmel, von Baeyer, Abramson, Metalsky, & Seligman, 1982). Coping flexibility was operationalized as

the sum of the participant's standard deviations for the four coping styles across the 12 situations in the

Coping Styles and Flexibility Inventory (CSFI; Williams, 2002). Overall, they found that coping flexibility

partially mediated the relationship between explanatory flexibility and negative affect such as depression.

The findings indicate that those who were able to do both, abandon previous coping type and adopt a new

coping type, were less depressed as indicated by scores on the Center for Epidemiological Study

Depression Questionnaire (CES-D). Given previous findings on the relationship between coping flexibility

and depression, we hypothesize that individuals with higher depression scores will be less flexible in their

coping strategies across the jealousy scenarios and will display a pattern of choosing more emotion-focused

coping regardless of appraisal.

Emotional Responses to Jealousy

Research on jealousy has identified anger, fear/anxiety, guilt, sadness/depression, envy, and sexual

arousal as the most salient emotions in response to jealousy situations (Mathes, 1992; Salovey, 1991; White

& Mullen, 1989). Radecki-Bush, Farrell and Bush (1993) assessed the influence of depression on emotional

responses to jealousy situations in relation to threat appraisals and found that depression was significantly

and positively correlated with distress, fear, anger, guilt and shame in response to a jealousy scenario.

Other research suggests that depressed individuals have a harder time returning to baseline when they are

angry and have lingering depressed mood after being angry, compared to other types of negative emotions

such as anxiety and guilt (Wenze, Gunthert, Forand, & Laurenceau, 2009). In addition, research

consistently shows that those high in depression symptoms have greater emotional reactivity to

interpersonal stress (Pettit & Joiner, 2006). Therefore, we hypothesize that individuals higher in depression

will report greater negative affect in response to jealousy situations than less depressed individuals, particularly greater hostility, sadness and nervousness.

<div align="center">Overview & Hypothesis</div>

Overall, there are few studies which assess the effect of depression within the context of the transactional model of jealousy. In the present study, we measured the relationship between depression and participants' appraisals, coping goals, coping choices, coping flexibility and emotional reactions, in response to jealousy-evoking scenarios. We therefore propose the following hypotheses:

(1) Individuals higher in depression will appraise situations as more threatening and less controllable.

(2) Individuals higher in depression will report to a greater degree that their coping goal is to maintain the relationship.

(3) Individuals higher in depression will chose less adaptive coping strategies.

(4) Individuals higher in depression will be more rigid in their coping strategy choices (i.e., have less variability in the coping strategies they select across jealousy-evoking situations).

(5) Individuals with higher levels of depression will have greater negative emotional reactions to jealousy-evoking situations than those who have lower levels of depression.

CHAPTER 2

METHODS

Participants

Participants were 152 undergraduate students. Previous studies on coping flexibility for jealousy responses have used between 100 and 263 undergraduates (Cheng, 2001; Cheng, 2003; Cheng & Cheung, 2004; Fresco, Williams, & Nugent, 2006; Radecki-Bush, Farrell, Bush, 1993).One hundred thirteen identified as females, 38 as males and one person did not disclose their sex. They were recruited from undergraduate psychology courses, via a sign-up sheet posted on a bulletin board on the university's campus, via an online daily school-wide newsletter, and through a university website listing of psychology studies. Participants were between the ages of 18-29 years old. The average age in this sample was 19.99 ($SD = 1.99$). Seventy-six percent of the sample identified as Caucasian, 10% identified as Hispanic or Latino, 6% identified as African American, 6% identified as Asian or Asian American, and 9% identified as other.

Procedure

At the initial visit, participants received a brief description of the study, in which they were told that the aim was to investigate cognitions and coping with stressful situations with romantic partners. Participants were then asked to complete measures of depression, romantic relationship situations and chronic jealousy, in that order. The romantic relationship situations questionnaire included questions regarding appraisals, coping goals, coping choices and emotional responses to 9 specific jealousy situations and 6 relationship conflict scenarios (see Appendix A). We added the relationship conflict scenarios as a control to possibly isolate any unique effects of jealousy. Both the jealousy scenarios and the relationship conflict scenarios were imbedded within the measure. We also asked participants their marital status. For participants who were in a dating relationship, we asked about the length of the relationship and the

seriousness of the relationship. This visit took approximately 45 minutes to an hour. Participants were compensated with one research credit point for the visit that could be used for a psychology class at the university.

<div align="center">Measures</div>

Participants completed the following questionnaires:

<div align="center">The Center for Epidemiological Study
Depression Questionnaire (CES-D)</div>

The Center for Epidemiological Study is a self-report measure used to assess depression in community samples (Radloff, 1977). The measure consists of 20 questions assessing depressotypic emotions and cognitions, with a response scale ranging from 1 (rarely) to 4 (most of the time). Radloff (1977) reports coefficient alphas and Spearman-Brown split-half reliability coefficients in the 0.85 to 0.90 range. The test-retest reliability from assessments at 2, 4, 6 and 8 weeks from the initial time of assessment were in the range of 0.51 to 0.67. The test-retest reliability by re-interview after 3, 6 and 12 months from the initial time of assessment were correlations in the range of 0.48 to 0.54. In our study, the Cronbach's alpha for this measure was 0.90.

<div align="center">The Chronic Jealousy Scale</div>

The Chronic Jealousy Scale *(*Page 45 of Mathes, 1992) is a six-item measure assessing chronic jealousy. This is a 5-point rating scale, with higher scores indicating greater jealousy. Sample items include "How jealous a person are you generally?" (1-Not at all jealous to 5-Fairly jealous) and "How much have your jealous feelings been a problem in your romantic relationships?" (1-No problem at all to 5-Often a problem). The internal consistency reliability (coefficient alpha) for the Chronic Jealousy Scale was .81 (White, 1984). In this study, we found a coefficient Cronbach's alpha of 0.90.

Relationship Situations Questionnaire
(Appendix A)

Appraisals

We created 9 jealousy-evoking scenarios, inspired by the Interpersonal Jealousy Scale (Mathes & Severa, 1981), that we believed range from mild to strong jealousy-evoking situations (for a complete list of the scenarios please refer to appendix A). Sample items from the Interpersonal Jealousy Scale include, "If (my partner) were to help someone of the opposite sex with their homework, I would feel suspicious." And "If (my partner) talks of happy experiences of his/her past, I feel sad that I wasn't part of it." We read through all of the items on this scale and created 9 scenarios that would be thematically similar to the situations being assessed on this 28-item scale. We added some context to the scenarios and/or relevant rival characteristics in order to assure gradation in the levels of jealousy evoked. The jealousy scenarios we devised had face validity. The mean jealousy rating for all the jealousy scenarios was 4.45 (with a variance of 0.53). The mean jealousy score for the 9 jealousy items ranged from 2.81 to 5.32. It also appears that the entire 1-7 scale was used to respond to the jealousy scenarios, indicating that the scenarios varied in the level of jealousy they evoked. The Cronbach's alpha for the jealousy scenarios on jealous feelings was 0.89.

Bringle (1991) identified eight characteristics that influence levels of emotional reactions for reactive jealousy. The 8 characteristics are: (1) intentionality, behaviors which are intentional will produce greater upset; (2) sexuality, sexual behaviors will produce greater upset than nonsexual intimacy; (3) specificity, behaviors directed at a specific other will produce greater upset than those directed to a group in general; (4) contemporaneous behavior, current behaviors will produce greater upset than behaviors in previous, terminated relationships; (5) overt behaviors, behaviors that are public and seen by others will produce greater upset than those that are discreet; (6) control, if the jealous person perceives a lack of control over the circumstances in the jealousy-evoking situation, they will be more upset; (7) responsibility, if the jealous person assumes greater responsibility for the jealousy-evoking event, they will be less upset; (8) aggressiveness, behaviors that are perceived to have the intention of hurting the jealous person will produce greater upset. We then used 4 of these 8 characteristic to assess appraisals, for each of

the nine scenarios we asked participants to rate the levels of (a) intentionality, (b) overtnesss, (c) control, (d) responsibility, and (e) overall stressfulness of the situation (not one of the original dimensions, but we wanted to assess the global sense of aversiveness of the situation). We removed a number of the appraisal dimensions because we could not assess so many dimensions for all scenarios. We selected these specific ones because the others were less relevant for the scenarios we devised. The Cronbach's alpha for each of the appraisals ranged from 0.78 (control) to 0.85 (stressfulness).

We also added 6 general romantic relationship conflict scenarios relevant to a college population that would result in interpersonal stress (for a complete list of the scenarios please refer to appendix A). These scenarios ranged in terms of the type of romantic conflict being assessed. They all involved the romantic partner but no additional rival was added to any of these scenarios. The scenarios also involved either rejecting or being rejected by partner, neglecting or being neglected by the partner and other situations involving partner or self being negative in some way. The scenarios were developed considering the context of college life such as during or after winter break, studying at the library, having dinner with partner in the dorm room and other situations that could take place within the context of college living. We assessed the above appraisals for these situations as well. In addition to assessing appraisals for jealousy and relationship conflict scenarios, we will also asses (1) coping goals, (2) coping choice, and (3) related affect.

Coping Goals

Coping goals were assessed with the following questions that were rated on a scale from 1-Not likely to 7-Very likely: (1) "How likely is feeling better about yourself your goal for this particular situation?"; (2) "How likely is staying in the relationship your goal for this particular situation?" and (c) "How likely is feeling better emotionally or to reduce your distress your goal for this particular situation" (from Cheng CFQ, 2001). The Cronbach alpha's for jealousy scenarios for the coping goals ranged from 0.86 (to maintain the relationship) to 0.90 (to feel better emotionally).

Coping Choice Assessment

Coping choice was assessed by taking items from 4 different articles on responses and coping to jealousy-evoking situations (Fitness & Fletcher, 1993; Guerrero, Trost, & Yoshimura, 2005; Lazarus & Folkman, 1988; White & Mullen, 1989). We assessed coping choice by asking participants, "On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to: (1) criticize yourself, (2) pretend it doesn't bother you, (3) break off the relationship, (4) express your emotions, (5) talk about the problem with your partner, (6) make partner feel guilty, (7) tell your partner he/she is no good , (8) distance yourself from your partner, (9) go talk to a friend, (10) try to keep your feelings to yourself , (11) check recent activity on his/her Facebook page, (12) check partner's cell phone, (13) turn towards school work or hobbies, (14) make mean or hurtful comments to your partner. We combined coping choices (11) and (12) to create the coping choice of surveillance (Pearson's $r = 0.77$) and coping choices (7) and (14) to create the coping choice of berating the partner (Pearson's $r = 0.67$). The Cronbach alpha's for the surveillance aggregate was 0.94 and for the berate aggregate was 0.90. Overall, the rest of the coping items demonstrated good internal consistency with Cronbach alpha's ranging from 0.73 (break of the relationship) to 0.91 (criticize yourself).

We not only looked at overall averages for each coping strategy but also at the proportion scores for each of the coping strategies selected. One problem in coping research is that when individuals perceive a situation to be stressful they tend to endorse more coping across the board. Therefore, depression may be associated with greater coping efforts across a wide range of strategies, which could simply reflect depressed individuals' appraisal of the situation as more negative and thus necessitating more coping. For this reason, some coping researchers use proportion scores (Forsythe & Compas, 1987). For each strategy, we divided the strategy score by the total amount of all coping. In this way, we are able to see what strategies are projected to be used proportionately more than others.

Affect Assessment

Affect was assessed by taking negative affect items from the Positive and Negative Affect Schedule (PANAS-Expanded Form; Watson & Clark, 1994). Participants were asked how much they would feel

negative emotions in each situation ranging from 1 (not at all) to 7 (a lot). The emotions were: afraid, scared, nervous, jittery, irritable, hostile, guilty, ashamed, upset, distressed, and sad. We added the question of jealous feelings using the same seven point Likert scale as part of the emotional reactivity assessment to the scenarios. The Cronbach alpha's for the individual affect assessment items ranged from 0.87 (for sad) to 0.90 (for hostile). We took an aggregate of all the emotions and named this negative overall affect and the Cronbach alpha for the aggregate of all the items was 0.98.

<u>Analysis of Data</u>

We defined coping flexibility by determining participants' variability in the coping strategies they selected. Variability was assessed by determining the within-person standard deviations for each of the coping strategies for each type of scenario (jealousy scenario versus relationship conflict scenario), controlling for the with-in person mean of each coping strategy. We then determined whether depressed individuals have less deviation from the overall sample mean for each coping strategy.

For exploratory purposes, we also conducted a profile analysis of the types of jealousy reactions (emotions, appraisals, goals, and coping) that are common to see across scenarios. This type of analysis would help us identify certain subsets of people who respond in similar ways in terms of their emotions and appraisals, and how these subsets differ on individual difference variables, such as depression.

CHAPTER 3

RESULTS

Data Analytic Approach

All descriptive statistics and most inferential analyses were conducted using SPSS 19. In addition,

we used a multilevel modeling approach to test the within-person relationships between emotion,

stressfulness of the scenarios, and type of scenario. We also tested the effect of depression on these

relationships (using HLM 6.01). Data from this study are nested: 15 scenarios are nested within each

person. For this reason, the data have a two-level structure. Level 1 is considered the within-person level

where the person reacts to 15 different scenarios (15 observations) with respect to mood, appraisal and

coping variables. Level 2, the between-person level, is comprised of the one-time assessments of individual

difference variables (e.g., depression). In order to analyze emotional reactivity to the perceived

stressfulness of the scenarios, we generated a regression equation at level 1, where each person's unique

relationship between perceived stressfulness and emotion (Negative Affect, NA) is estimated. The equation

for the relationship between a person's appraised stressfulness of a scenario and projected negative affect in

response to the scenario (e.g., emotional reactivity) is as follows:

$$NA_{ij} = \pi_{0i} + \pi_{1i}(\text{Stress}) + e_{ij}$$

where NA_{ij} is person i's negative affect score for scenario j; the intercept (π_{0i}) represents person i's

negative affect score at average levels of appraised stressfulness for the scenarios (stressfulness is centered

around each person's own mean, making the intercept the level of NA at average levels of stressfulness for

that person); the slope (π_{1i}) represents the change in person i's negative affect for every unit increase in

perceived stressfulness (people with steeper slopes have a stronger relationship between the perceived

stressfulness and negative affect); and the error term (e_{ij}).

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In the level-2 analysis, depression, a between-subject variable, is used to predict the within subject relationship at level 1. This allows us to test whether depression predicts the strength of the relationship between the perceived stressfulness and negative affect. In this case, for example, the equations would be:

$$\pi_{0i} = \beta_{00} + \beta_{01}(\text{Depression}) + r_{01}$$

$$\pi_{1i} = \beta_{10} + \beta_{11}(\text{Depression}) + r_{11}$$

In the above equations the level-1 intercept and slope are used as outcome variables. These intercepts and slopes are predicted as a function of a level 2 intercept coefficient, a slope coefficient (the effect of depression on the level-1 coefficients), and a random error component. Since depression is grand mean centered, β_{10} represents the average within person slope, or in other words, the change in negative affect for every one unit increase in stressfulness of the scenario for the sample as a whole. The slope coefficient β_{11} tells us how that slope changes for every one unit increase in depression.

Descriptive Statistics

Table 1 lists the general demographic data and the accompanying percentages. In Table 2, the overall means and standard deviations of the trait level variables are listed. The overall dysphoria average was 15.34. This average score is somewhat high, given that it is approaching one of the recommended cut-offs for mild levels of depression (Radloff, 1977). That being said, it is similar to scores from other college student samples (e.g., Regestein et al., 2010; Santor et al., 1995). For the sample as a whole, the average chronic jealousy score was 15.33 out of a possible 30. Our sample average jealousy score is comparable to the mean levels of jealousy reported for other studies with similar samples (Rydell & Bringle, 2007; Sharpsteen & Kirkpatrick, 1997; White, 1984).

All of the scenario perception and coping variables were scored on a 7-point Likert scale. Descriptive statistics for the scenario reactions (predicted emotions, appraisals, coping goals, and coping strategies) are listed in Tables 3 and 4. With regards to the emotional reactions participants tended to fall within the middle of the scale, ranging from 3.21 to 3.63. The reported overall negative affect was 3.26. For appraisals, the overall mean of participant's responses tended to fall within the middle range of the scale with regards to their partner's intentionality (4.02), their sense of control (3.39), if the event occurred in

public (3.98), and their sense of responsibility (4.02). The highest rated appraisal was the projected

stressfulness of the situations (4.56).

Table 1. Demographic Variables of Data

Variable	Totals
Sex	
Females	113 (74.34%)
Males	38 (25%)
Missing data	1 (0.66%)
Dating Status	
Not dating anyone	65 (42.7%)
Dating one person for more than one month	72 (47.4%)
Dating one person for less than a month	7 (4.6%)
Dating multiple persons	8 (5.6%)
Marital Status	
Single	143 (94%)
Married	1 (0.7%)
Cohabiting	7 (4.6%)
Other	1 (0.7%)
Race	
American Indian or Alaska Native	1 (0.7%)
Asian	9 (5.9%)
Black or African-American	9 (5.9%)
White	116 (76.3%)
Other	13 (8.6%)
Latino	15 (9.9%)
Sexual Orientation	
1 (Heterosexual)	98 (64.5%)
2	27 (17.8%)
3	13 (8.6%)
4 (Bisexual)	8 (5.3%)
5	2 (1.3%)
6	2 (1.3%)
7 (Homosexual)	1 (0.7%)

Tables 2. Means and Standard Deviations of Trait Level Variables

Variable	Overall Mean (SD)
Overall Dysphoria	15.34 (9.49)
Chronic Jealousy	15.33 (5.37)
Social Desirability	16.58 (5.37)

The ratings for the coping goals tended to range between 4.15 (to feel better about one's self) to 4.87 (to feel better emotionally). For coping choice totals, the most commonly projected strategies were talking to their partner about the problem (4.83), expressing their emotions (4.63), and going to talk to a friend (4.44), respectively. For jealousy scenarios, these are also the top three strategies, but talking to a friend and talking to their partner were equally selected as the top coping strategy. For the relationship conflict scenarios, talking about the problem with the partner is the top coping strategy selected.

Inferential Statistics

Preliminary Analyses

We conducted a paired samples t-test to determine if there are differences between the two types of scenarios (jealousy vs. relationship conflict) on emotional reactions, appraisals, coping goals and coping choices. The last two columns of Tables 3 and 4 list the t-statistics and corresponding p-values associated with the comparison of all the variables by type of scenario. The relationship conflict scenarios were rated as being significantly more stressful than the jealousy scenarios ($p < .001$). Overall, for jealousy scenarios subjects reported the scenarios as being less stressful ($p < .001$) and more public ($p < .001$), feeling less control ($p < .002$) and less responsibility ($p < .001$) for the scenarios and found their partner to have behaved less intentionally ($p < .001$) as compared to the relationship conflict scenarios. Given that these scenarios were not rated comparably on stressfulness, it will be difficult to compare coping and emotional reactions across the two types of scenarios. Generally, coping and emotion change as situations are perceived to be more stressful, so any differences between the conditions might be due to overall stressfulness, rather than the specific type (jealousy versus relationship conflict) scenarios.

Table 3. Means and Standard Deviations of Scenario Emotional Reaction and Appraisal Variables

Variable	Overall Mean (SD)	Jealousy Scenarios (SD)	Relationship Conflict Scenarios (SD)	t-value	p-value
Emotional Reactions					
Jealous	3.35 (1.12)	4.43 (1.49)	1.72 (0.95)	25.04	< .001
Nervous	3.21 (1.33)	3.10 (1.43)	3.38 (1.36)	-3.81	< .001
Hostile	3.59 (1.36)	3.77 (1.43)	3.32 (1.44)	5.89	< .001

	Overall Mean (SD)	Jealousy Scenarios (SD)	Relationship Conflict Scenarios (SD)	t-value	p-value
Sad	3.63 (1.33)	3.40 (1.34)	3.98 (1.52)	-7.47	< .001
Overall Negative Affect	3.26 (1.05)	3.14 (1.60)	3.44 (1.09)	-7.18	< .001
Appraisals					
Intentionality	4.02 (0.85)	3.68 (0.88)	4.53 (1.08)	-11.58	< .001
Control	3.39 (0.91)	3.29 (1.07)	3.54 (0.98)	-3.05	.003
Public	3.98 (0.71)	4.56 (0.87)	3.10 (0.85)	18.25	< .001
Responsibility	2.79 (0.76)	2.14 (0.79)	3.77 (0.92)	-26.35	< .001
Stressfulness	4.56 (0.91)	4.42 (1.03)	4.79 (0.92)	-5.66	< .001
Coping Goals					
Maintain Self-Esteem	4.15 (1.60)	4.12 (1.68)	4.20 (1.67)	-1.00	.320
Maintain Relationship	4.43 (1.44)	4.42 (1.54)	4.27 (1.50)	2.158	.033
Feel Better Emotionally	4.87 (1.45)	4.89 (1.53)	4.86 (1.50)	0.375	.708

Table 4. Means and Standard Deviations of Totals and Proportions of Coping Strategies Variables

Variable	Overall Mean (SD)	Jealousy Scenarios (SD)	Relationship Conflict Scenarios (SD)	t-value	p-value
Coping Strategies Totals					
Criticize yourself	3.03 (1.39)	2.74 (1.45)	3.47 (1.56)	-7.91	< .001
Pretend it doesn't bother you	3.19 (1.12)	3.52 (1.24)	2.70 (1.25)	9.466	< .001
Break off the relationship	2.32 (0.70)	2.52 (0.66)	2.01 (0.90)	9.913	< .001
Express your emotions	4.63 (1.15)	4.45 (1.17)	4.86 (1.33)	-5.674	< .001
Talk about the problem with your partner	4.83 (1.12)	4.50 (1.24)	5.32 (1.22)	-9.555	< .001
Make partner feel guilty	3.07 (1.16)	3.15 (1.16)	2.95 (1.36)	2.536	.012
Berate partner	2.09 (0.88)	2.26 (0.58)	1.84 (0.75)	8.92	< .001
Distance yourself from your partner	2.97 (1.10)	3.10 (1.09)	2.78 (1.27)	4.869	< .001
Go talk to a friend	4.44 (1.54)	4.50 (1.54)	4.33 (1.67)	2.38	.019
Try to keep my feelings to myself	2.80 (1.32)	2.94 (1.38)	2.60 (1.43)	4.545	< .001
Surveillance Partner	2.80 (1.32)	2.68 (1.48)	2.03 (1.10)	10.775	< .001
Turn towards school work or hobbies	3.13 (1.53)	3.21 (1.55)	3.00 (1.62)	3.272	.001
Coping Strategies Proportions					
Criticize yourself	0.08 (0.03)	0.07 (0.03)	0.09 (0.04)	-10.603	< .001

Pretend it doesn't bother you	0.09 (0.03)	0.10 (0.03)	0.07 (0.04)	10.423	< .001
Break off the relationship	0.06 (0.02)	0.06 (0.01)	0.05 (0.02)	4.774	< .001
Express your emotions	0.12 (0.04)	0.12 (0.04)	0.14 (0.04)	-9.688	< .001
Talk about the problem with your partner	0.13 (0.04)	0.12 (0.04)	0.15 (0.04)	-11.868	< .001
Make partner feel guilty	0.07 (0.02)	0.07 (0.02)	0.08 (0.03)	-0.551	.583
Berate partner	0.05 (0.01)	0.05 (0.01)	0.05 (0. 02)	6.306	< .001
Distance yourself from your partner	0.07 (0.02)	0.07 (0.02)	0.07 (0.02)	1.725	0.087
Go talk to a friend	0.11 (0.03)	0.11 (0.03)	0.11 (0.04)	0.582	.561
Try to keep my feelings to myself	0.08 (0.03)	0.08 (0.03)	0.07 (0.03)	5.492	< .001
Surveillance partner	0.06 (0.02)	0.07 (0.03)	0.05 (0.02)	10.78	< .001
Turn towards school work or hobbies	0.08 (0.03)	0.08 (0.03)	0.08 (0.03)	1.843	.067

As one would expect, there was a highly significant difference on jealous feelings between these two types of scenarios ($p < .001$). Participants tended to project significantly higher jealousy feelings for the jealousy scenarios than for the relationship conflict scenarios. Participants also reported significantly greater projected hostility in response to the jealousy scenarios relative to the relationship conflict scenarios ($p < .001$). Overall, for jealousy scenarios participants projected significantly less sadness ($p < .001$), nervousness ($p < .001$) and overall negative affect ($p < .001$) as compared to the relationship conflict scenarios.

There were no significant differences between jealousy and relationship conflict scenarios on the coping goals of maintaining self-esteem and feeling better emotionally. However, there was a significant difference between the scenarios for the coping goal of maintaining the relationship. Subjects indicated that staying in the relationship was more likely their goal for jealousy scenarios than relationship conflict scenarios ($p = .033$).

For coping strategies totals, the greatest differences in the strategies selected between the two type of scenarios were in engaging in surveillance on the partner ($p < .001$), breaking off the relationship ($p < .001$), talking about the problem with the partner ($p < .001$) and pretending it doesn't bother them ($p <$

.001), respectively. Subjects were more likely to engage in surveillance of the partner, break off the relationship and pretend it doesn't bother them and less likely to talk to the partner for the jealousy scenarios than for the relationship conflict scenarios. The greatest difference in coping strategy proportions between jealousy and relationship conflict scenarios was talking about the problem with the partner ($p <$ .001), engaging in surveillance on the partner ($p < .001$), criticizing themselves ($p < .001$), and pretending it doesn't bother them ($p < .001$), respectively. For jealousy scenarios, subjects were significantly more likely to engage in surveillance and pretend it doesn't bother them and significantly less likely to criticize themselves and talk about the problem with their partner. The correlations between depression and reactions to the jealousy scenarios are listed in Table 4.

Additionally, we found significant differences between those that were dating someone for a month or more and all other participants (i.e. not dating anyone, dating several people or dating someone for less than a month). Individuals who were dating someone for more than a month tended to assume less responsibility (p = .005) and were more likely to talk to their partner and express their emotions ($p < .001$ for both). Interestingly, individuals dating someone for less than a month or not dating anyone were more likely to talk to a friend ($p < .001$).

<div align="center">Sex Differences</div>

This sample was composed of about 74.34% females and 25% males. We ran preliminary analyses comparing the means between the sexes. We found significant mean differences for the CESD between men and women ($p = .004$). Women had a mean CESD score of 16.50 (standard deviation (SD) = 10.13) and men had a mean CESD score of 12.16 ($SD = 6.80$). For the jealousy scenarios, women had significantly higher ratings of sadness ($p = .002$) and hostility ($p = .031$). Women reported significantly lower control ($p = .012$) and responsibility ($p = .012$) appraisals and were less likely to keep their emotions in ($p = .001$). We found no significant sex differences for coping goals, the stressfulness of the jealousy scenarios, jealous feelings, overall negative affect or for any of the coping strategies other than keeping the emotions to themselves.

Table 5. Correlations of Means of Variables with Depression

	Overall	Jealousy	Relationship Conflict	Overall[1]	Jealousy[1]	Relationship Conflict[1]
Jealousy	0.25**	0.22**	0.20*	0.16	0.12	0.17*
Nervous	0.24**	0.25**	0.20*	0.16*	0.17*	0.14
Hostile	0.26**	0.25**	0.24**	0.18*	0.16*	0.21*
Sad	0.30**	0.33**	0.21**	0.23**	0.27**	0.16*
Overall Negative Affect	0.30**	0.31**	0.27**	0.24**	0.24**	0.23**
Control Appraisal	-0.10	-0.14	-0.01	-0.05	-0.08	0.05
Responsibility Appraisal	0.28**	0.27**	0.24**	0.24**	0.22**	0.20**
Stressfulness Appraisal	0.20*	0.20*	0.15	N/A	N/A	N/A
Maintain the relationship	0.07	0.05	0.11	0.02	-0.00	0.07
Maintain self-esteem	0.11	0.10	0.10	0.06	0.06	0.07
Feel better emotionally	0.04	0.04	0.03	-0.04	-0.03	-0.03
Coping Strategies Proportions						
Criticize yourself	0.28**	0.31**	0.19**	0.24**	0.27**	0.15
Pretend it doesn't bother you	0.22**	0.15	0.26**	0.28**	0.20**	0.30**
Break off the relationship	0.04	0.07	0.01	0.06	0.09	0.02
Express your emotions	-0.37**	-0.35**	-0.37**	-0.36**	-0.34**	-0.37**
Talk about the problem with your partner	-0.36**	-0.32**	-0.35**	-0.35**	-0.31**	-0.34**
Make partner feel guilty	-0.00	0.03	-0.04	-0.07	-0.03	-0.07
Berate partner	0.10	0.09	0.11	0.10	0.08	0.11
Distance yourself from your partner	0.21**	0.20**	0.17*	0.19*	0.18*	0.16*
Go talk to a friend	-0.05	-0.02	-0.08	-0.05	-0.02	-0.09
Try to keep my feelings to myself	0.13	0.06	0.20*	0.17*	0.12	0.22**

Surveillance partner	0.18*	0.16*	0.18*	0.14	0.12	0.19*
Turn to school	0.04	0.00	0.09	0.03	-0.05	0.10

* Correlation is significant at the 0.05 level (2-tailed).
[1] Controlling for stressfulness of the scenario.

Hypothesis #1: Individuals Higher in Depression
will Appraise Situations as More Threatening
and Less Controllable.

We found that higher depression did correlate with greater negative appraisals (see Table 5). For jealousy scenarios, depression was positively associated with stressfulness appraisal ($p < .05$), suggesting that individuals higher in depression found the jealousy-evoking scenarios to be more stressful. In contrast, there was no significant correlation between the appraised stressfulness and depression for the relationship conflict scenarios.

We also found that depression was positively associated with assuming responsibility ($p < .01$). This finding indicates that those high in depression tended to feel more responsible for the jealousy scenarios. Also, even after accounting for the stressfulness of the jealousy scenarios, those high in depression still projected feeling greater responsibility than those low in depression in the context of the jealousy scenarios. However, this relationship does not appear to be unique to jealousy situations since we found a similar relationship for the relationship conflict scenarios as well. Therefore, it may be the case that people higher in depression tend to assume more responsibility over relationship conflicts overall and not more specifically over jealousy-related conflict.

We did not find a significant relationship between depression and control appraisals for either of the scenario types. This was also the case after controlling for the stressfulness of the situation.

For this hypothesis, we found that individuals did appraise situations as more threatening but not less controllable.

Hypothesis #2: Individuals Higher in Depression
will Report to a Greater Degree that their
Coping Goal is to Maintain
the Relationship.

We did not find any significant relationships between coping goals and depression for either of the two types of scenarios (see Table 5). Overall, none of the coping goals were significantly related to depression.

Hypothesis #3: Individuals Higher in Depression
will Chose Less Adaptive Coping Strategies.

We found that for jealousy scenarios those higher in depression tended to report using more self-critical ($p < .01$), surveillance ($p < .05$), and avoidant coping strategies [i.e., distancing themselves from the partner ($p < .01$), less likely to express their emotions ($p < .01$) and less likely to talk to the partner about the problem ($p < .01$)] (see Table 5). We found similar results for the relationship conflict scenarios where the more depressed participants tended to use self-critical, avoidant and surveillance types of coping strategies with the addition of more passive coping strategies such as pretending that the problem doesn't bother them ($p < .01$) and trying to keep their feelings to themselves ($p < .01$). After controlling for stressfulness of the situation, for jealousy scenarios, pretending the situation doesn't bother them had a significant positive association with depression ($p < .01$). However, once we controlled for the stressfulness of the situation, surveillance was no longer related to depression for the jealousy scenarios, and being self-critical no longer related to depression for relationship conflict scenarios. Therefore, for relationship conflict scenarios, and not for jealousy scenarios, once the stressfulness of the situation was taken into account, participants higher in depression reported that they would be more likely to engage in surveillance of their partner. Being self-critical was then uniquely related to depression for jealousy scenarios once we took into account the level of stressfulness of the scenario. Given the projected coping strategies reported, as expected, depression was related to more maladaptive coping strategies. However, this was not unique to the jealousy scenarios. In fact, depression significantly correlated with a greater number of maladaptive coping strategies for the relationship conflict scenarios than for the jealousy scenarios.

Overall for this hypothesis we found that individuals higher in depression did choose more maladaptive coping strategies than those lower in depression. However, this was not unique to jealousy scenarios.

Hypothesis #4: Those Higher in Depression will
Evidence Less Variability in the
Coping Strategies they Choose.

In order to assess the relationship between depression and the variability of coping strategies selected, we correlated the within-person standard deviations of the coping strategies (each person's SD for each coping strategy across 15 scenarios) to depression, while controlling for their mean levels of each coping strategy. This method of assessing coping flexibility was analogous to the method employed by Fresco, Williams and Nugent (2006). These results are presented in Table 6. We found no significant correlations between depression and the standard deviations of the coping strategies for jealousy scenarios. For the relationship scenarios, we found only one significant correlation between depression and the variability of coping choice: depression negatively correlated with the standard deviation of the projected self-critical coping strategy. This suggests that those higher in depression tend to have less variability or be more rigid in the use of self-critical coping strategies when confronted with relationship conflict scenarios. This was not evident in jealousy relationship scenarios. It is noteworthy, though, that given the number of coping strategies that were correlated with depression across both scenario types, we expected one significant correlation due to Type I error alone. Therefore, we make little of this one finding, and conclude that depression generally was not related to coping flexibility in these hypothetical vignettes.

Table 6. Correlations between Depression and SD of each Coping Strategy (Controlling for mean of each strategy).

Coping Strategy	Jealousy	Relationship conflict
Criticize Self	-0.12	-0.20*
Pretend it doesn't bother	0.11	-0.12
Break off the relationship	-0.01	-0.05
Express Emotions	0.04	-0.06
Talk to the partner	0.06	-0.08
Make partner feel guilty	-0.14	-0.11
Berate	-0.14	-0.04

Distance self from the partner	-0.09	-0.09
Talk to a friend	-0.12	-0.05
Keep emotions in	0.03	-0.05
Surveillance	-0.04	0.09
Turn to school	-0.01	-0.03

Hypothesis #5: Individuals with Higher Levels of
Depression will have Greater Negative
Emotional Reactions to Jealousy
Situations than those with
Lower Depression.

The initial correlation analyses reveal that for jealousy scenarios, depression was positively

associated with jealousy ($p < .01$), nervousness ($p < .01$), hostility ($p < .01$), sadness ($p < .01$), and overall

negative affect ($p < .01$) (Table 5). These correlation analyses reveal that those higher in depression tend to

have greater projected negative emotion to jealousy scenarios than those lower in depression.

Multilevel Regression Analyses
of Emotional Reactivity

We used multilevel modeling in order to assess the relationship between perceived stressfulness of

scenarios and projected negative emotion. We simultaneously tested the effect of scenario type (jealousy

vs. relationship conflict) on negative emotion. These results are presented in Table 7. Overall, there was a

significant positive relationship between depression and negative affect for all of the scenarios ($b = .656$,

$t(150) = 3.13$, $p < .001$). So those with higher levels of depression projected that they would experience

more negative affect in response to the scenarios. Further, the average within-person relationship between

the stressfulness of scenarios and negative affect was significant ($b = .516$, $t(150) = 33.85$, $p < .001$),

suggesting that as the perceived stressfulness of the scenarios increases people generally reported negative

affect increases. Importantly, however, at level 2 depression did not have a significant effect on this

relationship ($b = -.017$, $t(150) = -0.05$, $p = .610$). Thus, for people higher in depression, increasing

stressfulness of the scenarios did not impact negative affect to a greater degree than it did for those lower in

depression.

Table 7. Multilevel Regression Analyses-- Moderating Effects of Depression on the Relationship between Variables and Negative Affect

	B Coefficient	Standard Error	t-ratio	d.f.
Intercept Analysis				
Average Negative Affect (b_{00})	2.395***	0.08	40.52	150
Effect of DEPRESSION on Negative Affect (b_{01})	0.656**	0.21	3.13	150
STRESS Slope				
Average Within-Person Slope (b_{10})	0.516***	0.02	33.85	150
Effect of DEPRESSION on this Slope (b_{11})	-0.017	0.03	-0.05	150
TYPE SCENARIO Slope				
Average Within-Person Slope (b_{20})	0.277***	0.07	4.01	150
Effect of DEPRESSION on this Slope (b_{21})	-0.009	0.15	-0.06	150

Note. Coefficients are unstandardized, from HLM output.
*$p<.05$. **$p<.01$. ***$p<.001$

The analysis also indicated that type of scenario significantly influenced levels of negative affect ($b = .277$, $t(150) = 4.01$, $p < .001$), indicating that jealousy scenarios were associated with higher levels of negative affect than relationship conflict scenarios. Again, however, depression did not moderate this relationship, suggesting that jealousy scenarios were associated with greater negative affect for both those higher and lower in depression.

We also assessed emotional reactivity with specific negative emotions (jealousy, nervousness, hostility and sadness). These results are presented in Table 8.

Jealous Feelings

As expected, we found that jealousy scenarios were associated with higher levels of jealousy than general relationship conflict scenarios ($b = 5.71$, $t(150) = 27.07$, $p < .001$). We also found that as stressfulness of the scenario increases projected jealous feelings increased ($b = .38$, $t(150) = 13.60$, $p < .001$).

Table 8. Multilevel Regression Analyses-- The moderating effect of Depression on the Relationship between Emotional Reactivity Accounting for Stress, Scenario Type and the Stress by Scenario Type Interaction

	Jealousy	Hostility	Sadness	Nervousness
Average Emotion Level	3.33***	3.57***	3.61***	3.20***
Effect of Depression	0.58*	0.72**	0.79**	0.68*
Effect of Stress on Emotion (Avg within-person slope)	0.38***	0.60***	0.74***	0.48***
Effect of Depression on Stress-Emotion Slope	-0.06	-0.10*	-0.09	0.00
Effect of Scenario Type on Emotion	5.71***	1.40***	-0.60***	-0.25
Effect of Depression on Type-Emotion Slope	0.40	-0.12	0.07	0.23
Effect of StressXScenario Type on Emotion	0.38***	0.78***	0.57***	-0.61***
Effect of Depression on Interaction Slope	-0.37*	-0.11	0.09	0.09

Note: The interaction terms were entered into a separate equation. Main effects are reported from analyses without the interaction in the equation

*$p<.05$. **$p<.01$. ***$p<.001$

However, depression did not influence the magnitude of either of these effects. At level 1, we also assessed how the interaction between type of scenario and stressfulness of the scenario influence projected jealous feelings. So the question was whether the relationship between stressfulness and emotional outcome (jealousy) varied as a function of scenario type. The interaction term was significant, suggesting that the relationship between event stressfulness and jealousy varied as a function of scenario type. Specifically, across the sample as a whole, increased ratings of stressfulness had a greater impact on jealousy in the jealousy-evoking scenarios than in the relationship conflict scenarios. At level 2, depression moderated the interaction of stress and type of scenario. To understand this three-way interaction, we split the files into jealousy scenarios and relationship conflict scenarios and separately estimated the effects of event stressfulness on jealousy. Results are reported in Table 9. For the jealousy scenario model, we found that as stress increases, projected jealousy increases ($b = .43$, $t(150) = 11.91$, $p < .001$). This relationship was weaker, however, as depression increased ($b = -.15$, $t(150) = -2.12$, $p = .036$). Thus, for jealousy scenarios only, the findings suggest that people who are higher in depression tend to be less influenced by the perceived stressfulness of the situation when projecting jealous emotional responses than those who are less

depressed. People higher in depression were less discriminating about their jealousy responses as it relates to perceived stressfulness of the jealousy situation. They had elevated jealousy even when the situation was not particularly stressful. This was unique to jealousy scenarios; depression was not found to influence the relationship between stress and projected jealousy for relationship conflict scenarios.

Table 9. Moderating Effects of Depression on the Relationship between the Interaction Term (Stress*Type) and Jealous Feelings.

	B Coefficient	Standard Error	t-ratio	d.f.
For Jealousy Scenarios ONLY				
Intercept Analysis				
Average Jealousy (b_{00})	4.430***	0.117	37.85	150
Effect of DEPRESSION on Jealousy (b_{01})	0.698*	0.313	2.23	150
STRESS Slope				
Average Within-Person Slope (b_{10})	0.428***	0.036	11.91	150
Effect of DEPRESSION on this Slope (b_{11})	-0.149*	0.071	-2.12	150
For Relationship Conflict Scenarios ONLY				
Intercept Analysis				
Average Jealousy (b_{00})	3.332***	0.0875	38.07	150
Effect of DEPRESSION on Jealousy (b_{01})	0.579*	0.231	2.51	150
STRESS Slope				
Average Within-Person Slope (b_{10})	0.516***	0.031	9.58	150
Effect of DEPRESSION on this Slope (b_{11})	-0.034	0.074	-0.46	150

Note. Coefficients are unstandardized, from HLM output.

*p<.05. **p<.01. ***p<.001

Hostile, Sad and Nervous Feelings

All of the average within-person relationships between the stressfulness of scenarios and each of the emotions were significant, suggesting that as the perceived stressfulness of the scenarios increases hostility, sadness and nervousness increases. Notably, at level 2, depression only had a significant moderating effect on the relationship between stressfulness and hostility ($b = -.10$, $t(150) = -2.03$, p = .044). For those higher in depression, projected hostility was less influenced by the perceived stressfulness of the situation. They were higher in hostility across the scenarios. Depression did not have a significant effect on

the relationship between stressfulness and sadness ($b = -.09$, $t(150) = -1.54$, $p = .125$) or stressfulness and nervousness ($b = -.00$, $t(150) = -.06$, $p = .044$), respectively.

The average within-person relationships between the type of scenario and hostility ($b = 1.40$, $t(150) = 8.99$, $p < .001$) and type of scenario and sadness ($b = -.60$, $t(150) = 27.41$, $p < .001$) were significant. This suggests that type of scenario influenced projected hostility and sadness, where subjects tended to project more hostility and less sadness for jealousy scenarios. Type of scenario did not influence projected nervousness ($b = -.25$, $t(150) = -1.91$, $p = .057$). At level 2, however, depression did not influence the relationships between scenario type and projected individual emotions (Hostility, $b = -.12$, $t(150) = -.39$, $p = .695$; Sadness, $b = .07$, $t(150) = 0.28$, $p = .779$; Nervousness, $b = 0.23$, $t(150) = .89$, $p = .377$).

We found significant relationships between the stressfulness by scenario type interaction term and each of the feelings, i.e. hostility ($b = 0.78$, $t(150) = $, $p < .001$), sadness ($b = .57$, $t(150) = $, $p < .001$), and nervousness ($b = -.61$, $t(150) = $, $p < .001$). As perceived stressfulness increases, jealousy scenarios evoked greater projected hostility and sadness and less nervousness as compared to relationship conflict scenarios. There were no effects of depression on these interactions.

Sex by Depression Interactions

We also analyzed any specific differences between the sexes on the relationships between depression and appraisal, coping, and emotion. First, we ran a series of regression models with stress, depression and sex as predictors for each of the variables of the transactional model of jealousy. These analyses indicated that when controlling for stressfulness of the jealousy scenarios and depression, sex was a significant predictor for the responsibility appraisal ($p < .001$) and the coping strategies of expressing one's emotions ($p = .002$), talking to the partner ($p = .036$), and keeping emotions inside ($p = .014$). Therefore, we found that when controlling for stress and depression, women in our study were less likely to assume responsibility and keep their emotions to themselves and more likely to talk to the partner and express their emotions. Sex was not a significant predictor of any of the emotional reactivity items or of any of the coping goals for the scenarios. We then analyzed how the interaction between depression and sex influenced each of the variables of the transactional model of jealousy. We found significant sex by

depression interactions for the goal of staying in the relationship (p = .050) and the coping choices of breaking off the relationship (p = .021) and surveillance the partner (p = .049). We found that as their level of depression increased, men were less likely to report that staying in the relationship was their goal and less likely to engage in surveillance while women were more likely to report that staying in the relationship was their goal and more likely to engage in surveillance. As level of depression increased, men were more likely than women to break off the relationship as their coping strategy. The interaction term (Sex*Depression) was not significant for any of the emotional responses or appraisals. Overall, these findings suggest that there may be some limited sex differences in the relationships between depression and components of the transactional model of jealousy. However, we are cautious on how we interpret these findings since some may be accounted for by Type I errors given that several of these p-values were close to 0.05 and we ran at least 50 regressions.

Exploratory Analyses

Cluster Analysis to Develop Profiles of Prototypical Styles of Responding for all the Variables

We wanted to assess how all of the variables, i.e. emotional reactivity, appraisals, coping goals, and coping strategies, relate to each other as a whole and whether subjects showed prototypical ways of responding to all the variables. Because there are so many related variables (appraisals, coping goals, coping strategies, etc), we might see distinct profiles of reacting when we put these variables together in a single analysis to gain a more holistic sense of the transactional process. We engaged in exploratory analyses through the use of cluster analysis to attempt to see if there are distinct transactional profiles of responding.

Cluster analysis is a helpful statistical methodology that creates unique clusters of people who tend to have similar reaction profiles. For example, we wanted to assess whether people who have distinct levels of emotional reactivity also have distinct appraisals and ways of coping. Cluster analysis is a statistical method that attempts to classify data sets into similar subsets or clusters based on similarities among the cases. In the type of clustering algorithm we used (agglomerative), we begin with each data

point as its own cluster and then at each subsequent hierarchical step more similar cases are merged to create a bigger cluster. There are several methods used to determine how to merge the cases. All of these methods attempt to measure the distance or dissimilarity between the cases in order to merge or cluster those that are more similar or less dissimilar. The squared Euclidean distance is the most common distance measure used. The squared Euclidean distance is the sum of the squared distance between each case on the variables. We then employed Ward's minimum variance method (Aldenderfer & Blashfield, 1984; Ward, 1962) in order to determine the distance between the clusters. This method groups the cases by attempting to minimize the within-group variances of the clustering factors.

We did not use all of the emotions in the cluster analysis in order to keep the number of variables from getting unwieldy. Instead, we used the emotional items most closely tied to depression: sadness, anxiety, and anger, all negative emotions that have been associated with depressive responding in past studies (Siegman, 1993; Wenze, Gunthert, & German, *In Press*). Overall, then, we used the cluster analysis to identify specific profiles of reactions with respect to emotion, appraisals, coping goals, and coping strategies.

The decision of how many clusters can be found with-in the data set can be subjective. It can vary depending on the method of estimation and is contingent on the sample (Aldenderfer & Blashfield, 1984). We plotted the agglomerative coefficients against the number of clusters. We located the point where there appeared to be a decrease in the rate of change in the slope of the plot or a flattening of the plotted line. Changes in this line are indicative of clustering of dissimilar clusters. This approach for determining the number of clusters resulted in a 3 cluster solution.

The means for the three profiles are shown in Table 10 and the plot of these three reaction profiles are shown in Figure 2. All three clusters were significantly different from each other with respect to jealousy, nervousness and sadness.

Cluster 1 ($N = 43$) appeared to be individuals with the lowest emotional reactivity to the jealousy situations and lowest investment in coping with the situation. For this reason, we named this profile the "*low investor group*". This cluster was composed of 33 women (77%) and 10 men (23%). They reported the lowest levels of projected jealousy, sadness, and anxiety in response to the scenarios. They appraised

the scenarios as less stressful and they assumed the least responsibility for the scenarios. Generally, this group seemed to be the least invested in coping with the situations (lowest levels of coping goals). With regards to coping, these individuals were significantly less likely to criticize themselves. They were significantly more likely than other subjects to break off the relationship, to express their emotions, and to talk about the problem with their partner.

Table 10. Mean Values on Variables for each of the Cluster Profiles

Variables	Low Investors (N=43)	Middle Grounders (N=83)	High Reactors (N=26)
Jealousy	-0.59	-0.11	1.33
Nervous	-0.69	-0.04	1.27
Hostile	-0.29	-0.21	1.15
Sad	-0.56	-0.12	1.33
Control	0.09	0.11	-0.52
Goal to feel better about self	-0.78	0.30	0.32
Goal to maintain the relationship	-0.86	0.32	0.40
Goal to feel better emotionally	-0.82	0.31	0.37
Responsibility	-0.51	-0.08	1.09
Stressfulness	-0.55	0.00	0.91
Criticize Self	-0.46	-0.04	0.87
Pretend it doesn't bother	-0.48	0.28	-0.09
Break off the relationship	0.38	-0.15	-0.16
Express Emotions	0.58	-0.07	-0.73
Talk to the partner	0.53	-0.04	-0.74
Make partner feel guilty	0.23	-0.22	0.33
Berate the partner	0.60	-0.41	0.33
Distance self from the partner	0.05	-0.21	0.59
Talk to a friend	-0.26	0.22	-0.26
Keep emotions in	-0.45	0.14	0.28
Surveillance Partner	-0.08	-0.13	0.55
Turn to school	-0.30	0.15	0.02

The profile of Cluster 2 ($N = 74$) is characterized by average levels of projected emotional reactions to the relationship conflict scenarios. For this reason, we named this group the "*middle grounders*". This cluster was composed of 52 women (70%) and 21 men (28%) and one person who did not

disclose their sex. These individuals had average ratings of coping goals. They appraised events with regards to control, stress and level of responsibility at an average level. With regards to coping strategies selected, these individuals were significantly more likely than any of the groups to pretend it doesn't bother them or talk to a friend. This cluster was significantly least likely to berate the partner or make the partner feel guilty.

The profile of Cluster 3 ($N = 35$) is characterized by high projected emotional reactivity to the events, hence we call them the "*high reactors*". This cluster was composed of 28 women (80%) and 7 men (20%). This group had significantly higher levels of projected jealousy, nervousness, hostility and sadness. They had the most negative appraisals by reporting the scenarios as being more stressful, feeling more responsible for the scenarios and feeling the least amount of control over the scenarios. With regards to coping goals, these individuals reported an average level of coping goals. They had around the same level of each of the three goals (i.e. feel better about themselves, feel better emotionally and maintain the relationship). This is similar to that of the second cluster (average level of emotional reactivity) where there is no differentiation between the three goals. These individuals showed the highest level of maladaptive coping. They were the group significantly most likely to criticize themselves, make partner feel guilty and conduct surveillance of the partner. They were the group significantly least likely to express their emotions or talk to their partner. They were just as likely to pretend it doesn't bother them and to berate the partner as the low investor group. They had average levels of breaking off the relationship. They reported similar levels of this coping strategy as the *middle grounders*, even though they reported high emotional responses and high levels of stress. Instead of breaking off the relationship, they may be choosing to engage in certain maladaptive coping strategies. Not choosing to break off the relationship may be related to the *high reactors* group's report of feeling the lowest levels of control, the highest level of responsibility and having the same level as *middle grounders* on the goal of maintaining the relationship. They may still want to stay in the relationship in order to continue to gain the benefits of a romantic relationship, such as affection, companionship, a source from which to derive meaning and self-worth or of having support, to name a few.

There were no significant differences between the three groups in their likelihood to distance themselves from their partner or to turn towards school work or hobbies. We also performed a cluster analysis for the relationship conflict scenarios only. The profiles were very similar, suggesting that these profiles likely reflect patterns of reactions to relationship problems in general, not just jealousy-evoking scenarios[1].
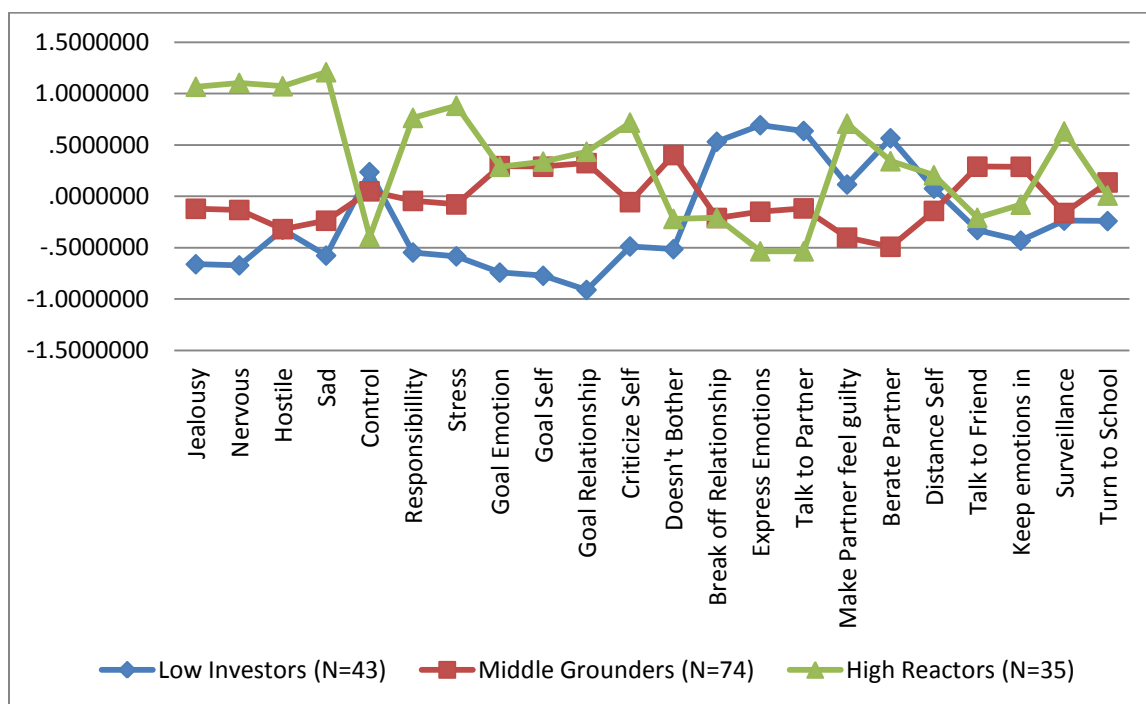
Figure 2. Cluster Analysis for Jealousy Scenarios

Analysis of Trait Level Variables by Cluster

We evaluated whether the clusters differed in CESD scores and chronic jealousy (Table 11). We conducted an analysis of variance to determine whether the profiles predict the relevant traits and

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[1] We found the following distinctions: low investors in the relationship conflict scenario only cluster indicated less sadness, rated all three goals slightly higher, and were less likely to berate the partner than the low investors in the jealousy scenario only clusters. Middle grounders in the relationship conflict scenario only cluster, indicated less hostility, rated all three goals slightly lower, and were more likely to criticize themselves than the middle grounders in the jealousy scenario only clusters. High reactors in the relationship scenario only cluster, were emotionally less reactive on all of the four emotions (jealousy, hostility, sadness and nervousness), assumed less responsibility, were less likely to endorse being self-critical and engaging in surveillance as their coping strategy than the high reactors in the jealousy scenario only cluster.

depression. Overall, we found that the *high reactors* group had significantly greater levels of depression and trait jealousy than any other group. There were no significant differences between the *middle grounders* and the *low investor* group with regards to depression or chronic jealousy.

Table 11. Descriptive Data of Trait Level Variables by Clusters

Variable	Low Investors[a]	Middle Grounders[b]	High Reactors[c]
	Mean (SD)	Mean (SD)	Mean (SD)
Depression	12.84 (8.56)	14.16 (8.59)	21.13* (10.48)
Chronic jealousy	14.53 (4.65)	13.64 (4.35)	19.83* (5.73)

*Significantly different than Low Investors and Middle Grounders (p<0.001 for both).
[a] N = 43 for this group on depression and chronic jealousy.
[b] N = 74 for this group on depression and chronic jealousy.
[c] N = 35 for this group on depression and chronic jealousy.

CHAPTER 4

DISCUSSION

In this study we examined the transactional model of jealousy and the influence of depression on this model. We tested the hypotheses that individuals higher in depression appraise situations as more threatening and less controllable, report to a greater degree that their coping goal is to stay in the romantic relationship, choose less adaptive coping strategies, are more rigid in their coping strategy choices and have greater negative emotional reactions to jealousy-evoking situations than those who have lower levels of depression.

For appraisals, we found that individuals higher in depression tended to appraise only jealousy situations as more stressful. This relationship was unique for jealousy scenarios. Previous studies suggest that individuals greater in depression reported significantly higher threat by a romantic rival than those not depressed (Radecki-Bush, Farrell & Bush, 1993). Therefore, it may be the case that depressed individuals' negative self view (Alloy et al., 1999) coupled with their perception of greater threat by a rival may lead depressed individuals to view jealousy types of scenarios as particularly more stressful as compared with those low in depression.

Additionally, individuals higher in depression also tended to assume more responsibility in these situations. The assuming responsibility appraisals were also positively associated with depression for the relationship conflict scenarios, suggesting that this relationship is not unique to jealousy scenarios. This suggests that depressed individuals tend to assume more responsibility in overall relationship conflict and not more specifically for jealousy scenarios. In a study examining stress, coping and marital satisfaction in couples with depressed wives, they found that depressed couples (couples in which the wife was diagnosed with major depression) reported accepting more responsibility as a way of coping than did nondepressed couples (Gotlib & Whiffen, 1989). Also, according to Folkman, Lazarus, Gruen, & DeLongis (1986) when people feel that their self-esteem is threatened they tended to accept more responsibility than when their

self-esteem was not threatened. One can argue that since depressed people tend to have greater negative self-view and since one's self-esteem may be threatened in overall relationship conflict scenarios, not exclusively in jealousy scenarios, these tendencies may lead depressed individuals to assume more responsibility than nondepressed in relationship conflict scenarios.

Even though previous research suggests that depressed individuals appraise situations as less controllable (Gan et al., 2006), we did not find any significant correlations between control appraisals and depression for any of the relationship scenarios. Depressed individuals were similar to nondepressed individuals in their control appraisals. A study with healthy married couples found that those in jealousy situations tended to perceive their partners as having a good deal of control as opposed to the self (Fitness & Fletcher, 1993). Therefore, people in general might feel less control in jealousy situations. However, this does not help to explain the null finding regarding control appraisals across both types of scenarios. It is noteworthy that some other studies have failed to find an association between depression and perceived controllability of relationship stressors. For example, one study of spouses' control appraisals during a marital conflict also did not find any associations between depression and control appraisals (Traupman, Smith, Florsheim, Berg, & Uchino, 2011). There are no previous research studies directly assessing the role of depression and control appraisals within the context of jealousy-evoking situations. Overall, then, the appraisal findings suggest that depression levels might have a particularly salient effect on perceptions of stressfulness and personal responsibility in the context of jealousy-evoking romantic stressors.

Previous research has emphasized the importance of assessing coping goals since they may influence coping choice (Coyne & Racioppo, 2000). Boekaerts (1999) indicates that coping strategies can only be assessed by way of the coping goals being pursued. Also, previous research suggests that an individual's goals in response to jealousy situations fall either under the category of attempting to maintain the relationship, attempting to maintain self-esteem or both (Bryson, 1977; White, 1981). We initially hypothesized that depressed individuals would be more likely to project that their coping goal is to stay in the romantic relationship due to their tendency for high interpersonal dependency. Depressed individuals' interpersonal dependency is manifested by a need for constant feedback from others to help define their self-concept and self-worth (Abela, McIntyre-Smith, & Deschef, 2003; Ingram, Miranda & Segal, 1998),

given their higher rate of social isolation (Barnett & Gotlib, 1988; Champion & Powers, 1995). Surprisingly, we did not find any significant relationships between depression and coping goals for either type of relationship scenario, jealousy or overall relationship conflict scenario. So those higher and lower in depression do not seem to differ in what they hope to accomplish in coping with romantic relationship stressors. It may be the case, however, that goals do not differ, but that the ways these goals are carried out do differ. For example, there are adaptive and maladaptive ways to feel better or to enhance one's mood (Folkman & Moskowitz, 2004; Hutchinson, Baldwin, & Oh, 2006), therefore the goals may be similar for depressed and nondepressed but the strategies to reach the goals may differ. Also, this could be a result of the mild level of depression in the sample since the mean level of depression was around a 15 on the CESD. It may be the case that significant differences in coping goals may be found with a clinically depressed sample. We discuss the limitations of using an analogue sample in the next section.

In the present study, depression was generally positively correlated with maladaptive coping strategies in jealousy and relationship conflict scenarios. Once we controlled for the stressfulness of the situation, we found that individuals higher in depression were more likely to use self-critical, avoidant, and passive aggressive coping strategies for jealousy scenarios. These findings are similar to previous findings that suggest that depressed people tend to choose more passive emotion-focused coping strategies such as avoidance and self-blame (Coyne, 1981; Perrez & Reicherts, 1992; Radecki-Bush, Farrell, & Bush, 1993; Vitaliano et al., 1985). However, other than the use of self-critical coping, findings were similar in the relationship conflict scenarios. Therefore, the avoidant and passive emotion-focused coping choices may be more generalized to relationship conflict overall, and not to jealousy-evoking scenarios.

The coping choice of being self-critical was unique to jealousy scenarios, and is consistent with the finding that those high in depression tended to take more responsibility in their appraisals of the jealousy scenarios. Other research does suggest that depressed individuals tend to engage in more self-blame and use more self-critical coping strategies (Chang, 1998; Fondacaro & Moos, 1989; Gotlib & Whiffen, 1989). Additionally, depressed individuals' tendency to view rivals as more threatening may play a role in being self-critical; the depressed person might compare themselves with the rival and, given their bias toward negative self-view, find shortcomings.

The effect of depression on keeping one's feelings to oneself and engaging in surveillance of the partner were unique to relationship conflict scenarios. Perhaps engaging in surveillance (checking Facebook activity or cell phone activity) is more normative in jealousy-evoking scenarios, and hence we do not find that those lower in depression thought they would do it less. Those higher in depression, however, might engage in this strategy less discriminantly; they might do it even when there is no clear rival. In these types of situations, surveillance may be used as a way to gain more insight on what may be influencing partner's negative behaviors, given that there is no concrete influence/culprit like the rival for the jealousy scenarios.

Overall, we found no significant relationships between depression and coping flexibility for the jealousy scenarios. Depressed and nondepressed individuals are similar in the variability of coping strategies in jealousy situations. The only significant correlation we found was for the relationship conflict scenarios, where those higher in depression tended to have less variability or tended to be more rigid in choosing the coping strategy of being self-critical. So not only are those higher in depression using more self-criticism, they tend to be less flexible in the use of this strategy. They might be over-relying, then, on self-focused negativity in responding to jealousy-evoking stress.

Previous research has defined coping flexibility as both variability in coping as well as choosing coping strategies that fit the specific situational demands (Cheng & Cheung, 2004). Thus, variability alone does not determine positive outcomes since one may be flexible without choosing strategies that are appropriate given the situational demands. Additionally, there may be situations as well where inflexibility by continuously choosing "an adaptive situation-appropriate" coping strategy may lead to positive outcomes. Therefore, our inability to find a relationship between coping flexibility and depression for jealousy situations may stem from the complexity of the coping flexibility construct as it specifically relates to jealousy situations. Thus, we recommend that future research on coping flexibility in the jealousy transactional process also focuses on assessing whether depressed individuals tend to choose coping strategies that do not fit the situational demands.

Additionally, it would be important to consider the appropriateness of the jealousy responses reported within the context of each scenario in which the jealousy is evoked. Studies have shown that

jealousy scenarios can lead to positive outcomes as well as negative outcomes. Guerrero et al. (1995) have studied the functions of communicative responses in jealousy situations. They describe how communicative responses in jealousy-evoking scenarios serve the purpose of attempting to reduce the uncertainty of the romantic relationship, maintaining or repairing the romantic relationship, or as a way to restore self-esteem after a jealousy-evoking scenario. In our study, we did not address growth resulting from jealousy – we focused more on immediate outcomes of negative emotionality.

In line with previous research, we found that those higher in depression projected greater negative affect in response to all scenarios (Cuellar & Johnson, 2009; Gunthert, et al., 2007; Mausbach, Roepke, Depp, Patterson, & Grant, 2009). Depression, however, did not influence the relationship between type of scenario (jealousy vs. relationship conflict) or stress appraisals and negative affect. This indicates that the projected greater overall negative affect is not specific to jealousy scenarios but may be the way that depressed individuals respond to most relationship conflict situations regardless of the context.

We also looked at the relationships between perceived stressfulness and specific negative emotions, since there appeared to be different emotional reactions in the two types of scenarios. For jealousy scenarios, we found that those lower in depression tended to experience increasing jealousy as the scenarios increased in stressfulness. Interestingly, this was less true for those high in depression. They experienced higher jealousy regardless of the severity of the scenario. Their level of jealousy was *less linked* to the actual severity of the encounter. This is particularly problematic because they may be overly jealous for situations that may not demand or warrant that level of reactivity. This hyperjealousy bias may lead more depressed individuals to express greater jealousy than the situation demands, choose more maladaptive coping strategies, and have more negative outcomes in romantic relationships.

Across all types of scenarios, we found that individuals higher in depression tended to report greater projected hostility, sadness, and nervousness than nondepressed individuals. Also, across all types of scenarios greater appraised stressfulness lead to greater projected hostility, sadness and nervousness. Depression moderated the relationship between stressfulness and hostility; for those higher in depression stressfulness was *less linked* to projected hostility. Also, overall, for jealousy evoking scenarios, participants reported greater projected hostility and less projected sadness as compared to relationship

conflict scenarios. We found no relationship between projected nervousness and the type of scenario. Our findings indicate that as perceived stressfulness increases, jealousy scenarios evoked greater projected hostility and sadness and less nervousness as compared to relationship conflict scenarios. Depression was not found to moderate these interactions.

Our analyses of sex differences indicated that once we accounted for levels of stress and depression, sex was a significant predictor for the coping strategies of expressing one's emotions, talking to the partner and keeping emotions to themselves. These findings seem to be in line with gender stereotyped behaviors and ways of coping where men tend to be less emotionally expressive and keep their emotions more guarded and women tend to want to talk about the problem (Brody, 1985; Kring & Gordon, 1998). A previous study has found that for women expressing their emotions had the effect of reducing depressed mood but not for men (Howerton & Gundy, 2009). Therefore, emotional expression might actually be more adaptive for women. Additionally, sex was a significant predictor of the responsibility appraisal. Men tended to assume greater responsibility than women overall.

We also tested how the interaction between sex and depression predicted the components of the transactional model. We found that as depression increased, men were less likely to engage in surveillance, less likely to report staying in the relationship as their goal and more likely to break off the relationship. This indicates that men who are more depressed are more likely to break off the relationship rather than attempt to resolve the problem and are less invested in staying in the relationship. They may be significantly less likely than women to engage in surveillance since they are less invested in the relationship and more likely to simply break it off. This may be related to men's predisposition to avoid conflict and withdraw (Christensen & Heavey, 1990; Nichols & Rohrbaugh, 1997). Overall, these findings suggest that there may be some sex differences in how depression affects reactions to jealousy-evoking scenarios. However, it is noteworthy that there is an inflated Type I error rate in the study, and several of the p values in these analyses were close to the .05 alpha cut-off. Thus, some caution is warranted.

Our exploratory analysis using cluster analysis methodology indicated that three distinct patterns of responding to relationship conflict emerged. We named these groups "high reactors," "middle grounders," and "low investors." We found that the high reactors tended to be more jealous and hostile and

responded with more maladaptive coping strategies. The low investor group (those with the lowest coping goals), in contrast, tended to be more likely to break-off the relationship and talk to their partner. They were more likely to express their emotions to their partners and less likely to keep their feelings to themselves. These individuals also had the lowest reported emotional responses. Given that they are the least invested in coping with the situation as well as in the relationship, this may make it easier for them to express their emotions and be less inhibited with their feelings than the other groups. They may feel as though they have less to lose and are more willing to chance losing the relationship. Only the high reactors had significantly higher levels of depression than the other two groups. Also, the high reactors' mean level of depression appears to be above the cutoff for depression on the CESD. Future research should focus on cross-validating the clusters to assess whether these clusters are replicable.

Other than level of depression, in the current study, we did not assess other individual differences that may relate to the experience of romantic jealousy situations. For example, previous research has emphasized how individuals' attachment styles relate to jealousy (Harris & Darby, 2010). Given that attachment and other related constructs likely overlap with depression, it would be interesting to model specific effects of multiple individual difference variables simultaneously.

Also, we only tested romantic jealousy in this study and did not assess how depression may influence other types of jealousy, such as friendship jealousy. Research has shown that friendship jealousy can have similarities with romantic jealousy. Parker, Kruse and Aikins (2011) have found that for both sexes, in the context of a "best friend" relationship, attractive rivals tended to evoke greater jealousy than did unattractive rivals and that this relationship was more significant for women. This is similar to research on romantic jealousy indicating that attractive rivals tend to evoke greater jealousy (Broemer & Diehl, 2004). It would be important to study the differences between these types of jealousy and specifically how depression may differentially influence friendship jealousy as compared to romantic jealousy.

<u>Limitations</u>

The main limitation in this study is with the methodology. In the current study, we developed our own romantic jealousy and relationship conflict scenarios. We developed nine different jealousy-evoking

scenarios, inspired by the Interpersonal Jealousy Scale developed by Mathes & Severa (1981). In creating

the hypothetical vignettes, we attempted to generate variability in the level of jealousy they would evoke

from mild to strong levels of jealousy based on our subjective perception of how we believed the scenarios

may be appraised given our understanding of the literature. We did not use objective methods to assess the

reliability or validity of these scenarios. The jealousy scenarios had face validity and good internal

consistency, however in this study we did not conduct the multiple steps that would be needed to establish

validity and to have confidence in a new measure. In addition, we might have missed other important

aspects of the process of reacting to jealousy situations (e.g., other appraisals, coping strategies, etc). We

generated romantic relationship conflict scenarios as a control comparison. We devised 6 relationship

conflict scenarios that may be relevant to a college population. These relationship scenario vignettes could

also have similar pitfalls as the jealousy scenario vignettes.

As noted earlier in the results, it appears that the two types of scenarios differed in ratings of

average level of stressfulness. The relationship conflict scenarios were identified as more stressful overall

than the jealousy scenarios. We attempted to account for this finding by controlling for stress across the

various analyses. However, we did fail to standardize the two types of scenarios on level of distress or

stressfulness. This could be a potential confound in the comparison of subject's responses to the two types

of scenarios. Since relationship conflict scenarios were overall more stressful, it may be the case that

certain results are the result of the stressfulness of the scenario as opposed to the type of scenario.

Also, in this study subjects were imagining hypothetical jealousy and conflict situations rather

than experiencing real ones in important real-life couple relationships. Jealousy experiences in real-life

relationships can be very intense. Therefore, subjects may be more likely to endorse certain coping

strategies given that there are no real-life consequences to the hypothetical events.

These vignettes and the corresponding questionnaires were in essence self-report assessments that

could potentially be subject to self-presentational concerns, participants using heuristics and possibly

resorting to recall biases to answer questions about how they think they would behave. There has been

significant research on the methodological issues on using self-report measures in coping research (Coyne

& Racioppo, 2000; Folkman & Maskowitz, 2004) as well as on the use of hypothetical vignettes (Gilbert,

Pinel, Wilson, Blumberg, & Wheatley, 1998), and more specifically to assess jealousy (DeSteno,

Valdesolo, & Bartlett, 2006). Previous research has demonstrated weak concordance in the ways that

people cope in day to day interactions and how they respond in global coping assessments (Todd, Tennen,

Carney, Armeli, & Affleck, 2004). Consequently, these studies raise the question about individual's ability

to accurately report how they *would* view, cope and feel in the real-world version of each scenario.

DeSteno, Valdesolo, & Bartlett (2006) posit that since emotions tend to influence cognitions and behaviors

through conscious and unconscious processes, it would be difficult for subjects to accurately assess the

mediators and related processes that stem from the true emotional experience of jealousy. In their study,

they attempted to rectify this issue by inducing jealousy in-vivo through the use of confederates to create an

interaction that would lead to possible social rejection. In contrast to this study, in our study we were

specifically assessing romantic jealousy. It would be more difficult to induce romantic jealousy in a

laboratory setting. Additionally, Gilbert et al. (1998) discuss that individuals may have inaccurate theories

about how they think they would feel in familiar and unfamiliar situations. The authors show that

individuals tend to overestimate or underestimate the extent to which certain events influence emotions.

They posit that this is in part due to cultural influences or a lack of familiarity with the specific event in

question, such as a break-up. They argue that what an inexperienced person imagines they will feel during a

break-up could be different from an experienced person remembering a past breakup to estimate how they

would feel in a hypothetical break-up. Therefore, it would be difficult for a person who never experienced

an event to fully account for all the nuances that a novel event entails. Similarly, an experienced person

may use retrospective memory of their experience with the event to report how they would feel in this

novel event without taking into account new variables and nuisances. They discussed how individuals may

"simply have inappropriate ideas about how much certain events hurt" (Gilbert et al., 1998, p. 633). Given

these limitations, future studies should explore other ways of assessing romantic jealousy and its

relationship to depression. Future methodological approaches may include attempts to induce romantic

jealousy in-vivo, use of observer or clinician rated assessments, or to develop Ecological Momentary

Assessments such as those used by Todd, Tennen, Carney, Armeli, and Affleck (2004). We also

recommend more research on developing comparable and reliable control conditions to that of romantic

jealousy conditions. Coyne and Racioppo (2000) recommend sophisticated and in-depth longitudinal studies as a way to more accurately capture person-environment interactions and the process of coping instead of the more standard and conventional check-list methodology employed in most coping studies.

In addition, this study focused on correlational relationships of variables. We did not manipulate any variables. Thus, the relationships found in this study may also work in the other direction, which speaks to the bidirectionality of correlations. For example, we found that individuals higher in depression tended to employ the coping strategy of being more self-critical uniquely for jealousy scenarios. Given the bidirectionality issue, these findings could alternatively be interpreted as people who engage in more self-critical coping end up with higher levels of depression. It may be the case that depression leads individuals to be more self-critical in the jealousy context or that being more self-critical in the jealousy context leads people to become more depressed. A study that attempts to address the bidirectionallity issue for depression was conducted by Dixon et al. (1993). They used structural equation path analyses and found that self-appraised ineffective problem-solving covaries with depression. Their research suggested that this problem-solving appraisal was a cause (antecedent) and a symptom (concomitant) but not a byproduct (consequence) of depression. This suggests that certain cognitive appraisal vulnerabilities may lead to depressive symptomology. Their findings emphasize the importance of focusing future research on identifying the temporal links between appraisals and depression and dissecting the possible pathways by which depression influences jealousy and jealousy responses. Additionally, Coyne and Racioppo (2000) suggest that coping researchers should attempt more experimental manipulations rather than collecting correlational data. They recommend that researchers engage in more intervention studies that attempt to modify coping skills or the outcome of coping in particular situations.

Also, we conducted a large number of statistical analyses that increases the potential for Type I errors. Therefore, it may be the case that some of the significant findings in our data set may be false positives. Additionally, as aforementioned, we did not cross-validate the clusters with a different sample. Therefore, the clusters may not be replicable and may be an artifact of the data rather than a general population phenomenon.

Furthermore, our sample was recruited from psychology classes at a private liberal arts college. We had a limited sample consisting mostly of Caucasian female undergraduate students. This sample is not representative of the general population. Therefore, these findings may not be representative of the phenomenon of jealousy within other races and possibly other cultures. A study on jealousy with an exclusively African American sample found that neither locus of control nor sex of the participants were significant predictors of jealousy (McIntosh, 1989). They did find however that relationship insecurity and lower self-esteem accounted for a significant amount of the variance in jealousy. In our study, we did not have an even breakdown across races to have enough power to compare racial differences in jealousy. However, the findings of the McIntosh (1989) study highlight the possibility that some of these finds may be generalizable in some contexts. Beyond race, there is also reason to believe that there will be some similarities, but also important differences, across cultures (Hupka et al., 1985).

In addition, most of the research on jealousy and on depression's influence on jealousy has been conducted through the use of university samples and analogue depression university samples, respectively (Parrot & Smith, 1993; Salovey & Rodin, 1988; Salovey, 1991). Despite the common use of analogue college samples to study psychological processes, the use of this type of sample can be considered a limitation in our study. Past researchers have debated the use of analogue samples as compared to clinical samples due to the possibility that the phenomenon or construct being tested, i.e. depression or jealousy, may be categorically different as opposed to quantitatively different between these two types of samples (Coyne, 1994; Tennen, Hall, Affleck, 1995). However, Cox and his colleagues (Cox, Enns, Borger, & Parker, 1999; Cox, Enns, & Larsen, 2001) have found evidence for the continuity hypothesis between subthreshold depression symptom and syndromal depression. Still, future research should focus on the specific jealousy processes of clinically depressed individuals.

Additionally, given the detrimental negative consequences that can result in response to severe forms of jealousy, similar to those described in the beginning of this paper, such as wife battering and wife killing (Daly, Wilson & Weghorst, 1982; Wilson & Daly 1993) one would wonder if individuals who respond in this strong manner may be distinctly different than an analogue depression college samples' experience of jealousy. One study that explored the possible correlates that lead to such severe levels of

aggression found that a borderline personality, fearful attachment, and the experience of past trauma were all highly correlated with jealousy in their sample of assaultive men (Dutton, Ginkel, & Landolt, 1996). They hypothesize that sensitivity to uncontrollable rejection and fears of abandonment may lead these males to pathological acts of jealousy, such as abusiveness and intrusiveness. They further theorize that these vulnerabilities to perpetrate abusive behavior may have their origins in attachment insecurity, aversion to being alone, and an inability to self-soothe relating to early attachment disruptions. We did not assess any of these factors in our sample.

An additional limitation was that we did not test how current dating experience or how relationship status may influence the transactional model of jealousy as it relates to depression. Relationship status and length of relationship has been shown to influence experiences of jealousy (Burchell and Ward, 2011). Burchell and Ward (2011) found that for men, previously being the victim of a sexual infidelity was a significant predictor of increased sexual jealousy and that for women, being in a relationship was a significant predictor of decreased sexual jealousy. In our sample about 43% of participants were not dating anyone. Given that the mean age of the sample is about 20 years of age, one would infer that a significant number of these subjects may be inexperienced in dating situations. It is certainly problematic to have inexperienced participants rate their emotional and cognitive responses to unfamiliar situations, since these individuals may overlook the nuances and unconscious processes that affect the gestalt of the full experience of a jealousy scenario. Additionally, having limited dating experience and dating patterns in college may have implications for emotional reactions and appraisals to jealousy and on coping with jealousy scenarios. Individuals who are not in a long-term, exclusive and/or "serious" romantic relationship may respond differently to a threat to the relationship than individuals in a more committal and long-standing romantic relationship since the individual in the latter type of relationship may have more to lose and may find a threat to the relationship as more important. Future studies should account for how dating experience may influence people's self-reported responses to jealousy and whether there is interplay between dating experience and the possible influences of depression on romantic jealousy.

Additionally, we also did not ask participants about their sexual activity which can also affect an individual's bond and attachment to a romantic relationship and possibly influence the experience of jealousy. For example, Burchell and Ward (2011) found that individuals with higher sex drives reported higher sexual jealousy.

Implications

Romantic jealousy is a significant risk factor for many negative outcomes including negative emotional reactivity (Fitness & Fletcher, 1993; Guerrero et al., 1995; Guerrero, Trost, Yoshimura, 2005; Mathes, Adams, & Davies, 1985), poor coping (Guerrero, Trost, Yoshimura, 2005; Radecki-Bush, Farrell & Bush, 1993) and strain in romantic relationships (Crowe, 2004). This included issues related to domestic abuse and violence (Guerrero et al., 1995; Guerrero, Trost, Yoshimura, 2005; O'Leary, Slep, & O'Leary, 2007). Therefore, clinicians and researchers alike should seek methods to educate individuals on more effective and adaptive coping and problem solving strategies for jealousy and relationship conflict situations. The findings in this study also suggest that clinicians dealing with jealous clients need to be aware of how depression may influence client's perceived stressfulness of the situations, their sense of personal responsibility and self-criticism, and their jealous responses. Clinicians are encouraged to teach clients more effective emotion regulation techniques for highly reactive individuals as it relates to depression. Cognitive therapy that addresses the negative appraisals and cognitions that may lead to strong responses to jealousy are recommended. Clinicians can help clients with primary and secondary appraisals. They can walk clients through searching for evidence that indicates that the jealousy scenarios should be labeled as a threat or challenge and in assessing the level of the threat posed by a rival. They can also help the client brainstorm the possible resources the client has available and impediments to staying or leaving the relationship. Clinicians should address any dysfunctional beliefs about the client's comparison to the rival and/or ability to find a new partner or start a new relationship. Also, clinicians should be aware of the factors that influence jealous responses such as the status and length of a relationship, sexual and emotional exclusivity and cultural issues.

Relationship Situations

The following are 15 scenarios that could occur in a romantic relationship, followed by a series of questions that pertain to each situation. Please try to imagine yourself as best you can in each of these scenarios with your partner. If you're currently in a relationship with a romantic partner, please try to imagine each scenario with your current partner. If you are not currently in a relationship, please try to imagine yourself in a relationship.

1. You and your partner are having dinner at a restaurant. When you look over at your partner, you see that he/she is staring at someone who is attractive.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid   _____ guilty
_____ scared   _____ ashamed
_____ nervous   _____ upset
_____ jittery   _____ distressed
_____ irritable   _____sad
_____ hostile   _____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
　　　How likely is **feeling better about yourself** your goal for this particular situation?_____
　　　How likely is **staying in the relationship** your goal for this particular situation?_____
　　　How likely is **feeling better emotionally** or **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself   ____ go talk to a friend
____ pretend it doesn't bother you   ____ try to keep my feelings to myself
____ break off the relationship   ____ check recent activity on his/her Facebook page
____ express your emotions   ____ check his or her cell phone
____ talk about the problem with your partner   ____turn towards school work or hobbies
____ make partner feel guilty   ____ make mean or hurtful comments to your
____ tell your partner he/she is no good   partner
____ distance yourself from your partner

2. Your partner comes home after work and tells you that he/she had lunch today with an attractive coworker. They went to a restaurant off-campus and spent an hour at lunch.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid   _____ guilty
_____ scared   _____ ashamed
_____ nervous   _____ upset
_____ jittery   _____ distressed
_____ irritable   _____sad
_____ hostile   _____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
    How likely is **feeling better about yourself** your goal for this particular situation?_____
    How likely is **staying in the relationship** your goal for this particular situation?_____
    How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself   ____ go talk to a friend
____ pretend it doesn't bother you   ____ try to keep my feelings to myself
____ break off the relationship   ____ check recent activity on his/her Facebook page
____ express your emotions   ____ check his or her cell phone
____ talk about the problem with your partner   ____turn towards school work or hobbies
____ make partner feel guilty   ____ make mean or hurtful comments to your
____ tell your partner he/she is no good   partner
____ distance yourself from your partner

3. You call your partner to tell him/her about something stressful that happened at school but he/she tells you that he/she is busy for the rest of the day and to call him/her tomorrow.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____ afraid
_____ scared
_____ nervous
_____ jittery
_____ irritable
_____ hostile

_____ guilty
_____ ashamed
_____ upset
_____ distressed
_____ sad
_____ jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation? _____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation? _____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation? _____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
    How likely is **feeling better about yourself** your goal for this particular situation? _____
    How likely is **staying in the relationship** your goal for this particular situation? _____
    How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation? _____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself
____ pretend it doesn't bother you
____ break off the relationship
____ express your emotions
____ talk about the problem with your partner
____ make partner feel guilty
____ tell your partner he/she is no good
____ distance yourself from your partner

____ go talk to a friend
____ try to keep my feelings to myself
____ check recent activity on his/her Facebook page
____ check his or her cell phone
____ turn towards school work or hobbies
____ make mean or hurtful comments to your partner

4. Your partner is taking a marketing class and tells you about a really attractive person from his/her class. You find out later that they have been working on a project together in class for the last week.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid   _____ guilty
_____ scared   _____ ashamed
_____ nervous   _____ upset
_____ jittery   _____ distressed
_____ irritable   _____sad
_____ hostile   _____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
How likely is **feeling better about yourself** your goal for this particular situation?_____
How likely is **staying in the relationship** your goal for this particular situation?_____
How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself   ____ go talk to a friend
____ pretend it doesn't bother you   ____ try to keep my feelings to myself
____ break off the relationship   ____ check recent activity on his/her Facebook page
____ express your emotions   ____ check his or her cell phone
____ talk about the problem with your partner ____turn towards school work or hobbies
____ make partner feel guilty   ____ make mean or hurtful comments to your
____ tell your partner he/she is no good   partner
____ distance yourself from your partner

5. When you go home for the holidays with your partner, you find out that his/her parents invited your partner's ex of 3 years over for dinner. When the ex-boyfriend/girlfriend arrives, he/she runs up to your partner and gives them a huge hug and begins to compliment your partner on his/her looks.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____ afraid   _____ guilty
_____ scared   _____ ashamed
_____ nervous   _____ upset
_____ jittery   _____ distressed
_____ irritable   _____ sad
_____ hostile   _____ jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
How likely is **feeling better about yourself** your goal for this particular situation?_____
How likely is **staying in the relationship** your goal for this particular situation?_____
How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself
____ pretend it doesn't bother you
____ break off the relationship   ____ go talk to a friend
____ express your emotions   ____ try to keep my feelings to myself
____ talk about the problem with your partner ____ check recent activity on his/her Facebook page
____ make partner feel guilty   ____ check his or her cell phone
____ tell your partner he/she is no good   ____ turn towards school work or hobbies
____ distance yourself from your partner   ____ make mean or hurtful comments to your partner

6. You are out with your partner at a restaurant for dinner. You start to talk to your partner about an exciting opportunity that you received but your partner seems uninterested and distracted.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid
_____ scared
_____ nervous
_____ jittery
_____ irritable
_____ hostile

_____ guilty
_____ ashamed
_____ upset
_____ distressed
_____sad
_____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
    How likely is **feeling better about yourself** your goal for this particular situation?_____
    How likely is **staying in the relationship** your goal for this particular situation?_____
    How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself
____ pretend it doesn't bother you
____ break off the relationship
____ express your emotions
____ talk about the problem with your partner
____ make partner feel guilty
____ tell your partner he/she is no good
____ distance yourself from your partner

____ go talk to a friend
____ try to keep my feelings to myself
____ check recent activity on his/her Facebook page
____ check his or her cell phone
____turn towards school work or hobbies
____ make mean or hurtful comments to your partner

7. You're at a party with your partner, when he/she tells you he/she is going to the bathroom. Thirty minutes later, your partner has not returned. When you go looking for your partner, you find him/her making out with someone else near the bathroom.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid   _____ guilty
_____ scared   _____ ashamed
_____ nervous   _____ upset
_____jittery   _____ distressed
_____ irritable   _____sad
_____ hostile   _____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
    How likely is **feeling better about yourself** your goal for this particular situation?_____
    How likely is **staying in the relationship** your goal for this particular situation?_____
    How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself
____ pretend it doesn't bother you   ____ go talk to a friend
____ break off the relationship   ____ try to keep my feelings to myself
____ express your emotions   ____ check recent activity on his/her Facebook page
____ talk about the problem with your partner ____ check his or her cell phone
____ make partner feel guilty   ____turn towards school work or hobbies
____ tell your partner he/she is no good   ____ make mean or hurtful comments to your
____ distance yourself from your partner   partner

8. You and your partner have been dating for three years. One night during a big argument, your partner informs you that he/she has been seeing someone else for a year.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid
_____ scared
_____ nervous
_____ jittery
_____ irritable
_____ hostile

_____ guilty
_____ ashamed
_____ upset
_____ distressed
_____sad
_____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
    How likely is **feeling better about yourself** your goal for this particular situation?_____
    How likely is **staying in the relationship** your goal for this particular situation?_____
    How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself
____ pretend it doesn't bother you
____ break off the relationship
____ express your emotions
____ talk about the problem with your partner
____ make partner feel guilty
____ tell your partner he/she is no good
____ distance yourself from your partner

____ go talk to a friend
____ try to keep my feelings to myself
____ check recent activity on his/her Facebook page
____ check his or her cell phone
____turn towards school work or hobbies
____ make mean or hurtful comments to your partner

9. You have not seen your partner in a week because you are very busy with work and schoolwork. And your partner sends you a text to tell you that you have been distant and neglectful of him/her.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid
_____ scared
_____ nervous
_____ jittery
_____ irritable
_____ hostile

_____ guilty
_____ ashamed
_____ upset
_____ distressed
_____sad
_____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
How likely is **feeling better about yourself** your goal for this particular situation?_____
How likely is **staying in the relationship** your goal for this particular situation?_____
How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself
____ pretend it doesn't bother you
____ break off the relationship
____ express your emotions
____ talk about the problem with your partner
____ make partner feel guilty
____ tell your partner he/she is no good
____ distance yourself from your partner

____ go talk to a friend
____ try to keep my feelings to myself
____ check recent activity on his/her Facebook page
____ check his or her cell phone
____turn towards school work or hobbies
____ make mean or hurtful comments to your partner

10. You and your partner are having dinner together. Your partner then begins to recount his/her happy experiences from his/her past relationships.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid   _____ guilty
_____ scared   _____ ashamed
_____ nervous   _____ upset
_____ jittery   _____ distressed
_____ irritable   _____sad
_____ hostile   _____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
        How likely is **feeling better about yourself** your goal for this particular situation?_____
        How likely is **staying in the relationship** your goal for this particular situation?_____
        How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself   ____ go talk to a friend
____ pretend it doesn't bother you   ____ try to keep my feelings to myself
____ break off the relationship   ____ check recent activity on his/her Facebook page
____ express your emotions   ____ check his or her cell phone
____ talk about the problem with your partner   ____turn towards school work or hobbies
____ make partner feel guilty   ____ make mean or hurtful comments to your
____ tell your partner he/she is no good   partner
____ distance yourself from your partner

11. You're at a get-together with your partner and friends. You get up to get a drink and when you return you see that your partner is having an animated conversation with someone whom you consider your partner could be attracted to. After 20 minutes pass, you notice that your partner and this person have a lot in common.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____ afraid	_____ guilty
_____ scared	_____ ashamed
_____ nervous	_____ upset
_____ jittery	_____ distressed
_____ irritable	_____ sad
_____ hostile	_____ jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____

B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____

C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____

D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____

E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.

F. Please indicate from 1 (not likely) to 7 (very likely):

How likely is **feeling better about yourself** your goal for this particular situation?_____

How likely is **staying in the relationship** your goal for this particular situation?_____

How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:

____ criticize yourself	____ go talk to a friend
____ pretend it doesn't bother you	____ try to keep my feelings to myself
____ break off the relationship	____ check recent activity on his/her Facebook page
____ express your emotions	____ check his or her cell phone
____ talk about the problem with your partner	____ turn towards school work or hobbies
____ make partner feel guilty	____ make mean or hurtful comments to your
____ tell your partner he/she is no good	partner
____ distance yourself from your partner	

12. You are in another room taking a nap. When you wake up, you hear your partner talking negatively about you to his/her best friend.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid
_____ scared
_____ nervous
_____ jittery
_____ irritable
_____ hostile

_____ guilty
_____ ashamed
_____ upset
_____ distressed
_____sad
_____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
       How likely is **feeling better about yourself** your goal for this particular situation?_____
       How likely is **staying in the relationship** your goal for this particular situation?_____
       How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself
____ pretend it doesn't bother you
____ break off the relationship
____ express your emotions
____ talk about the problem with your partner
____ make partner feel guilty
____ tell your partner he/she is no good
____ distance yourself from your partner

____ go talk to a friend
____ try to keep my feelings to myself
____ check recent activity on his/her Facebook page
____ check his or her cell phone
____turn towards school work or hobbies
____ make mean or hurtful comments to your partner

13. You are at the library with a group of friends from class. Your partner comes over to study with you and your friends. After an hour, you notice that one of your group partners spent the entire time paying attention to your partner.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid   _____ guilty
_____ scared   _____ ashamed
_____ nervous   _____ upset
_____ jittery   _____ distressed
_____ irritable   _____ sad
_____ hostile   _____ jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
    How likely is **feeling better about yourself** your goal for this particular situation?_____
    How likely is **staying in the relationship** your goal for this particular situation?_____
    How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself   ____ go talk to a friend
____ pretend it doesn't bother you   ____ try to keep my feelings to myself
____ break off the relationship   ____ check recent activity on his/her Facebook page
____ express your emotions   ____ check his or her cell phone
____ talk about the problem with your partner   ____turn towards school work or hobbies
____ make partner feel guilty   ____ make mean or hurtful comments to your
____ tell your partner he/she is no good   partner
____ distance yourself from your partner

14. You are talking with your family on the phone. Your partner is in the room, and by mistake you drop water on his/her work that's due tomorrow. Your partner starts shouting at you and tells you that you are stupid, loud enough for your family to hear.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid
_____ scared
_____ nervous
_____jittery
_____ irritable
_____ hostile

_____ guilty
_____ ashamed
_____ upset
_____ distressed
_____sad
_____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
How likely is **feeling better about yourself** your goal for this particular situation?_____
How likely is **staying in the relationship** your goal for this particular situation?_____
How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself
____ pretend it doesn't bother you
____ break off the relationship
____ express your emotions
____ talk about the problem with your partner
____ make partner feel guilty
____ tell your partner he/she is no good
____ distance yourself from your partner

____ go talk to a friend
____ try to keep my feelings to myself
____ check recent activity on his/her Facebook page
____ check his or her cell phone
____turn towards school work or hobbies
____ make mean or hurtful comments to your partner

15. Your partner just came back from skiing with his/her friends over winter break and you have not seen him/her for a week. Your partner calls you up and says that he/she wants to talk about the status of your relationship.

From 1 (not at all) to 7 (a lot) please indicate how much you would feel these things in response to this scenario.

_____afraid   _____ guilty
_____ scared   _____ ashamed
_____ nervous   _____ upset
_____ jittery   _____ distressed
_____ irritable   _____sad
_____ hostile   _____jealous

A. From 1 (not likely) to 7 (very likely) please indicate if your partner behaved intentionally? _____
B. From 1 (no control) to 7 (total control) please rate how much control you would feel in this situation?_____
C. From 1 (completely in private) to 7 (completely in public) please rate the extent to which this situation occurred in public and is seen by others? _____
D. From 1 (no responsibility) to 7 (all responsibility) please rate how much responsibility you assume for this situation?_____
E. From 1 (not at all stressful) to 7 (very stressful) please rate how stressful is this situation?_____

Think about your goal in handling this situation.
F. Please indicate from 1 (not likely) to 7 (very likely):
    How likely is **feeling better about yourself** your goal for this particular situation?_____
    How likely is **staying in the relationship** your goal for this particular situation?_____
    How likely is **feeling better emotionally** or to **reducing your distress** your goal for this particular situation?_____

On a scale from 1=not at all likely to 7=very likely, for this particular situation, how likely are you to:
____ criticize yourself   ____ try to keep my feelings to myself
____ pretend it doesn't bother you   ____ check recent activity on his/her Facebook page
____ break off the relationship   ____ check his or her cell phone
____ express your emotions   ____turn towards school work or hobbies
____ talk about the problem with your partner ____ make mean or hurtful comments to your
____ make partner feel guilty   partner
____ tell your partner he/she is no good
____ distance yourself from your partner
____ go talk to a friend

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