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# DIVORCE, SELF-CONCEPT, AND PSYCHOLOGICAL FUNCTIONING: A LONGITUDINAL STUDY

by

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ABSTRACT

DIVORCE, SELF-CONCEPT, AND PSYCHOLOGICAL FUNCTIONING:
A LONGITUDINAL STUDY

The purpose of this study was to investigate the multidimensionality of the self-concepts of divorcing persons in relation to adjustment at two different stages of the divorce process; and to examine changes in their self-concepts.

This was a longitudinal study of men (N = 125) and women (N = 185) who participated in two three-hour interviews: 1-8 months postseparation (baseline), and approximately 3.5 years later (follow-up). The independent variables consisted of four self-concept resources (Desirable-Engagable Self, Masterful Self, Socially-Skilled Self, and Interviewer-Respondent Correlation) and eight self-concept deficits (Negative Self, Dominant Self, Incompetent Self, Vulnerable Self, Hostile Self, Self-Oriented, Self Criticism, and Ego Diffusion) which were derived from the Adjective Rating Scale (ARS). Adjustment was assessed by the total number of psychosomatic and psychological symptoms reported on the Symptoms Checklist. While not part of the major hypotheses, the effects of financial situation, social support, parental responsibility, months separated, and remarriage were considered in the analyses.

The results of analyses of variance indicated that two self-concept resources (Masterful Self and Socially-Skilled Self) increased, one deficit (Vulnerable Self) decreased, and one deficit increased (Ego Diffusion) from baseline to follow-up. No time differences were found for the remaining self-concept variables. Sex differences indicated that females scored higher on Desirable-Engagable Self, and I-R Correlation; whereas males scored higher on Masterful Self and Hostile Self. Multiple regression analyses were performed on the data to determine the relationship between specific self-concept variables and Symptoms at different stages of the divorce process. The results indicated that: 1) Five baseline self-concept variables (Negative Self, Vulnerable Self, Self-Criticism, Masterful Self, and Ego Diffusion) were associated with Symptoms at baseline. 2) Three follow-up self-concept variables (Negative Self, Vulnerable Self, and Self-Criticism) were associated with Symptoms at follow-up. 3) One baseline self-concept variable (Hostile Self) predicted Symptoms at follow-up.

Methodological limitations of the study are reported. The relevance of stress theory, the divorce literature, and studies of bereavement are discussed in relation to the results.

The results of this study provide a more complex understanding of self characteristics and, in general, suggest

that self-concept improves from the postseparation stage of the divorce process to the 3.5-year long-term adjustment stage. While some self-concept variables changed, the majority of self-concept variables remained stable from baseline to follow-up. Specific dimensions of the self-concept were shown to be related to psychological functioning at two stages of the divorce process and to be useful in identifying persons at risk for long-term psychological dysfunction.

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DIVORCE, SELF-CONCEPT, AND PSYCHOLOGICAL FUNCTIONING:

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# CHAPTER I

# INTRODUCTION

## History of the Study

During 1971-1976, the staff of the Human Development and Aging Program at the University of California, San Francisco, began doing pilot research on divorce for the purpose of developing instruments useful in assessing the critical issues relating to the impact of divorce on men and women across the life span. Another objective was to learn more about the process of divorce itself. In 1976 the baseline phase of this investigation began.[1] Data was collected on 310 persons who had filed for divorce in San Francisco and Alameda counties, California. The main thesis outlined by the study director (Dr. D. Chiriboga) was that the post separation period offered the opportunity for both psychological growth and psychological dysfunction. He was particularly interested in identifying the personal and social characteristics associated with adjustment and maladjustment to separation.

In 1979 the National Institute of Mental Health funded

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[1]This study was supported in part by the National Institute on Aging, grant No. AG00002, entitled "Divorce: A Psychosocial Study of Adaptation," Director: D. A. Chiriboga; Principal Investigator: M. Fiske.

the proposal to do follow-up research on the baseline study.[2] Two lines of inquiry were emphasized: 1) identification of persons at risk and 2) clarification of the stressors, mediators and responses to the divorce process.

This dissertation utilizes the baseline and follow-up data from the Mental Illness and Divorce Project. The focus is on the relationship of self-concept to long and short term adjustment to divorce. Social characteristics associated with adaptation are beyond the scope of this study; however, their role as sources of variance will be addressed. Thus, variables such as remarriage will not be considered as outcome variables, but instead will be controlled for. Deficits and resources of the self-concept will be examined in relation to psychological adjustment. The sample consists of men and women across the life span who have been interviewed at the time of separation and approximately 3.5 years later.

## Background

The divorce rate in the United States has more than doubled in the last two decades (Glick & Norton, 1977; U.S. Bureau of the Census, 1976). This increase is particularly

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[2]This study was supported in part by the National Institute of Mental Health, grant No. MH33713, entitled "Mental Illness and Divorce: A Life Span Study," Principal Investigator: D. A. Chiriboga.

alarming when the risks of divorce are understood. For example, the separated and divorced have been shown to be disproportionately at risk for psychiatric disorders and emotional disturbance (Bloom, Asher, & White, 1978). Studies examining psychiatric inpatient and outpatient records reveal the highest rates to be among the separated and divorced. This higher vulnerability among divorced persons is not just limited to psychological dysfunction, but is also documented for physical illness (Cline & Chosy, 1972; Holmes & Masuda, 1974; National Center for Health Statistics, 1976).

While these demographic studies have contributed to our understanding of marital disruption, their focus has been on discrete conditions rather than on the wide scope of problems related to the divorce process. On the other hand, social and psychological approaches to research on divorce have provided a broader and more complex understanding of this phenomenon. Such studies have contributed to our knowledge of the effects of divorce on the individual (Blumenthal, 1967; Catron, Chiriboga & Krystal, 1980; Chiriboga, 1979; Chiriboga, Roberts & Stein, 1978; Goode, 1956; Pearlin & Johnson, 1977; Srole, Langer, Michael, Opler & Rennie, 1962) and the family (Hetherington, Cox & Cox, 1976; Schlesinger, 1969). Nevertheless, few of these studies have examined a wide age range, looked at both sexes, or studied

divorce longitudinally. Thus much of the current demographic and social-psychological research on divorce has methodological limitations. With these considerations in mind, there is need for more research which addresses the complexity of the divorce process, and offers a longitudinal perspective on the response to divorce for men and women of all ages.

While there have been few comprehensive studies of divorce, there has been much research suggesting that stressful life events precipitate psychopathology (Barrett, 1979; Brown, 1979; Clayton & Darvish, 1979; Dohrenwend & Dohrenwend, 1974; Paykel, 1979). In ratings of stressful life events, Holmes and Rahe (1974) found that divorce is second only to death of a spouse in its impact as a stressor. If the rating of the life event is any measure of its potential to produce distress, then we can assume that divorced persons may be particularly susceptible to emotional disturbance. As previously mentioned, the demographic studies of marital status indicate that the separated and divorced have more psychological problems than any other marital group. Whether this relationship is cause or effect has proved to be controversial, and can only be answered through longitudinal research designed specifically to address this issue. However, what may be postulated from the stress literature and statistics on marital status is that divorced persons

are more likely to have mental problems than persons in the other groups.

One approach which may prove useful is to incorporate stress theory and methods in studies of divorce. Such an approach would include, for example, the study of antecedent stressors, mediating factors and progressive stages of response. What is known about the stress response can be used as a guideline for extrapolating the issues which may be salient to the process of divorce. For example, the typical stress response is thought to consist of an anticipation period, an impact period, and a period of long-term adaptation. Likewise, divorce can be conceptualized as a process which follows a similar pattern rather than being viewed as a static event occurring at one place in time. Developing on this idea, it has been suggested that each stage of the divorce process may have unique mental health problems and require different coping strategies (Wallerstein & Kelly, 1980). Factors such as psychological characteristics of the individual have been shown to increase or decrease the impact of stressors at each stage of the stress response (Lazarus, 1976) and are also relevant to divorce adjustment (Chiriboga, 1979).

While it is recognized that other psychosocial factors are important in mediating the effects of stress, the focus of this study is on the self-concept. Internal resources

such as the self-concept have long been recognized by personality theorists as important to the organization of one's behavior (Lecky, 1945; Maslow, 1954; Rogers, 1951; Symonds, 1951). In particular, the research of Pearlin and Schooler (1978) has demonstrated the protective function of the self as a psychological resource. In their investigation of the effectiveness of coping strategies, they found that low self-denigration, high mastery, and high self-esteem reduced the effect of role strain on stress. Lazarus (1976) also has postulated that self-esteem may reduce one's vulnerability to threat and therefore facilitate adaptation. These formulations have been given credence through experimental studies of the mediating effects of the self during stressful situations (Gerard, 1961; Harvey, Kelley & Shapiro, 1947). In summary, a strong self-concept has been suggested as a buffer against life's stresses and strains which can facilitate an adaptive response.

Self-concept has also been shown to be important in studies of bereavement, an area with many parallels to the divorce process (Bohannan, 1970; Freund, 1974). An important focus of bereavement research has been the relevance of self-image to one's adjustment to loss. It has been postulated that one of the consequences of loss is the activation of latent self-images and the re-evaluation of the self (Horowitz, Wilner, Marmar & Krupnick, 1980). The reestab-

lishment of a concept of self which promotes adaptation is the end process of normal grieving. When an individual is not able to reestablish his self-image, the self may no longer be a useful resource to buffer the individual against future stressors and ongoing life strain. In Freud's work on mourning and melancholia (1917) pathological grief is characterized by loss of self-esteem as a result of aggressive feelings toward the self. It appears that loss activates latent self-images with the potential to be resources or deficits with which to cope.

Analogous to bereavement, loss of a spouse through divorce can effect one's self-evaluation. Clinical investigators of marital disruption (Hunt, 1966; Hunt & Hunt, 1977; Weiss, 1975) have recognized the impact of divorce on an individual's self-concept and have emphasized the importance of achieving a new sense of identity (Bohannan, 1970; Wiseman, 1975). Nevertheless, there have been relatively few empirical studies on self-concept and divorce. A relationship of self-concept to post-divorce adjustment has been suggested in a few studies (Blair, 1970; Hetherington et al., 1976), but the majority have dealt with global measures such as self-esteem rather than more specific dimensions of the self such as mastery. It appears that none of these investigations have done an in-depth study of the self in relation to different stages of adaptation nor have they

studied the more specific changes in self-image provoked by the divorce process.

## Purpose

The purpose of this dissertation is to investigate self-concept in men and women across the life span at the time of separation (baseline) and 3.5 years later (follow-up). The focus will be on the multi-dimensionality of the self as a repository of resources and deficits. The primary objectives are to identify characteristics of the self which influence adaptation to divorce and to give a longitudinal perspective on the self-concepts of divorcing persons.

## Rationale

Little empirical research has been done on the relationship of self-concept to adaptation among divorcing persons or regarding how, and if, self-image changes. Very few, if any, systematic attempts have been made to examine the dimensionality of the self in relation to short and long-term adjustment to divorce. While it is generally accepted that divorce is a stressful life event and that there is a powerful association between marital disruption and psychopathology, not much is known about the different stages of response to this stressor. Very few studies of divorce have been comprehensive. There is a need for longitudinal research that can trace the nature of the response

to divorce from the impact stage of separation to long-term adjustment. This approach is useful in identifying those psychological characteristics associated with long and short-term adaptation to divorce. Studying both sexes will enable comparisons to be drawn between the divorce experience for men and women. Furthermore, there has been little research on the effects of divorce among different age groups. While current research suggests that older divorced persons may be at greater risk, no definitive statements can be made regarding age differences. Moreover, knowledge about the psychological resources available to older divorcing adults appears to be nonexistent.

The justification for the current study is based on 1) the relationship between stressful life events and psychopathology documented in the literature; 2) the salient role of the self in determining outcome to stress demonstrated in a variety of empirical studies; and 3) epidemiological, social, and psychological research demonstrating the apparent emotional vulnerability of separated and divorced persons. While it is recognized that the majority of persons undergoing divorce will experience little, if any, enduring trauma, the divorced and separated are clearly at greater psychological risk than persons in any other marital status. Therefore, the delineation of those dimensions of the self which are associated with adaptation at different stages of

the stress response will provide needed information for preventive intervention at the clinical level.

## Specific Aims

1. To investigate the relationship of baseline self-concept to baseline adjustment, and follow-up self-concept to follow-up adjustment.

2. To explore changes in self-concept from post-separation (baseline) to three-year follow-up; and

3. To determine the predictive capacity of post-separation (baseline) self-concept in determining long-term (follow-up) adjustment to divorce.

# CHAPTER II

# LITERATURE REVIEW

## Demographic Aspects of Marital Disruption

In 1980 the provisional divorce rate (January to September) was 5.3 per 1,000 (National Center for Health Statistics, 1980a). The rate of divorce has more than doubled in the past fifteen years. Moreover, the rate of growth of divorce between 1978 and 1979 was larger than the preceding period between 1976 and 1977 (National Center for Health Statistics, 1980b). In 1978 there were approximately 90 divorced persons for every 1,000 persons in intact marriages. In comparison to the 1970 ratio of 47/1,000, this represents a 91 percent increase; and it represents a 157 percent increase compared to the ratio in 1960. The ratio of divorces to intact marriages has increased for blacks, for whites, and for both sexes. The most dramatic rise has occurred among young adults. This contrasts with the period between 1960-1970, when the highest ratio was among 45- to 64-year-olds. In the 1978 Census, higher ratios were found for women than for men and for blacks than for whites. These findings show that the divorce ratio continues to rise and suggest that divorce is increasingly accepted as a viable alternative to an unhappy marriage.

Separation is one form of marital disruption that often leads to divorce. While the consequences of divorce are serious, it is now becoming apparent that separation is also very stressful and worthy of examination (Chiriboga, et al., 1978; Goode, 1956; Meyers, 1976; Weiss, 1975). Based on the available information in the early 1970's (National Center for Health Statistics, 1973b), the mean length of time between separation and divorce was 1.9 years. In a telephone survey of households in Colorado (Bloom, Hodges, Caldwell, Systra & Cedrone, 1977), it was found that 1 out of every 22 married couples had separated during the past year, averaging 13 months of separation, with the majority of separations ending in divorce.

Some other interesting trends have been observed: 1) After several years of decline the overall marriage rate in the United States appears to be climbing (National Center for Health Statistics, 1980a). 2) There are more women in their early 20's who have never married. 3) There is an increase in families being maintained by women. In 1978, 34 percent of these families were divorced, 29 percent were widowed, and 15 percent were single (U.S. Bureau of the Census, 1979).

It is not clear when or if divorce rates are going to stabilize. Reforms in divorce laws and greater social acceptance of divorce as an alternative to an unhappy marriage

have contributed to the changes seen in this country in the last 20 years. No socio-economic class is immune; however, the incidence of divorce in different groups does vary. For example, the 1970 census (U.S. Bureau of the Census, 1972) report indicated that men aged 35 to 44 with low incomes and low educational backgrounds had a greater chance of becoming divorced than those who ranked higher on these factors. Similarly, women in this same age group who were in the labor force were also more likely to be divorced. Even so, Norton and Glick (1976) conclude that socio-economic variables are no longer very good discriminators in predicting marriage or divorce. Given that the institution of marriage is undergoing radical change, they recommend that more attention be given to those variables related to the restructuring of roles in marriage.

In summary, examination of sex, race, and age indicates that women, blacks, and young adults are more likely to become divorced than men, whites, and older adults. Moreover, persons of lower socio-economic status have a greater potential for divorce than higher status groups. While the risk is greater for some, no group is exempt and divorce continues to be a serious problem affecting the individual and the family in the United States.

## Divorce, Self-Concept, and Adjustment in the Context of Stress Theory

### The Divorce Process as a Stressor

Of growing scientific concern has been the question of how an individual or an organism responds to a stressful life event. Two major approaches to this issue have developed. One focuses on physiological reactions to stress; the other is concerned with psychological and cognitive factors. The approach taken herein will emphasize the psychological factors associated with divorce-related stress. In this context, divorce is conceptualized as a stressful condition which may be injurious to the psychological functioning of the person experiencing the loss; however, it is not regarded as a discrete event. Divorce is a complex process comprised of many stressors and is not by any means an inert, unidimensional experience (Wallerstein & Kelly, 1980).

The divorce process has considerable potential for generating distress. On the Holmes and Rahe scale of stressful life events, divorce is only second to death of a spouse in its impact as a stressor. Regardless of who is the initiator of the divorce, it represents a major change; wanted or unwanted, these changes can be stressful and pervade a variety of dimensions in one's life (Hunt, 1966). The stressors associated with divorce are those related to changes in economic status, residential change, who heads

the household, child care, emotions, social life, sexual habits, and not least of all, change in marital status. The pervasiveness and impact of these factors differs for everyone, but the reality of confronting change exists for the majority of persons undergoing divorce.

The concept of divorce as a stressor can be broadened by looking at some of the variables associated with it. For example, suicide has been shown to be highly correlated with marital disruption. A number of studies have demonstrated that the potential for self-destructive behavior is far greater among the divorced and separated than among married persons (Eisenthal, Farberow & Shneidman, 1966; Litman & Farberow, 1961). Data obtained from the office of the Los Angeles Coroner and the Los Angeles County General Hospital were used by Shneidman and Farberow (1961) to look at different characteristics of persons who committed and attempted suicide. Their results revealed that divorced and separated persons are more likely to commit suicide and are less likely to attempt it than persons in other marital statuses. Other reports have demonstrated that among white females and both white and non-white males, those that are divorced have a higher suicide rate than any other marital status category (National Center for Health Statistics, 1970).

Marital disruption has also been associated with death from causes other than suicide. For example death due to

tuberculosis and cirrhosis of the liver is more likely among the divorced than the married (National Center for Health Statistics, 1970). Gove (1973) reviewed literature on mortality and concluded that the unmarried, and males as opposed to females, are at greater risk. Another alarming finding is the greater incidence of deaths due to homicide among the divorced compared with other marital statuses (National Center for Health Statistics, 1970).

Marital disruption is also connected with disease susceptibility. It has been shown that marital disruption is an important factor in differentiating persons who are likely to develop illnesses from those who are not (Cline & Chosy, 1972; Holmes & Masuda, 1974). This finding holds true also for alcoholism (Rosenblatt, Gross, Malenowski, Broman & Lewis, 1971; Wechsler, Thum, Demone & Dwinnell, 1972), high blood pressure (Harburg, Efurt, Havenstein, Chape, Schull, & Schork, 1973), and many other diseases (Carter & Glick, 1976).

In addition to higher suicide, mortality, homicide and morbidity rates among persons who are separated or divorced, there has been a consistent and strong correlation between psychopathology and marital status. Crago (1972) has reported that the incidence of mental disorder is highest for the divorced and separated and lowest for the married. In the midtown Manhattan household survey (Srole et al., 1962),

it was found that both male and female divorced persons had the highest mental morbidity rates compared with any other marital status. These findings remain fairly consistent over different age groups (Adler, 1953). Statistics on admission rates to inpatient facilities as well as public psychiatric outpatient clinics is higher for the divorced and separated compared with the married (Bachrach, 1973; Kramer, 1966; Redick & Johnson, 1974). In an extensive review of demographic data on marital disruption, Bloom et al. (1978) conclude that both local and national data demonstrate that regardless of type of facility or sex, people with disrupted marriages have the highest admission rates. When sex is examined, males have a much higher admission rates than females.

In summary, literature indicates that divorced and separated persons exhibit a greater amount of physical and emotional difficulties than persons in any other marital status. The greater trauma found among these persons suggests that the divorce process is stressful. It is in this context that the divorce process is regarded as a stressor.

## The Role of the Self in Stress

In the classic stress paradigm there is an antecedent stressor, such as divorce, that is potentially harmful to the individual. The significance or degree of threat produced by the stressor can be altered by psychological fac-

tors which may increase or decrease its impact. In this section, studies concerning the relationship of self-concept to the stress response will be discussed.

Cognitive appraisal has been postulated to be an important element in the stress paradigm (Arnold, 1960; Lazarus, 1966). Appraisal involves the process of evaluating the significance of the stress-provoking event and assessing whether it is threatening or not. The concept of self helps us to understand the degree of threat involved. In the words of Lazarus (1966, p. 61), "Research on self-systems is relevant to psychological stress because it deals with motives and values which can be threatened and thus are crucial to stress reactions." The general importance of the self-concept to one's behavior is underscored in several theoretical approaches to personality (see, for example, Rogers, 1951; Lecky, 1945; Maslow, 1954).

Lazarus (1966) has also postulated that self-esteem may reduce one's vulnerability to threat and therefore facilitate adaptation. One of the premises being made in the present investigation is that it is a person's perception of himself, rather than objective reality that is important and crucial to how one will filter stressful information. Consequently, it is the individual's perception of the degree of threat that influences whether his response will be adaptive or maladaptive. Researchers have demonstrated the

importance of a person's perceptions of the stressful life events (Janis, 1958; Lowenthal, Thurnher & Chiriboga, 1975). In paraphrasing Wolfenstein (1957), Mechanic (1974) expresses this well: "There is perhaps no thought so stifling as to see ourselves in proper perspective. We all maintain our sense of self-respect and energy for action through perceptions that enhance our self-importance and self-esteem, and we maintain our sanity by suppressing the tremendous vulnerability we all experience in relation to the risks of the real world." Throughout the stress literature, the importance of maintaining self-esteem has been emphasized (Janis, 1974; Goldshmidt, 1974; Murphy, 1974). White (1974) states quite strongly, "No adaptive strategy that is careless of the level of self-esteem is likely to be any good."

Self-concept can be conceptualized as a psychological structure containing components that have the potential to be deficits or resources. The role of the self-concept during stressful situations has been demonstrated in experimental studies. Threats to self-esteem have been studied to see how they relate to unfavorable evaluations of self made by others (Harvey, et al., 1947). In one study, students were asked to make evaluations of themselves on social attributes and also to rate another person in their college class. The subject was then presented with fictitious ratings of himself supposedly made by the other person and

then asked to rerate himself. The important finding in this study was that persons' self-ratings changed after being exposed to negative evaluations of themselves; in addition, they displayed defensive behavior that seemed to depend on the magnitude of negativity of the other person's rating (Harvey et al., 1947). The defensiveness was also dependent on whether or not the evaluation was made by an acquaintance or a stranger. This finding concurs with the idea of degree of threat held by Lazarus.

Similarly, Gerard (1961) did a study where he looked at how dependent a person was on others for self-evaluation. He found that the more dependent person would change his appraisal of himself if there was a large discrepancy between his evaluation with that of a comparison group. These findings are similar to those of the previously cited study where degree of threat to the self can affect one's self-evaluation. Both of these studies illustrate the power of the self-concept in modulating one's response to stressful conditions.

The literature on bereavement is particularly relevant as an example of how loss affects self-evaluation and consequently adaptation to stress. Horowitz (1979) discusses the development of normal and pathological grief reactions in relation to self-images. He contends that the loss of a loved one provokes a person to review latent self-images and

try to put them into a framework to fit the reality of the new situation. This review process can result in a maladaptive or adaptive response, depending on the person's self-image. A loss can trigger thoughts about the self that are threatening. According to Horowitz, sadness and dejection are expected responses to normal grief, but the individual should be able to reestablish his self-image and perceive the attachment to the lost person as a valuable memory.

In his model of pathological grief, Horowitz (1979) suggests that there are often ambivalent feelings about the lost person. Often in this kind of ambivalent attachment, negative energy that was previously directed at the partner becomes turned toward the self during the mourning process. Vulnerable and negative feelings that were previously kept in check are suddenly felt about the self. This type of grieving process was discussed by Freud (1917) as pathological, resulting from the lost object being introjected into the ego and superego.

Horowitz (1979) describes three types of pathological grief: frightening sad response to loss, self-hating response to loss, and deflated response to loss. What these grief responses have in common is that their inner models of self have become reorganized in response to the loss, such that latent negative and destructive self-images become incorporated into the individual's present functioning and a

maladaptive response to the loss occurs.

The self clearly plays an instrumental role in our perceptions and evaluations of events. Since a stress-provoking situation is threatening to the individual's goals and motives, stress is inherently threatening to the self. Anyone who has lost or separated from a previous attachment or love object knows what it means to reevaluate oneself and establish a comfortable identity without the person. Thus, losing a spouse through divorce certainly must challenge one's self-perceptions.

## Adaptation to Stress

The development of mental disorder and symptomology in response to stressful life events has been well documented (Paykel, 1979). Although stressful life events can be associated with increased psychopathology, the amount and severity of symptoms changes over time.

Clayton and Darvish (1979) studied depressive symptoms in relation to bereavement. They found a decrease in somatic symptoms of depression a year after the loss; however, psychological symptoms of depression remained unchanged. It was suggested that the group whose symptoms persisted may very well have been those individuals who had a preexisting psychiatric illness. Other studies of depressive symptoms related to bereavement have examined depression more than one year after the death of the loved one and found that

symptoms continue to improve (Blanchard, Blanchard & Becker, 1976; Parkes & Brown, 1972b). Investigators of loss and separation have for the most part found that the depression resulting from the loss is temporary and most persons recover from the pain (Clayton et al., 1968; Paykel, 1979).

## Post Separation and Divorce Adjustment

### Age and Sex Variables

The majority of studies on divorce have studied females only. Very few have looked at the adjustment of men to divorce or compared males with females. Consequently, more is known about how women respond to divorce (Goode, 1956), while the male experience is still not well understood. The greater historical emphasis on divorced women may stem from the belief held by some scholars that divorce is more stressful for women (Bernard, 1972; Gove, 1973). Divorce has been shown to create many practical difficulties for women, especially mothers (Brandwein, Brown & Fox, 1974); however, some researchers contend that it may offer new opportunities for growth and development in spite of some of the detrimental consequences (Brown, Feldberg & Fox, 1976). Moreover, the focus on women seems somewhat surprising, since most of the demographic research on divorce clearly shows men to be at greater risk for suicide, death from disease, and emotional disorders. Among other indicators,

the fact that men have higher psychiatric admission rates indicates that they may be more affected by divorce than women. Gove (1972) has suggested that marriage provides a protective function for men while it may be detrimental to women.

Since longitudinal data comparing men's and women's response to divorce is scarce, and the epidemiological literature is concerned with discrete correlates of adjustment, it is difficult to draw any conclusions regarding the effect of sex differences on response to divorce. In addition, cross study comparisons are complicated by the use of different dimensions of adjustment. There are suggestive findings, however. In one of the rare longitudinal studies of divorcing men and women, Hetherington et al. (1976) found that initially the men seemed to be better adjusted than the women. However, a year later they were more depressed and felt incompetent. They reported distress from maintaining a household along with increasing workloads to raise their income. Men and women in their sample exhibited different patterns of social activities. Two months following the divorce, men felt restricted socially; at one year they exhibited a frenzy of social activity that declined by two years. At first, women had a much more restricted social life than men, but their activity increased over the two-year period, at which time it was equivalent to the men's.

In a study exploring the concept of independence in relation to adjustment to divorce (Saul, Note 5), it was found that having an independent lifestyle during marriage was associated with higher morale and fewer symptoms for women after separation, while the opposite relationship was found for men. Nager, Chiriboga and Cutler (Note 4) examined stress at different periods of the divorce process and found that during the pre-divorce period women reported more trauma, whereas the men reported more stress after the divorce process began. In addition, the men appeared to be more vulnerable in the area of emotional trauma when compared with the women. However, Weiss (1975) analyzed group discussions of separating men and women and concluded that men and women exhibit the same amount of distress to marital separation. Chiriboga and his colleagues (1978) studied psychological well-being during separation and found the men to be significantly less happy than the women in their sample. However, the women were more depressed and expressed greater emotional turbulence. The authors interpreted these differences to suggest that men and women may respond in different ways to separation. The conflicting results between this and other studies may be due to the different measures of adaptation used in them. Using comparable measures should help to clarify sex differences in adjustment to divorce.

Not only is the divorce literature limited in its research on sex differences, there are also few studies examining divorce among different age groups. Scholars have expressed the need for researching the divorce experience among older persons since its effects may be entirely different from the effects of divorce on younger adults (Payne & Pittard, 1969). As previously mentioned, the divorce literature has focused primarily on women; therefore, more is known about age differences among them than for men. In a study designed to examine the relationship between adjustment and attitudinal changes about life, Blair (1970) found that those women who were older at the time of their divorce had more difficulty adjusting to divorce. In a now classic study, Goode (1956) found that older women compared to younger women experienced the greatest degree of physical and emotional distress. Chiriboga (Note 2) examined age differences associated with psychosocial adaptation to divorce and found the older respondents to be more vulnerable in morale, social disruption and personal disruption. He also compared his sample with a group of persons undergoing normative transitions and found that older divorced men were more maladapted than non-divorced men in the same age group undergoing normative transitions.

Researchers have suggested that the loss of a spouse through death or divorce might be particularly difficult for

older persons because of the loss of long-standing social support they depended on (Gubrium, 1973; Lowenthal, 1964). In a study of helpseeking behavior in divorced men and women, Chiriboga, Coho, Stein and Roberts (1979) found that older people seek out supports less frequently than younger ones. While it appears that older persons may be at greater risk in adapting to divorce (Chiriboga et al., 1978), the research on age differences is still too incomplete and the definition of "older" remains too loose to make any definitive statements regarding their vulnerability to divorce.

Stages of Divorce

In a previous section, the process of divorce was discussed in terms of stress theory with different stages of adaptation requiring differing coping strategies and different criteria for outcome. In divorce, as with bereavement, signs of psychological disturbance or emotional turmoil in and of themselves are not indicative of pathology; the stage of the stress response must be taken into consideration. Indeed, lack of turmoil after the loss of a loved one would be, in some cases, pathological. It is helpful to have a longitudinal perspective on psychological functioning in order to evaluate 1) whether a response is adaptive or maladaptive and 2) whether or not certain psychological characteristics expressed during the impact period of the stress response are more predictive of outcome than others.

In terms of identifying individuals at long-term risk to divorce, a longitudinal perspective will certainly help distinguish those factors which indicate excessive vulnerability from those that merely reflect normal distress. It may be that those factors associated with adaptation at the impact stage of divorce are different from those related to long-term adjustment.

The stages of adjustment to divorce have been compared with Kubler-Ross's (1969) stages of adjustment to death and dying (Herman, 1974; Hozman & Froiland, 1976). Conceptualizing divorce in terms of loss has been useful in delineating the process that one proceeds through while dealing with the reality of divorce and has given the helping professions guidelines for treatment (Herman, 1974). Wiseman (1975) describes the process of divorce in terms of crisis theory, with the potential for growth and return to equilibrium or, conversely, to remain in crisis. She describes the stages generally as beginning with a state of crisis where the marital situation is unresolved, leading to a decision to divorce; the final stage is resolution and achievement of a new role and new lifestyle. While she draws many parallels with the mourning process, she cautions that divorce differs in that rejection is the cause of the loss, not death.

Another perspective has been offered by Bohannan (1970) who describes the process in terms of six stations of di-

vorce. From his point of view, legal divorce is only one stage of the divorce and therefore only one phase of the adjustment process. While there are a variety of formulations describing the different periods in the divorce process (Blair, 1970; Freund, 1974), there is general agreement that the divorce experience is not a discrete, uni-dimensional event, but one that evolves through time.

Most of the empirical studies that have explored different periods of divorce have found the final separation to be the period of greatest distress (Chiriboga & Cutler, 1977; Goode, 1956; Wallerstein & Kelly, 1980). An exception to these findings was found by Hetherington, Cox and Cox (1976) who reported the time of maximum trauma to be one year post-divorce. Their study, however, did not include the period of separation.

Attention to the different phases of the divorce process is necessary in order to understand the special needs of the divorcing person and to allow mental health professionals to best provide them with assistance through these phases.

## Divorce-Related Stressors

The decision to divorce brings with it a multiplicity of stressors. Three areas of stress that have been given considerable amount of attention in the divorce literature are economic strain, stress from parental responsibility, and strain in the area of social relations. The relation-

ship of these factors to divorce adjustment will be discussed in the following paragraphs.

One of the common difficulties faced by divorcing persons is the change in their financial situation. Economic strain is of particular concern for most parents since their standard of living is likely to decline. While some people will have to struggle more than others to make ends meet, it appears that the most important source of financial stress comes merely from the adjustment that has to be made to living on less, regardless of socio-economic status (Wallerstein & Kelly, 1980). In a study examining the relationship between economic strain, marital status and depression, Pearlin and Johnson (1977) found that under conditions of severe economic strain, the unmarried are more vulnerable to depression compared to the married. Women may face unique financial problems, being forced to choose between remaining dependent on their ex-husbands because of lack of training for any occupation or facing the prospect of poverty (Brandwein, 1974; Brown et al., 1976). Ilgenfritz (1961) held discussions with 12 widows and divorced mothers and found that financial difficulty brought with it other related problems, such as lack of time and fatigue. In another study, Blair (1970) reported that women who had inadequate financial resources had more difficulty adjusting to divorce. Divorced fathers also experience duress from econo-

mic stress (Hetherington et al., 1976). Economic factors are clearly related to post-divorce stress and adjustment and may be of particular relevance to those persons with dependent children.

Parental responsibility for dependent children is another important stressor faced by many divorced persons. Individuals with children face the extra responsibility and strain of caring for the well being of others and not just themselves (Wallerstein & Kelly, 1980). The burden of parenting usually, although not always, falls with the mother (Brandwein et al., 1974). The actual physical burden of being the only parent in a household can be immense; in addition, there may be the added pressure of the children being in emotional turmoil and conflict over the loss of a parent (Ilgenfritz, 1961; Rose & Price-Bonham, 1973).

The very existence of children often means that the spouses will have to have continued contact with each other. Progression through the stages of adaptation may be slowed down by the inability to break free from the memory of the ex-spouse. Although this has not been empirically demonstrated, the assumption can be drawn from existing empirical studies; for instance, Goode (1956) found that women with two or more children have a greater difficulty adjusting to divorce.

The interactive nature of the parent-child relationship has been discussed by Hetherington, Cox and Cox (1976). These authors argue that the stresses that fall upon the divorced parents affect the childrens' adjustment, and the children's behavior, in turn, has an impact on the parents. They found that agreement on childrearing techniques was the most important factor in eliminating conflict between the divorced parents. They also found that many fathers reacted to the separation from their children with strong feelings of loss and depression. The risk to psychological functioning of parental responsibilities was illustrated in a study by Pearlin and Johnson (1977). They found that when the number of dependent children in a house increased to three or more, there was an associated increase in depression among the parents. Blair (1970), however, found that having more than one child did not differentially affect the adjustment of women to divorce; however, depression per se was not the measure of adjustment used. In a study examining the effects of stigma on divorcing mothers (Brandwein, et al., 1974), the authors suggest that working women may get less outside support for childcare than their male counterparts, thus unequally putting more pressure on divorced mothers than fathers.

The final area of strain to be discussed is the issue of social support. The fact that divorced persons may have

lost their main source of emotional support and often have fewer social relationships than married people suggests that this lack of resource may affect their psychological functioning. Pearlin and Johnson (1977) addressed this issue in their study of marital status, life strains, and depression. They found that under equal conditions of social isolation the unmarried were more vulnerable to depression than the married. The significance of this finding reduced as social isolation decreased; however, it still remained significant.

Loneliness has been identified as a problem among divorced and separated persons (Hunt, 1966; Weiss, 1975). Weiss (1976) suggests that as time passes, the symptoms related to separation distress may be replaced by loneliness, which can result in feelings of restlessness, vigilance, anxiety, and panic. The relationship between stress and social supports was demonstrated in a study by Chiriboga and his colleagues (1979). They found that those men and women who were more distressed during the initial stages of divorce were more likely to seek social support. Lachman (Note 3) found that dating was a useful coping strategy and was associated with high morale and positive feelings. While formation of a heterosexual relationship has been shown to correlate to better adjustment (Hetherington, et al., 1976). Wallerstein and Kelly (1980) contend that loneliness during the initial post-separation period is not just

a function of dating or not dating, but relates to the breakdown of the larger structure of marriage. They argue that friendships diminish and that divorced persons often do not belong to clubs or community groups which they could fall back on for social life. They also reported that eighteen months post-separation, "...the pervasiveness of profound loneliness among men and women was striking."

The above-reported relationships between divorce-related stressors and adjustment suggest that any study looking for mediators and causal relationships among divorcing persons must consider the effects of financial strain, parental responsibility, and social isolation.

## Self-Concept Factors in Divorce

Under conditions of high stress, positive self-conceptions have been shown to provide a protective function against psychological disturbance (Pearlin & Schooler, 1978); however, not much is known about their role as buffers against stresses specific to divorce. While the impact of divorce on the self-concept and its relationship to adaptation has been discussed in the divorce literature, there have been few such studies that have dealt with this issue empirically. In the following paragraphs, studies on the relevance of self-conceptions to divorce adjustment are discussed.

During the separation phase of divorce, Weiss (1976) found that the self-concept is often in a state of flux. He observed that responses to marital separation often appear paradoxical. For example, some individuals vacillate between euphoria linked with heightened self-confidence and depression accompanied by low self-esteem. He does not comment on whether this instability in the self-concept was related to the amount of time separated. Herman (1974), however, suggests that time spent away from the spouse does affect how aware persons are of themselves and how identity issues are resolved. In her study, she compares the divorce process with the stages of grieving. Thus the last stage, "acceptance," is a period of reckoning with the self. She argues that this is the period in which persons can begin to feel good about themselves. Similarly, Wiseman (1975) has emphasized the relevance of this stage to self-evaluation. She states that when divorce is accepted as a reality, the primary task of the individual is the reworking of their identity. She warns that at this stage persons are often open to new modes of coping and there is danger that they may regress to a more dependent, less adequate level of functioning. In addition, unresolved identity issues may emerge which had become dormant during the marriage. Wiseman believes the conflict over personal identity occurs early in the divorce process. She states that "...parts of

the self which have never before come into awareness manifest themselves and demand their due." Not only is identity being reestablished; it is also being reappraised. Behaviors such as seeking out a variety of sexual experiences are aimed at rebuilding a damaged self-concept and are a way of reworking identity conflicts. Wiseman concurs with Herman (1974) that acceptance of the divorce allows the person to reidentify himself in a positive light. In summary, there is general agreement among these studies that the divorce process activates self-evaluation and that accepting the lost marriage will aid in clarifying issues about the self.

While there is agreement on which stage is salient to resolving issues about the self, little is said about when or how long this conflict might occur, presumably because there are many individual differences. Since persons proceed through these stages at different rates, this presents a methodological issue to investigators who wish to study self-concept during separation. Thus, if people are engaged in different stages of the divorce process they would most likely differ on the stability of their self-concepts. One solution to this would be to study people who are in the same time range of separation. This would be a practical way of controlling for some of the variability since equating for stage would be extremely difficult. Not only would it be difficult, it would be unwarranted, since observation

about the instability of the self in relation to different stages of divorce are primarily based on non-empirical studies and must be considered speculative at this juncture.

Once the self-concept of divorcing persons has more or less stabilized during the period of separation, changes in the self may still occur since the process of divorce can continue for some time post-separation (Wallerstein & Kelly, 1980). These changes need not be deleterious. While divorced women face many practical difficulties, they also have reported improved feeling about themselves. These feelings include an increased sense of competence and personal autonomy. Wallerstein and Kelly (1980) found that as younger mothers had successful experiences in the work force, they had a rising sense of self-esteem. However, they also found that those women who were in the higher socio-economic classes (as determined by their husband's education, occupation and income) often dropped to a lower social class, thereby assaulting their self-esteem. They contend that while a man's self-esteem may also be shaken by divorce, they do not usually have to face a change in status that is also intertwined with their social life. It can be seen that many changes brought about by the divorce process contribute to redefinition of self by one's self, others, and society. Divorce is an evolving process. Therefore, different self-conceptions may be more highly associated

with adjustment at different stages.

Although scholars have observed that changes in self-concept occur during the process of divorce, it has already been noted that longitudinal studies of divorced persons are rare. Consequently, studies examining change in self-conceptions of the divorced are nearly non-existent. One exception is a study by Hetherington, Cox, and Cox (1976). They studied divorced families two months, one year, and two years following the divorce. A variety of techniques were used to collect data such as parent interviews, diary records, and personality scales. One of the goals of the structured parent interview was to assess attitudes toward the self. Initially, the fathers in their sample complained of not knowing who they were. During the first year after the divorce, they felt less competent. In an attempt to resolve these identity issues and low self-concepts, they often engaged in frenetic social activity and self-improvement. Their feelings about themselves showed a marked improvement by two years following the divorce. Self-esteem for both men and women was positively correlated with intimacy in relationships. While men in their sample showed greater initial changes in self-concept, the effects of divorce on the self-concepts of the women were longer lasting.

The literature on the stability of self-concept, in general, is equivocal and usually does not concern itself with divorce. In some theoretical statements self-concept is held to be relatively stable (see, for example, James, 1950), while others argue that it evolves and changes (Mead, 1934; Morse & Gergen, 1970; Lifton, 1971). However, very few of these investigations have been longitudinal (Wylie, 1961). Those that have been suggest that only slight changes can be expected over time (Chiriboga, Note 1; Kelly, 1955; Pierce & Chiriboga, 1979). Based on this literature and the studies of divorce, one could speculate that during the separation phase of divorce self-conceptions are being tested and that although some perceptions may change, other more enduring self-images will remain.

In a study of sixty-two divorced women, Pais (1979) examined social-psychological predictors of overall adjustment, level of adjustment at the time of the divorce, and current level of adjustment. This was not a longitudinal study, but was based in part on retrospective reporting. The mean number of months divorced was approximately 15 months. Among the independent variables were income, age, years married, self-concept, locus of control, number of months since divorce, and the number of children living in the home. Three regression equations were obtained with the different levels of adjustment as criterion variables. In

each regression, self-concept proved to be the most powerful predictor of adjustment. In another study of white middle class divorcees, Blair (1970) found that low self-concepts were related to more difficult adjustment to divorce.

White (1979) studied the adjustment of men to marital separation. Demographic, social and psychological variables were examined in relation to post-separation adjustment in these men. It was found that men with limited social skills had poor overall adjustment and poor self-esteem. He concludes that marital separation is a particularly stressful time for men because of the internal sense of loss and because they no longer have the social protectiveness of the marital role.

Adjustment to separation among formerly cohabiting men and women (Mika, 1980) has been examined. The data suggested that poorer adjustment was associated with greater self-ideal discrepancies. In yet another study, the women who were found to have the least difficulty adjusting to separation were those that were self-oriented (Meyers, 1976).

In summary, the literature relating self-concept, separation and divorce indicates that a positive self-concept is associated with successful adjustment, but it does not explore the multi-dimensional aspect of the self in relation to adjustment, nor does it provide information on the evolving nature of the self-image of divorced persons in relation

to different periods of adjustment.

## Hypotheses

The literature review suggests that self-concept is related to adjustment to divorce. Furthermore, empirical and non-empirical studies demonstrate that self-concept changes as one proceeds through the different stages of divorce. Financial strain, dependent children, and social support were also shown to affect divorce adjustment.

The present study seeks to explore the self-concepts of divorcing men and women ranging in age from 20-79. Two stages of divorce are examined: 1) the post-separation period (baseline) and 2) 3.5 years later (follow-up). The following are the independent variables: Negative Self, Dominant Self, Incompetent Self, Desirable-Engagable Self, Vulnerable Self, Hostile Self, Masterful Self, Self-Oriented, Socially Skilled Self, Self-Criticism, Ego Diffusion, and Interviewer-Respondent Correlations. The dependent variable is psychological symptoms. The statistical analyses will control for the effects of financial situation, social support, parental responsibility, months separated, and remarriage. The following hypotheses were formulated about self-concept, divorce, and psychological functioning from a longitudinal perspective:

Hypotheses I

Self-concept during the post-separation stage of the divorce process (baseline) will differ in some dimensions when compared with the 3.5-year-long term adjustment stage (follow-up). Differences between the two stages will reflect increased self-concept resources (Desirable-Engagable Self, Masterful Self, Socially Skilled Self, and Interviewer-Respondent Correlation) and decreased self-concept deficits (Negative Self, Dominant Self, Incompetent Self, Vulnerable Self, Hostile Self, Self-Oriented, Self-Criticism, and Ego Diffusion) from baseline to follow-up.

Hypothesis II

Psychological adjustment will improve from the post-separation stage of the divorce process to the 3.5-year follow-up.

Hypothesis III

Baseline self-concept variables are related to psychological functioning at baseline.

Hypothesis IV

Follow-up self-concept variables are related to psychological functioning at follow-up.

Hypothesis V

Self-concept variables at baseline will be related to psychological functioning at follow-up.

# CHAPTER III

# METHODS

## Sample Selection and Maintenance

### Baseline

A random sample of names of potential respondents was obtained from records of persons whose petitions for divorce were filed at the county clerk offices in San Francisco and Alameda counties, California. An individual's eligibility for participation in the study was based on the following criteria:

1. The respondent had to be separated from his/her spouse and to have been engaged in the legal process of divorce.
2. S/he had to have been married for more than one year and be over the age of 20.
3. The respondent had to be separated for a period no greater than eight months.
4. Only one person of the divorcing couple was permitted to participate in the study.

From the list of potential respondents one-third was unreachable, one-third refused and one-third agreed to participate in the study.

Follow-up

In a longitudinal study such as this, maintenance of the sample was a major concern. In addition to the normal problems of attrition, divorced persons are noted for their high rate of residential mobility. Several steps were taken to keep the divorce staff informed of the respondent's locale. During the baseline data collection stage, interviewers obtained information regarding whether the respondent planned to stay in the same location or area. If the respondent anticipated a move, an attempt was made to find out when and where it would be. The respondents were also asked to provide the name, address and telephone number of a significant other who could be contacted if the respondent had moved or could not be reached.

Although acquiring information at baseline was a preliminary safeguard, another important objective was to maintain contact after the baseline interview. This was to keep the respondent informed and involved in the study as well as to give the staff an opportunity to update the respondent's address and telephone number. One strategy was to send greeting cards during the December holiday season. Another technique involved sending two newsletters describing the progress of the study (see Appendix A). A few of the respondents wrote letters to the staff complimenting them on the quality of the newsletter. All correspondence was

marked with "Address Correction Requested" which allowed the staff to obtain Xerox copies of the changed address from the post office at little expense.

In addition to the above contacts, 100 of the respondents received a telephone call requesting their permission to receive a sex questionnaire. Two respondents refused and 20 were unreachable by telephone.

## Description of the Sample

### Baseline

There were 185 women and 125 men ranging in age from 20 to 79 with about 75% under 40 years of age. It was the first marriage for approximately three quarters of the sample; about half had been married between 5-19 years; approximately 40% had no children and 40% had 1-2 children; and over half the sample had some college or more. The average time of separation was 6 months at the time of contact.

Examination of sex differences showed that a greater percentage of the males were highly educated and had incomes of $10,000 and over compared with the females in the sample. These differences are similar to what one would expect in the U.S. population as a whole. More detailed characteristics of the sample at baseline are presented in Tables 1-3.

TABLE 1

Baseline Characteristics of Total Sample

(N = 310)

| Baseline Characteristics | Percent and Number of Respondents by Age | | | | | | | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|
| | 20's | | 30's | | 40's | | 50's | | | |
| | % | N | % | N | % | N | % | N | % | N |
| Age at Marriage | | | | | | | | | | |
| < 20 | 18 | ( 21) | 12 | ( 13) | 13 | ( 7) | | 0 | 13 | ( 41) |
| 20-29 | 82 | ( 98) | 71 | ( 80) | 39 | ( 21) | 24 | ( 6) | 66 | (205) |
| 30-39 | | 0 | 17 | ( 19) | 35 | ( 19) | 12 | ( 3) | 13 | ( 41) |
| 40-49 | | 0 | | 0 | 13 | ( 7) | 20 | ( 5) | 4 | ( 12) |
| 50-59 | | 0 | | 0 | | 0 | 36 | ( 9) | 3 | ( 9) |
| 60+ | | 0 | | 0 | | 0 | 8 | ( 2) | 1 | ( 2) |
| First Marriage | 93 | (111) | 77 | ( 86) | 60 | ( 32) | 20 | ( 5) | 75 | (234) |
| Years Married | | | | | | | | | | |
| 1-4 | 61 | ( 72) | 24 | ( 27) | 17 | ( 9) | 20 | ( 5) | 37 | (113) |
| 5-9 | 35 | ( 42) | 33 | ( 37) | 13 | ( 7) | 24 | ( 6) | 30 | ( 92) |
| 10 and over | 3 | ( 4) | 43 | ( 48) | 70 | ( 38) | 56 | ( 14) | 34 | (104) |
| Months Separated | | | | | | | | | | |
| 0-2 | 7 | ( 8) | 6 | ( 7) | 9 | ( 5) | 28 | ( 7) | 9 | ( 27) |
| 3-6 | 63 | ( 75) | 63 | ( 70) | 61 | ( 33) | 64 | ( 16) | 63 | (194) |
| 7-8 | 30 | ( 36) | 31 | ( 35) | 30 | ( 16) | 8 | ( 2) | 29 | ( 89) |
| Number of Children | | | | | | | | | | |
| 0 | 71 | ( 85) | 28 | ( 29) | 7 | ( 4) | 20 | ( 5) | 41 | (125) |
| 1-2 | 27 | ( 2) | 52 | ( 58) | 50 | ( 27) | 44 | ( 11) | 41 | (128) |
| 3 or more | 2 | ( 2) | 21 | ( 23) | 43 | ( 23) | 36 | ( 9) | 18 | ( 57) |
| Level of Education | | | | | | | | | | |
| High School or Less | 25 | ( 30) | 24 | ( 27) | 26 | ( 14) | 48 | ( 12) | 27 | ( 83) |
| Some College | 35 | ( 42) | 41 | ( 46) | 30 | ( 16) | 20 | ( 5) | 35 | (109) |
| College Graduate | 29 | ( 35) | 12 | ( 13) | 18 | ( 10) | 16 | ( 4) | 20 | ( 62) |
| Graduate Work | 10 | ( 12) | 23 | ( 26) | 26 | ( 14) | 16 | ( 4) | 18 | ( 56) |
| Personal Income | | | | | | | | | | |
| Less than $5,000 | 17 | ( 21) | 17 | ( 19) | 24 | ( 13) | 36 | ( 9) | 20 | ( 62) |
| $5,000 to $9,999 | 40 | ( 48) | 24 | ( 27) | 32 | ( 17) | 20 | ( 5) | 31 | ( 97) |
| $10,000 to $14,999 | 27 | ( 32) | 26 | ( 29) | 9 | ( 5) | 12 | ( 3) | 22 | ( 69) |
| $15,000 or more | 15 | ( 18) | 33 | ( 37) | 35 | ( 19) | 32 | ( 8) | 27 | ( 82) |

TABLE 2

Baseline Characteristics of Male Respondents

(N = 125)

| Baseline Characteristics | Percent and Number of Respondents by Age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | 20's | | 30's | | 40's | | 50's | | Total | |
| | % | N | % | N | % | N | % | N | % | N |
| Age at Marriage | | | | | | | | | | |
| < 20 | 5 | ( 2) | 7 | ( 3) | 4 | ( 1) | 0 | | 5 | ( 6) |
| 20-29 | 95 | ( 39) | 74 | ( 32) | 42 | ( 11) | 20 | ( 3) | 68 | ( 85) |
| 30-39 | 0 | | 19 | ( 8) | 42 | ( 11) | 20 | ( 3) | 17 | ( 22) |
| 40-49 | 0 | | 0 | | 12 | ( 3) | 20 | ( 3) | 5 | ( 6) |
| 50-59 | 0 | | 0 | | 0 | | 33 | ( 5) | 4 | ( 5) |
| 60+ | 0 | | 0 | | 0 | | 7 | ( 1) | 1 | ( 1) |
| First Marriage | 100 | ( 41) | 80 | ( 34) | 62 | ( 16) | 27 | ( 4) | 76 | ( 95) |
| Years Married | | | | | | | | | | |
| 1-4 | 71 | ( 29) | 28 | ( 12) | 19 | ( 5) | 20 | ( 3) | 39 | ( 49) |
| 5-9 | 22 | ( 9) | 35 | ( 15) | 15 | ( 4) | 20 | ( 3) | 25 | ( 31) |
| 10 and over | 5 | ( 2) | 37 | ( 16) | 65 | ( 17) | 60 | ( 9) | 35 | ( 44) |
| Months Separated | | | | | | | | | | |
| 0-2 | 7 | ( 3) | 7 | ( 3) | 8 | ( 2) | 33 | ( 5) | 10 | ( 13) |
| 3-6 | 59 | ( 24) | 61 | ( 26) | 58 | ( 15) | 53 | ( 8) | 58 | ( 73) |
| 7-8 | 34 | ( 14) | 33 | ( 14) | 45 | ( 9) | 13 | ( 2) | 31 | ( 39) |
| Number of Children | | | | | | | | | | |
| 0 | 81 | ( 33) | 30 | ( 13) | 4 | ( 1) | 13 | ( 2) | 39 | ( 49) |
| 1-2 | 20 | ( 8) | 54 | ( 23) | 54 | ( 14) | 53 | ( 8) | 42 | ( 53) |
| 3 or more | 0 | | 16 | ( 7) | 42 | ( 11) | 33 | ( 5) | 18 | ( 23) |
| Level of Education | | | | | | | | | | |
| High school or Less | 20 | ( 8) | 16 | ( 7) | 18 | ( 5) | 33 | ( 5) | 20 | ( 25) |
| Some College | 32 | ( 13) | 40 | ( 17) | 8 | ( 2) | 27 | ( 4) | 29 | ( 36) |
| College Graduate | 42 | ( 17) | 12 | ( 5) | 23 | ( 6) | 20 | ( 3) | 25 | ( 31) |
| Graduate Work | 7 | ( 3) | 33 | ( 14) | 50 | ( 13) | 20 | ( 3) | 26 | ( 33) |
| Personal Income | | | | | | | | | | |
| Less than $5,000 | 12 | ( 5) | 14 | ( 6) | 11 | ( 3) | 27 | ( 3) | 14 | ( 18) |
| $5,000 to $9,999 | 39 | ( 16) | 16 | ( 7) | 27 | ( 7) | 7 | ( 1) | 25 | ( 31) |
| $10,000 to $14,999 | 24 | ( 10) | 21 | ( 9) | 4 | ( 1) | 13 | ( 2) | 18 | ( 22) |
| $15,000 or more | 24 | ( 10) | 49 | ( 21) | 58 | ( 15) | 53 | ( 8) | 43 | ( 54) |

TABLE 3

Baseline Characteristics of Female Respondents

(N = 185)

| Baseline Characteristics | Percent and Number of Respondents by Age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | 20's | | 30's | | 40's | | 50's | | Total | |
| | % | N | % | N | % | N | % | N | % | N |
| Age at Marriage | | | | | | | | | | |
| < 20 | 24 | ( 19) | 15 | ( 10) | 21 | ( 6) | | 0 | 19 | ( 35) |
| 20-29 | 76 | ( 59) | 70 | ( 48) | 36 | ( 10) | 30 | ( 3) | 65 | (120) |
| 30-39 | | 0 | 16 | ( 11) | 29 | ( 8) | | 0 | 10 | ( 19) |
| 40-49 | | 0 | | 0 | 14 | ( 4) | 20 | ( 2) | 3 | ( 6) |
| 50-59 | | 0 | | 0 | | 0 | 40 | ( 4) | 2 | ( 4) |
| 60+ | | 0 | | 0 | | 0 | 10 | ( 1) | 1 | ( 1) |
| First Marriage | 90 | ( 70) | 75 | ( 52) | 60 | ( 16) | 10 | ( 1) | 76 | (139) |
| Years Married | | | | | | | | | | |
| 1-4 | 55 | ( 43) | 22 | ( 15) | 14 | ( 4) | 20 | ( 2) | 35 | ( 64) |
| 5-9 | 42 | ( 33) | 32 | ( 22) | 11 | ( 3) | 30 | ( 3) | 33 | ( 61) |
| 10 and over | 3 | ( 2) | 46 | ( 32) | 75 | ( 21) | 50 | ( 5) | 32 | ( 60) |
| Months Separated | | | | | | | | | | |
| 0-2 | 6 | ( 5) | 6 | ( 4) | 11 | ( 3) | 20 | ( 2) | 8 | ( 14) |
| 3-6 | 65 | ( 51) | 64 | ( 44) | 64 | ( 18) | 80 | ( 8) | 65 | (121) |
| 7-8 | 28 | ( 22) | 30 | ( 21) | 25 | ( 7) | | 0 | 27 | ( 50) |
| Number of Children | | | | | | | | | | |
| 0 | 67 | ( 52) | 26 | ( 18) | 11 | ( 3) | 30 | ( 3) | 41 | ( 76) |
| 1-2 | 31 | ( 24) | 51 | ( 35) | 46 | ( 13) | 30 | ( 3) | 41 | ( 75) |
| 3 or more | 3 | ( 2) | 23 | ( 16) | 43 | ( 12) | 40 | ( 4) | 18 | ( 34) |
| Level of Education | | | | | | | | | | |
| High School or Less | 28 | ( 22) | 29 | ( 20) | 32 | ( 9) | 70 | ( 7) | 31 | ( 58) |
| Some College | 37 | ( 29) | 42 | ( 29) | 50 | ( 14) | 10 | ( 1) | 40 | ( 73) |
| College Graduate | 23 | ( 18) | 12 | ( 8) | 14 | ( 4) | 10 | ( 1) | 17 | ( 31) |
| Graduate Work | 12 | ( 9) | 17 | ( 12) | 4 | ( 1) | 10 | ( 1) | 12 | ( 23) |
| Personal Income | | | | | | | | | | |
| Less than $5,000 | 21 | ( 16) | 19 | ( 13) | 36 | ( 10) | 50 | ( 5) | 3 | ( 5) |
| $5,000 to $9,999 | 41 | ( 32) | 29 | ( 20) | 35 | ( 10) | 40 | ( 4) | 21 | ( 39) |
| $10,000 to $14,999 | 25 | ( 22) | 29 | ( 20) | 14 | ( 4) | 10 | ( 1) | 36 | ( 66) |
| $15,000 or more | 10 | ( 8) | 23 | ( 16) | 14 | ( 4) | | 0 | 25 | ( 47) |

Follow-up

As can be seen in Table 4, approximately 85% of the baseline sample was interviewed at follow-up. Thus, 263 of the original 310 individuals comprised the sample at follow-up.

TABLE 4

Sample Attrition at Follow-up

(Number of Respondents)

| | Males | Females | Row Totals |
|---|---|---|---|
| Deceased | 1 | 1 | 2 |
| Refusal | 12 | 16 | 30 |
| Not Located | 8 | 9 | 17 |
| Interviewed | 104 | 159 | 263 |
| Column Totals | 125 | 185 | 310 |

Data on the different marital status categories are reported in Tables 5-7. The majority of the sample was divorced, but not remarried. Twenty-one percent were remarried and four percent had reconciled. Overall, the percentage distribution of males and females in different marital status categories was very similar. Some differences were found when this distribution was broken down into different age groups. For example, a greater percent of men in their

TABLE 5

Marital Status of Total Sample at Follow-up

(N = 263)

| Follow-up Characteristics | Percent and Number of Respondents by Age | | | | | | | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|
| | 20's | | 30's | | 40's | | 50's | | | |
| | % | N | % | N | % | N | % | N | % | N |
| Marital Status | | | | | | | | | | |
| Reconciled | 2 | ( 1) | 2 | ( 3) | 6 | ( 3) | 11 | ( 3) | 4 | ( 10) |
| Separated but not Divorced | | 0 | 6 | ( 8) | 12 | ( 6) | 11 | ( 3) | 7 | ( 17) |
| Divorced but not Remarried | 72 | ( 39) | 67 | ( 87) | 65 | ( 33) | 54 | ( 15) | 66 | (174) |
| Divorced and Remarried | 26 | ( 14) | 22 | ( 28) | 16 | ( 8) | 18 | ( 5) | 21 | ( 55) |
| Divorced, Remarried, and Separated Again | | 0 | 2 | ( 3) | | 0 | 4 | ( 1) | 2 | ( 4) |
| Divorced, Remarried, and Divorced Again | | 0 | | 0 | | 0 | 4 | ( 1) | | ( 1) |
| Widowed | | 0 | 1 | ( 1) | 2 | ( 1) | | 0 | 1 | ( 2) |

TABLE 6

Marital Status of Male Respondents at Follow-up

(N = 104)

| Follow-up Characteristics | Percent and Number of Respondents by Age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | 20's | | 30's | | 40's | | 50's | | Total | |
| | % | N | % | N | % | N | % | N | % | N |
| Marital Status | | | | | | | | | | |
| Reconciled | 0 | | 2 | ( 1) | 0 | | 13 | ( 2) | 3 | ( 3) |
| Separated but not Divorced | 0 | | 3 | ( 3) | 17 | ( 4) | 13 | ( 2) | 9 | ( 9) |
| Divorced but not Remarried | 72 | ( 13) | 69 | ( 33) | 61 | ( 14) | 53 | ( 8) | 65 | ( 68) |
| Divorced and Remarried | 28 | ( 5) | 21 | ( 10) | 17 | ( 4) | 20 | ( 3) | 21 | ( 22) |
| Divorced, Remarried, and Separated Again | 0 | | 2 | ( 1) | 0 | | 0 | | 1 | ( 1) |
| Divorced, Remarried, and Divorced Again | 0 | | 0 | | 0 | | 0 | | 0 | |
| Widowed | 0 | | 0 | | 4 | ( 1) | 0 | | 1 | ( 1) |

TABLE 7

Marital Status of Female Respondents at Follow-up

(N = 159)

| Follow-up Characteristics | Percent and Number of Respondents by Age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | 20's | | 30's | | 40's | | 50's | | Total | |
| | % | N | % | N | % | N | % | N | % | N |
| Marital Status | | | | | | | | | | |
| Reconciles | 3 | ( 1) | 2 | ( 2) | 11 | ( 3) | 8 | ( 1) | 4 | ( 7) |
| Separated but not Divorced | 0 | | 6 | ( 5) | 7 | ( 2) | 8 | ( 1) | 5 | ( 8) |
| Divorced but not Remarried | 72 | ( 26) | 66 | ( 54) | 68 | ( 19) | 54 | ( 7) | 67 | (106) |
| Divorced and Remarried | 25 | ( 9) | 22 | ( 18) | 14 | ( 4) | 15 | ( 2) | 21 | ( 33) |
| Divorced, Remarried, and Separated Again | 0 | | 2 | ( 2) | 0 | | 8 | ( 1) | 2 | ( 3) |
| Divorced, Remarried, and Divorced Again | 0 | | 0 | | 0 | | 8 | ( 1) | 1 | ( 1) |
| Widowed | 0 | | 1 | ( 1) | 0 | | 0 | | 1 | ( 1) |

50's remarried compared to women in their 50's. In general, sex differences in marital status at follow-up were not marked.

## Procedure

### Baseline

Baseline data collection occurred between April 1, 1976 and May 31, 1977. Addresses and phone numbers of the respondents were obtained from records at the county clerk offices. Respondents were sent a letter about the Divorce Study informing them that a staff member would contact them within a week (see Appendix A). If the interviewer was unable to reach the respondent by telephone, a second letter was sent requesting that they fill out a card and return it to the divorce staff. The interviews were held at the location decided upon by the respondent; the majority were held at the respondent's home, place of work, or an office at the University of California. All interviewers were trained by the staff and evaluated prior to starting their job. The interview contact proceeded in two stages. During the first stage, the intent of the interview, and the areas covered, were explained. The respondents were then asked to read the Experimental Subject's Bill of Rights and Consent Form which they had to sign before the interview began (see Appendix A). The second stage was the actual interviewing;

each interview took approximately 3 hours and consisted of structured and unstructured questions. A few of the interviews were done by mail when there were no other options.

### Follow-up

The follow-up procedure was very similar to that at baseline. A letter was sent to respondents informing them of the follow-up interview and the phone call they would receive from the interviewer (see Appendix A). If there had been a change in the original phone number, an attempt was made to locate the new number through the use of reverse directories, the telephone directory or telephone information. Other sources included contacting the significant other, voter registration records, and the California Department of Motor Vehicles. The follow-up interview took approximately 3 hours and also consisted of structured and unstructured questions, many of which duplicated those at baseline. Procedural standards were the same in every other respect as those at baseline.

## Instruments

### Baseline Interview

The items for the baseline interview (see Appendix A) were developed through consultations with the staff of The California Divorce Law Research Project (headed by Dr. Lenore J. Weitzman), The Child of Divorce Project (headed by

Judith Wallerstein and Dr. Joan Kelly), the Life Events and Adaptation in Adulthood Project (headed by Drs. Leonard Pearlin and Morton Lieberman), and the Divorce, Role, Health Status and Service Systems Project (headed by Drs. Marvin Sussman and Gay Kitson). Reviews of existing studies on divorce and stress also influenced the selection of items. Decisions on the content of the interview were based on a desire to enhance the generalizability of the findings as well as to facilitate collaboration with other ongoing projects in the Human Development and Aging Program at the University of California, San Francisco.

The main topics covered in the interview were: demographic, life before separation, the divorce process, relationships, physical health, mental health, goals, activities, time perspectives, stress and coping. The instruments used in the interview included: The Adjective Rating Scale (adapted from Block, 1961), The Goal Sort, The Life Events Questionnaire (developed in collaboration with Drs. M. Horowitz and R. Rahe), Symptoms Checklist, The Life Evaluation Chart, Social Supports Schedule, Stress Situation Schedule, a modification of Goode's (1956) Trauma Index, The Leisure Query, Activities Checklist, and a Sex Interview.

For the purposes of this dissertation, only those instruments and questions appropriate to the proposed research questions are discussed in the following sections.

Baseline Self-Concept Measures

Adjective Rating Scale (ARS): This measure of self-concept consisted of 70 adjectives upon which the respondent rated himself (see Appendix A). The following measures were developed from this scale (Lowenthal, Thurnher, & Chiriboga, 1975):

1. Ego Diffusion: This consisted of the number of traits the respondent indicated he "cannot decide" are like himself or not. This measure was thought to indicate integration of self-concept. It was assumed that neutral responses reflected ambiguity and diffusion in the self-concept.

2. Masculinity-Femininity Index: This index is derived by subtracting the score on a Femininity Index from a Masculinity Index. The Masculinity Index is the sum of self-ratings for ACL items: ambitious, assertive, calm, competitive, confident, guileful, hostile, versatile, reasonable, self-controlled, shrewd, sophisticated, and unconventional. The Femininity Index consisted of the sum of scores on ARS items: cooperative, easily hurt, easily embarrassed, friendly, helpful, charming, sincere, sympathetic, timid, touchy, and undecided. The adjectives comprising these indexes were deleted from

empirically established differences between the sexes.

3. Interviewer-Respondent Correlations: This measure is based on correlations between self-ratings and interviewer ratings on the ARS. Higher correlations indicated more agreement between the interviewer and respondent. The agreement score was thought to be a measure of fit between public and private images. Using this measure, Lowenthal et al. (1975) addressed the issue of systematic bias by the interviewers and concluded that this was not a problem. The interviewers for this dissertation project were trained and evaluated by Lowenthal's staff so that one would expect similar results for this sample.

4. Self-Criticism: This refers to the number of items on the ARS which were circled as undesirable.

5. Self-Concept Factors: A factor analysis on the ARS yielded 9 factors that were defined as follow: Negative Self, Dominant Self, Incompetent Self, Desirable-Engagable Self, Vulnerable Self, Hostile Self, Masterful Self, Self-Oriented, and Socially Skilled Self. Their development and content will be described in the Results section of this paper. These factors reflect different dimensions of the self-concept.

Baseline Measure of Adaptation

Symptoms Checklist: This instrument is a checklist of 42 items of psychosomatic and psychological symptoms (see Appendix A). The items were selected by a team of psychiatrists for their clinical relevance to psychological dysfunction. The number of symptoms reported constituted the measure of symptoms used here. Reliability was tested by a psychiatrist who evaluated the descriptions of each of the symptoms twice. With one month between measurements, the Pearson Product Moment correlation coefficient was .90 and the global rating was .85 for individual symptom responses.

Follow-up Interview

The follow-up interview was very similar to that at baseline (see Appendix A). Many of the additional questions and instruments were duplicated from other studies in order

to facilitate cross-study comparisons in the future. Materials were drawn from the following projects: The Cleveland Divorce Study/Case Western Reserve (Kitson and Sussman), The Separation and Divorce Study/Pennsylvania State University (Spanier), Stress and Coping Study/University of California Berkeley (Lazarus), Divorced Family Systems/Northwestern University (Goldsmith and Ahrons), Divorced Mothers Project (Donahue and Colletta), and the Family Mediation Research Project/University of Georgia (Weber). The following instruments were added to the follow-up interview: The Ways of Coping Inventory, Hassles Index, and Self-Other Semantic Differential. Since these instruments will not be used in the data analysis of the present investigation, their features will not be discussed here.

Follow-up of Self-Concept Measures

The same measures of self-concept that were used at baseline were used for the follow-up. This allowed changes in self-concept to be studied during the approximately four-year period from separation to long-term adjustment.

Follow-up Measure of Adaptation

The baseline measure of adaptation is identical to that at follow-up.

Control Variables: Baseline and Follow-up

There were six control variables examined at both baseline and follow-up. Five of these were measured in the same way at both times (Age, Sex, Finances, Children, and Support). Months Separated was used at baseline and Remarriage was used at follow-up.

Age: Age was measured in years.

Sex: Sex was designated male or female.

Finances: This variable was derived from the question, "In general, how do your finances usually work out at the end of the month? Do you find that you usually end up with:

Some money left over.....3

Just enough to make ends meet.....2

Not enough to make ends meet.....1."

Children: This variable was derived from the question, "How many people other than yourself live here? Who are they?" The response to this question was coded:

No children living at home.....1

Children living at home.....2."

Support: This variable was derived from response to the question, "Among your friends and relatives is there someone you feel you can tell just about anything to, someone you can count on for understanding and advice?

No.....1

Yes, one person.....2

Yes, more than one person.....3."

Months Separated: This variable was derived from the question, "Now I would like to turn to some of the things that have been happening to you recently. For example, when did you separate?"

Remarriage: This variable was derived from the question, "What is your present marital status?

Still married and living with spouse.....1

Separated, but not divorced.....1

Divorced, but not remarried.....1

Divorced and remarried.....2

Divorced, remarried, and separated/divorced again..1

Widowed (indicate which spouse).....1."

# CHAPTER IV

## RESULTS

The results section is divided into two parts. In part one, preliminary analyses are presented. This includes a factor analysis of the Adjective Rating Scale (ARS) and correlation matrices of all the independent variables and the dependent variables used in the study. These analyses were prerequisites for determining what variables would be included in the tests of the major hypotheses.

The tests of the major hypotheses are presented in part two. The analyses performed on the data consists of analysis of variance (ANOVA) and multiple regression techniques. While no hypotheses were made about Age, Sex, Finances, Children, Social Support, Remarriage, and Months Separated, their influence on the statistical results will be addressed within the analyses.

### Part I: Preliminary Analyses

It will be recalled that one of the purposes of this study is to examine the multi-dimensionality of the self-concept. Therefore, factor analyses were performed on responses to the ARS in order to develop different dimensions of the self. The self-concept factors obtained from this analysis, plus the four additional ARS measures (Inter-

viewer-Respondent Correlation, Ego Diffusion, Self-Criticism, and the Masculinity-Femininity Index) comprised the list of potential independent variables. The next, and final step, of the preliminary analyses was to examine the intercorrelations of the potential independent variables and their correlations with the dependent variable. These correlations provided the basis on which variables were included in the study. The results of these preliminary analyses are presented in the following sections.

Development of Self-Concept Factors

A factor analysis (Tryon & Bailey, 1970) was performed at baseline and follow-up on the 70-item ARS. The content of the analysis was determined by both empirical and rational procedures (see Appendix B). There were 9 final factors utilizing 57 of the adjectives. The item content of these factors was the same at both times; however, internal consistency and factor loadings differed from baseline to follow-up. The factors are labeled: Factor 1--Negative Self; Factor2--Dominant Self; Factor 3--Incompetent Self; Factor 4--Desirable-Engagable Self; Factor 5--Vulnerable Self; Factor 6-Hostile Self; Factor 7--Masterful Self; Factor 8--Self-Oriented; and Factor 9--Socially Skilled Self. The components of the factors, their overall reliability coefficients, oblique factor coefficients, and estimated communality are shown in Table 8 for baseline and Table 9 for fol-

low-up.

The Negative Self dimension contains 7 adjectives, the majority of which show self-deprecating attitudes and appear to reflect negative self-imagery. The overall reliability coefficient (measure of internal consistency) of this factor at baseline is .81 and .79 at follow-up.

Eight items make up the Dominant Self factor. These adjectives reflect assertiveness and lack of submissiveness. This factor has a baseline reliability coefficient of .74 and at follow-up is .69.

The Incompetent Self factor consists of 5 adjectives suggesting inability to concentrate and lack of drive. The overall reliability coefficient of this factor at baseline is .68 and is .57 at follow-up.

The Desirable-Engagable Self factor is made up of seven items indicative of an openness to others and a confidence in one's desirability. A reliability coefficient of .69 was obtained at baseline and .70 at follow-up.

There were nine items in the Vulnerable Self factor. The adjective "touchy" received the highest factor loading at both times, and along with the other adjectives in the factor, reflected a brittleness of the self. The reliability coefficient was .81 at baseline and follow-up.

TABLE 8

SELF-CONCEPT FACTORS: BASELINE

| Factor Name and Items | Reliability Coefficient | Oblique Factor Coefficient | Estimated Communality |
|---|---|---|---|
| Factor 1: | | | |
| Negative Self | .81 | | |
| worried | | .70 | .55 |
| unhappy | | .67 | .50 |
| dissatisfied | | .62 | .42 |
| unworthy | | .56 | .35 |
| undecided | | .56 | .40 |
| uninterested | | .52 | .35 |
| dull | | .50 | .33 |
| Factor 2: | | | |
| Dominant Self | .74 | | |
| rebellious | | .65 | .48 |
| dramatic | | .54 | .39 |
| sarcastic | | .49 | .33 |
| impulsive | | .47 | .33 |
| restless | | .46 | .33 |
| stubborn | | .45 | .29 |
| unconventional | | .45 | .28 |
| bossy | | .36 | .23 |
| Factor 3: | | | |
| Incompetent Self | .68 | | |
| disorderly | | .65 | .55 |
| lazy | | .62 | .44 |
| absentminded | | .53 | .29 |
| dependent | | .43 | .31 |
| ambitious | | -.37 | .25 |
| Factor 4: | | | |
| Desirable-Engagable Self | .69 | | |
| warm | | .64 | .46 |
| charming | | .55 | .41 |
| withdrawn | | -.51 | .38 |
| friendly | | .44 | .20 |
| likable | | .44 | .22 |
| sympathetic | | .36 | .23 |
| sincere | | .32 | .23 |

TABLE 8 (continued)

SELF-CONCEPT FACTORS: BASELINE

| Factor Name and Items | Reliability Coefficient | Oblique Factor Coefficient | Estimated Communality |
|---|---|---|---|
| Factor 5: | | | |
| Vulnerable Self | .81 | | |
| touchy | | .70 | .52 |
| hurt | | .67 | .51 |
| self-pitying | | .64 | .60 |
| resentful | | .54 | .32 |
| defensive | | .52 | .35 |
| suspicious | | .49 | .33 |
| easily embarrassed | | .46 | .32 |
| timid | | .45 | .32 |
| jealous | | .42 | .28 |
| Factor 6: | | | |
| Hostile Self | .52 | | |
| hostile | | .66 | .47 |
| guileful | | .46 | .35 |
| cruel | | .45 | .25 |
| (not) fairminded | | -.16 | .17 |
| Factor 7: | | | |
| Masterful Self | .78 | | |
| confident | | .61 | .45 |
| versatile | | .56 | .43 |
| wise | | .51 | .37 |
| intelligent | | .50 | .33 |
| competitive | | .46 | .30 |
| energetic | | .45 | .30 |
| assertive | | .45 | .43 |
| persevering | | .44 | .28 |
| shrewd | | .44 | .40 |
| imaginative | | .34 | .19 |
| Factor 8: | | | |
| Self-Oriented | .54 | | |
| selfish | | .56 | .36 |
| self-indulgent | | .52 | .34 |
| (not) considerate | | -.43 | .33 |
| Factor 9: | | | |
| Socially Skilled Self | .66 | | |
| poised | | .64 | .45 |
| sophisticated | | .54 | .35 |
| reserved | | .53 | .39 |
| self-controlled | | .50 | .30 |

TABLE 9

SELF-CONCEPT FACTORS: FOLLOW-UP

| Factor Name and Items | Reliability Coefficient | Oblique Factor Coefficient | Estimated Communality |
|---|---|---|---|
| Factor 1: | | | |
| Negative Self | .79 | | |
| dissatisfied | | .67 | .53 |
| unhappy | | .67 | .51 |
| worried | | .65 | .58 |
| uninterested | | .53 | .37 |
| undecided | | .49 | .35 |
| unworthy | | .48 | .28 |
| dull | | .44 | .32 |
| Factor 2: | | | |
| Dominant Self | .69 | | |
| rebellious | | .58 | .36 |
| dramatic | | .53 | .55 |
| sarcastic | | .47 | .40 |
| impulsive | | .46 | .30 |
| stubborn | | .39 | .28 |
| unconventional | | .38 | .20 |
| bossy | | .36 | .24 |
| restless | | .34 | .20 |
| Factor 3: | | | |
| Incompetent Self | .57 | | |
| lazy | | .63 | .55 |
| disorderly | | .54 | .30 |
| absentminded | | .40 | .23 |
| (not) ambitious | | -.37 | .32 |
| dependent | | .20 | .17 |
| Factor 4: | | | |
| Desirable-Engagable Self | .70 | | |
| warm | | .66 | .46 |
| friendly | | .58 | .48 |
| likable | | .53 | .32 |
| sympathetic | | .41 | .27 |
| charming | | .41 | .39 |
| (not) withdrawn | | -.39 | .31 |
| sincere | | .27 | .21 |

TABLE 9 (continued)

SELF-CONCEPT FACTORS: FOLLOW-UP

| Factor Name and Items | Reliability Coefficient | Oblique Factor Coefficient | Estimated Communality |
|---|---|---|---|
| Factor 5: | | | |
| Vulnerable Self | .81 | | |
| touchy | | .71 | .55 |
| hurt | | .66 | .54 |
| self-pitying | | .60 | .46 |
| suspicious | | .54 | .46 |
| defensive | | .52 | .36 |
| resentful | | .51 | .34 |
| easily embarrassed | | .45 | .33 |
| jealous | | .44 | .23 |
| timid | | .36 | .34 |
| Factor 6: | | | |
| Hostile Self | .61 | | |
| hostile | | .61 | .42 |
| cruel | | .56 | .33 |
| guileful | | .47 | .33 |
| (not) fairminded | | -.38 | .31 |
| Factor 7: | | | |
| Masterful Self | .80 | | |
| confident | | .64 | .52 |
| assertive | | .60 | .40 |
| energetic | | .56 | .45 |
| competitive | | .49 | .28 |
| imaginative | | .48 | .31 |
| intelligent | | .47 | .24 |
| versatile | | .46 | .29 |
| shrewd | | .43 | .27 |
| persevering | | .34 | .39 |
| wise | | .30 | .21 |
| Factor 8: | | | |
| Self-Oriented | .59 | | |
| selfish | | .81 | .72 |
| self-indulgent | | .49 | .29 |
| (not) considerate | | -.30 | .18 |
| Factor 9: | | | |
| Socially Skilled Self | .69 | | |
| poised | | .74 | .57 |
| sophisticated | | .57 | .48 |
| reserved | | .53 | .43 |
| self-controlled | | .40 | .26 |

The Hostile Self factor consists of the four adjectives: cruel, hostile, guileful, and not fairminded. A reliability coefficient of .52 was obtained at baseline and .61 at follow-up.

Ten adjectives comprise the Masterful Self factor. These adjectives reflect a sense of competence, energy, and confidence. The reliability coefficient at baseline and follow-up was .78.

The Self-Oriented factor consists of only 3 items: selfish, self-indulgent, and not considerate. The reliability coefficient was .54 at baseline and .58 at follow-up.

The factor labeled Social Skilled Self contains 4 adjectives which reflect knowledge of social skills as well as self-control. The reliability coefficient of this factor at baseline is .66 and is .69 at follow-up.

In summary, 9 self-concept dimensions were developed through the use of factor analysis. The items in the factors were preset and identical at baseline and follow-up. Nunnally (1967) states that a minimum reliability (alpha) of .50 is needed for a scale to be reliable. This standard was met for the self-concept factors at baseline and follow-up. In addition, the internal consistency of the factors was comparable between the two times, and reasonably high.

Intercorrelations of Dependent and Independent Variables

Pearson Product Moment correlation coefficients were obtained for the independent and dependent variables at baseline and follow-up. Both sexes and all ages were combined. The purpose of these correlational analyses was: 1) to determine how intercorrelated the independent variables were so that those that were too highly intercorrelated, and therefore redundant, could be eliminated; and 2) to examine the relationship between the independent and dependent variables to justify the assumption that the independent variables have an effect on the dependent variable. These findings are reported in the following paragraphs.

The correlation of the Masterful Self factor with the Masculinity-Femininity Index was .70. This could be due to the fact that 5 of the items comprising these two variables are the same. Also, *t*-tests performed on baseline data showed that males were significantly higher than females on the Masculinity-Femininity Index ($P = .0001$) and Masterful Self ($P = .0106$). Therefore, these variables are also conceptually linked. This correlation was judged to be too high. Therefore, to avoid redundancy in the independent variables, the Masculinity-Femininity Index was excluded from the independent variables. Masterful Self was retained since mastery is a concept that has been demonstrated to be related to adjustment to stress. The correlations of the

remaining variables selected to be in the study are presented in Tables 10, 11 and 12. As can be seen, the intercorrelations of the independent variables range from .15 to .56. The significant correlations of the independent variables with the dependent variables ranged from .14 to .55.

Higher scores in the following self-concept variables were correlated with fewer psychological Symptoms:[1] Desirable-Engagable Self, Masterful Self, Socially Skilled Self, and Interviewer-Respondent Correlation. As a group, these variables are referred to as self-concept "resources."

In contrast, higher scores on the following variables are correlated with more psychological Symptoms:[2] Negative Self, Dominant Self, Incompetent Self, Vulnerable Self, Hostile Self, Self-Oriented, Self-Criticism, and Ego Diffusion. This group of variables is labeled self-concept "deficits."

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[1]All of these variables at baseline are significantly correlated with baseline Symptoms; and all of these variables at follow-up are significantly correlated with Symptoms at follow-up except Interviewer-Respondent Correlation.

[2]All these variables at baseline are significantly correlated with baseline Symptoms except Self-Oriented and Ego Diffusion. At follow-up, all these variables are significantly correlated with follow-up Symptoms.

TABLE 10
Intercorrelations Among Independent and Dependent Variables (baseline)

| Variable | 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | 16. | 17. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. Negative Self | 1.00 | | | | | | | | | | | | | | | | |
| 2. Dominant Self | .19 ** | 1.00 | | | | | | | | | | | | | | | |
| 3. Incompetent Self | .43 ** | .16 ** | 1.00 | | | | | | | | | | | | | | |
| 4. Desirable-Engagable Self | -.32 ** | -.02 | -.20 ** | 1.00 | | | | | | | | | | | | | |
| 5. Vulnerable Self | .56 ** | .30 ** | .33 ** | -.22 ** | 1.00 | | | | | | | | | | | | |
| 6. Hostile Self | .22 ** | .33 ** | .11 | -.04 | .27 ** | 1.00 | | | | | | | | | | | |
| 7. Masterful Self | -.43 ** | .15 ** | -.49 ** | .42 ** | -.25 ** | .06 | 1.00 | | | | | | | | | | |
| 8. Self-Oriented | .11 | .35 ** | .18 ** | -.11 | .16 ** | .26 ** | .04 | 1.00 | | | | | | | | | |
| 9. Social Skilled Self | -.24 ** | -.14 * | -.38 * | .27 ** | -.16 ** | -.08 | .37 ** | -.17 ** | 1.00 | | | | | | | | |
| 10. Self-Criticism | .45 ** | .26 ** | .31 ** | -.09 | .48 ** | .23 ** | -.30 ** | .12 * | -.20 ** | 1.00 | | | | | | | |
| 11. Ego Diffusion | .29 ** | .09 | .28 ** | -.35 ** | .24 ** | .27 ** | -.22 ** | .19 ** | -.27 ** | .11 | 1.00 | | | | | | |
| 12. I-R Correlation | -.15 * | -.09 | -.11 | .07 | -.22 ** | -.16 ** | .10 | -.07 | .10 | -.19 ** | -.06 | 1.00 | | | | | |
| 13. Finances | -.06 | .18 ** | -.05 | -.01 | -.03 | .05 | .08 | .09 | -.01 | .02 | .04 | -.03 | 1.00 | | | | |
| 14. Children | -.00 | -.18 ** | .04 | .05 | -.08 | -.06 | -.13 * | -.14 * | .01 | -.01 | -.04 | .07 | -.28 ** | 1.00 | | | |
| 15. Support | -.23 ** | -.02 | -.03 | .10 | -.11 | -.10 | .10 | .05 | .09 | -.09 | -.10 | .15 * | .02 | .04 | 1.00 | | |
| 16. Months Separated | -.06 | .09 | -.08 | -.02 | -.00 | .08 | .10 | .08 | .04 | .00 | .03 | -.06 | -.00 | -.06 | .05 | 1.00 | |
| 17. Symptoms | .54 ** | .17 ** | .30 ** | -.23 ** | .53 ** | .14 * | -.36 ** | .07 | -.22 ** | .47 ** | .09 | -.19 ** | -.02 | -.07 | -.19 ** | -.03 | 1.00 |

* $P \leq .05$ ** $P \leq .01$

TABLE 11
Intercorrelations Among Independent and Dependent Variables (baseline and follow-up)

| Variable | 1. Negative Self | 2. Dominant Self | 3. Incompetent Self | 4. Desirable-Engagable Self | 5. Vulnerable Self | 6. Hostile Self | 7. Masterful Self | 8. Self Oriented | 9. Socially Skilled Self | 10. Self Criticism | 11. Ego Diffusion | 12. I-R Correlation | 13. Finances | 14. Children | 15. Support | 16. Months Separated | 17. Symptoms |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 18. Negative Self | .48** | .15* | .33** | -.17** | .30** | .16* | -.30** | .10 | -.20** | .32** | .19** | -.11 | -.03 | .06 | -.15* | -.14* | .39** |
| 19. Dominant Self | .11 | .53** | .16** | .10 | .18** | .16* | .13* | .16** | -.08 | .10 | -.09 | .01 | .15* | -.07 | .03 | -.05 | .12 |
| 20. Incompetent Self | .32** | .11 | .63** | -.26** | .21** | .06 | -.37** | .17** | -.25** | .18** | .21** | -.05 | -.04 | -.06 | -.02 | -.15* | .20** |
| 21. Desirable-Engagable Self | -.17** | -.04 | -.18** | .48** | -.07 | -.00 | .26** | -.07 | .20** | -.03 | -.09 | .09 | -.07 | .02 | -.02 | .14* | -.06 |
| 22. Vulnerable Self | .38** | .11 | .27** | -.10 | .54** | .13* | -.24** | .02 | -.16* | .28** | .05 | -.13 | -.07 | .01 | -.12 | -.02 | .44** |
| 23. Hostile Self | .13* | .13* | .14* | -.02 | .16** | .26** | -.05 | .14* | -.04 | .09 | -.02 | -.06 | .09 | -.05 | -.02 | -.07 | .15* |
| 24. Masterful Self | -.37** | .01 | -.45** | .33** | -.21** | -.03 | .62** | .01 | .33** | -.28** | -.15* | .12 | .11 | -.15* | .06 | .12 | -.21** |
| 25. Self-Oriented | .11 | .15* | .21** | .02 | .08 | .15* | .01 | .33** | -.10 | .06 | -.03 | -.10 | .08 | -.14* | .10 | -.01 | .09 |
| 26. Socially Skilled Self | -.19** | -.12 | -.32** | .03 | -.03 | -.01 | .27** | -.15* | .57** | -.17** | -.14* | .05 | -.02 | -.03 | .01 | .15* | -.10 |
| 27. Self-Criticism | .37** | .20** | .32** | -.12 | .34** | .19** | -.20** | .17** | -.23** | .50** | .10 | -.16* | .06 | -.07 | -.00 | -.07 | .26** |
| 28. Ego Diffusion | .17** | .08 | .25** | -.20** | .15* | .09 | -.25** | .08 | -.10 | .12* | .30** | -.14* | .07 | -.05 | .01 | -.07 | .19** |
| 29. I-R Correlation | -.20** | -.05 | -.18** | .13 | -.10 | -.21** | .15* | -.15* | .17* | -.12 | -.09 | .33** | -.04 | -.06 | .06 | .09 | -.14* |
| 30. Finances | -.05 | .09 | -.07 | .06 | .08 | .01 | .13 | .06 | .08 | -.03 | .00 | .07 | .37** | -.17** | .03 | -.05 | -.08 |
| 31. Children | -.03 | -.17** | .03 | -.02 | -.05 | .01 | -.07 | -.10 | -.00 | .06 | -.02 | .05 | -.16* | .63** | -.00 | .06 | -.05 |
| 32. Support | -.04 | .09 | .00 | .15* | .03 | -.06 | .08 | .06 | .06 | -.07 | -.14* | .10 | .03 | -.00 | .24** | .03 | .00 |
| 33. Remarriage | -.06 | -.04 | -.06 | .08 | -.12* | -.11 | .05 | .05 | .02 | -.03 | -.06 | .02 | .02 | -.01 | .07 | .10 | -.05 |
| 34. Symptoms | .40** | .16* | .20** | -.09 | .39** | .15* | -.22** | .06 | -.15* | .33** | .03 | -.11 | -.10 | .08 | -.12 | -.01 | .63** |

Note: Numbers 1-17 are baseline variables; Numbers 18-34 are follow-up variables

* $P \leq .05$ ** $P \leq .01$

TABLE 12
Intercorrelations Among Independent and Dependent Variables (Follow-up)

| Variable | 18. | 19. | 20. | 21. | 22. | 23. | 24. | 25. | 26. | 27. | 28. | 29. | 30. | 31. | 32. | 33. | 34. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 18. Negative Self | 1.00 | | | | | | | | | | | | | | | | |
| 19. Dominant Self | .19 ** | 1.00 | | | | | | | | | | | | | | | |
| 20. Incompetent Self | .46 ** | .15 * | 1.00 | | | | | | | | | | | | | | |
| 21. Desirable-Engagable Self | -.27 ** | .04 | -.30 ** | 1.00 | | | | | | | | | | | | | |
| 22. Vulnerable Self | .50 ** | .23 ** | .34 ** | -.23 ** | 1.00 | | | | | | | | | | | | |
| 23. Hostile Self | .28 ** | .28 ** | .19 ** | -.13 * | .31 ** | 1.00 | | | | | | | | | | | |
| 24. Masterful Self | -.42 ** | .13 * | -.51 ** | .37 ** | -.27 ** | -.05 | 1.00 | | | | | | | | | | |
| 25. Self-Oriented | .21 ** | .31 ** | .30 ** | -.13 * | .28 ** | .26 ** | -.03 | 1.00 | | | | | | | | | |
| 26. Socially Skilled | -.18 ** | -.06 | -.32 ** | .21 ** | -.11 | -.05 | .41 ** | -.07 | 1.00 | | | | | | | | |
| 27. Self-Criticism | .42 ** | .24 ** | .39 ** | -.09 | .39 ** | .20 ** | -.34 ** | .25 ** | -.23 ** | 1.00 | | | | | | | |
| 28. Ego Diffusion | .33 ** | -.11 | .35 ** | -.38 ** | .19 ** | .26 ** | -.36 ** | .11 | -.20 ** | .11 | 1.00 | | | | | | |
| 29. I-R Correlation | -.29 ** | -.19 ** | -.21 ** | .18 ** | -.20 ** | -.26 ** | .08 | -.16 * | .19 ** | -.13 | -.02 | 1.00 | | | | | |
| 30. Finances | -.13 * | .02 | -.03 | -.00 | -.04 | -.05 | .15 * | .06 | .07 | -.02 | -.02 | .03 | 1.00 | | | | |
| 31. Children | -.01 | -.09 | -.00 | -.03 | .06 | -.06 | -.06 | -.10 | -.02 | -.04 | .03 | -.03 | -.24 ** | 1.00 | | | |
| 32. Support | -.13 * | .07 | -.01 | .06 | -.00 | -.02 | .09 | .07 | -.07 | -.06 | .13 * | .15 * | .07 | .02 | 1.00 | | |
| 33. Remarriage | -.18 ** | -.13 * | .00 | .08 | -.09 | -.14 * | .11 | -.07 | .03 | -.04 | -.08 | .09 | .11 | .19 ** | .00 | 1.00 | |
| 34. Symptoms | .55 ** | .18 ** | .30 ** | -.16 * | .53 ** | .17 ** | -.33 ** | .14 * | -.14 * | .35 ** | .24 ** | -.12 | -.08 | .06 | -.02 | -.18 ** | 1.00 |

* $P \leq .05$ ** $P \leq .01$

Another issue was the relevance of the so-called "control" variables. Examination of the correlations of the control variables (Finances, Children, Support, Months Separated, and Remarriage) indicates that there were only two significant correlations with Symptoms at baseline and follow-up. At baseline a lower score on the independent variable "Support" was correlated with more psychological Symptoms. Therefore, those persons who felt they had no friends or relatives whom they could "tell just about anything to, someone you can count on for understanding and advice" were more likely to exhibit psychological Symptoms. At follow-up Support was not, however, significantly correlated with Symptoms. Instead, "remarried" was the only follow-up control variable that was significantly correlated with psychological Symptoms. Being remarried was associated with fewer Symptom scores. While few of the control variables were significantly correlated with the dependent variable, it was decided that none of them would be eliminated from the study. The purpose of this was to clarify any possible conjecture on the part of the reader who might otherwise attribute their influence to the statistical results.

On the basis of these preliminary analyses, all of the self-concept variables except the Masculinity-Femininity Index were deemed appropriate as independent variables in this study. Those self-concept variables that were nega-

tively associated with psychological Symptoms were labeled self-concept "resources" and those that were positively correlated with high psychological Symptoms were referred to as self-concept "deficits."

## Part II: Tests of Hypotheses

The results of statistical analyses of five general hypotheses are presented in the following sections. Analysis of variance techniques were performed on the data to examine differences in baseline and follow-up self-concepts (Hypothesis I) and change in psychological Symptoms (Hypothesis 2).

To examine the relationship between self-concept and adjustment at different stages of the divorce process, multiple regressions were computed on the data (Hypotheses III-V). In each regression, there were eighteen predictor variables and one criterion variable (Symptoms). Of the eighteen predictor variables, 6 were control variables and the remaining 12 were self-concept variables.

### Hypothesis I

Self-concept during the post-separation stage of the divorce process (baseline) will differ in some dimensions when compared with the 3.5-year-long term adjustment stage (follow-up). Differences between the two stages will reflect increased self-concept resources (Desirable-Engagable

Self, Masterful Self, Socially Skilled Self, and Interviewer-Respondent Correlation) and decreased self-concept deficits (Negative Self, Dominant Self, Incompetent Self, Vulnerable Self, Hostile Self, Self-Oriented, Self-Criticism and Ego Diffusion) from baseline to follow-up."

It will be recalled that there are twelve self-concept variables, all of which were derived from the 70-item adjective rating scale (ARS). Three-way analyses of variance were performed on each of these independent variables. The between-subjects factors were sex and age. Age had four levels consisting of persons in their 20's, 30's, 40's and 50's. The within-subjects factor was time with two levels, baseline and follow-up.

The analyses of variance indicated significant time effects for Vulnerable Self ($F$ [1,247] = 5.236, p = .0228), Masterful Self ($F$ [1,247] = 3.695, p = .0552), Socially Skilled Self ($F$ [1,247] = 5.214, p = .0230), and Ego Diffusion ($F$ [1,247] = 4.217, p = .0407).

No significant results were found for the between or within-subjects factors for the following variables: Negative Self, Dominant Self, Incompetent Self, and Self-Oriented.

It can be seen from these results that Hypothesis I is substantiated. Mean differences were found in four out of the 12 self-concept variables from baseline to follow-up.

Therefore, some change in self-concept does occur from post-separation to the 3.5-year follow-up; however, there is not a total change in self. As can be seen in Table 13, these differences, for the most part, do reflect an increase in self-concept resources and a decrease in self-concept deficits from baseline to follow-up. The increase in Ego Diffusion is the only exception.

TABLE 13

Differences in Self-Concept From Baseline to Follow-up (Collapsed over Age and Sex)

| Variable | Baseline | Follow-up |
|---|---|---|
| Vulnerable Self | 1.75 | 1.68 |
| Masterful Self | 2.52 | 2.60 |
| Socially Skilled Self | 2.28 | 2.34 |
| Ego Diffusion | 14.66 | 16.47 |

While no hypothetical statements were made about the effects of age, sex, or interactions of, between and within factors, some significant results were obtained. Thus, when sex was collapsed over age and time, females were higher on Desirable-Engagable Self ($F$ [1,247] = 7.892, p = .0053), and I-R Correlations ($F$ [1,176] = 10.401, p = .0015), males were

higher on Masterful Self ($F$ [1,247] = 8.990, p = .003), and Hostile Self ($F$ [1,247] = 4.957, p = .0327).

When age was collapsed over sex and time, significant age differences were found for Self-Criticism ($F$ [3,246] = 3.290, p = .0211), and also for I-R Correlations ($F$ [3,176] = 2.771, p = .0427). It can be seen from Table 14 that persons in their 40's exhibited the least Self-Criticism while the most Self-Criticism was evident among those in their 20's. The lowest average I-R Correlation was found for persons in their 30's, and the highest for those in their 50's.

TABLE 14

Age Differences on Self-Concept Variables

(collapsed over sex and time)

| | Variable | |
|---|---|---|
| Age | Self-Criticism | I-R Correlation |
| 20's | 7.40 | .50 |
| 30's | 7.00 | .41 |
| 40's | 4.05 | .46 |
| 50's | 6.80 | .51 |

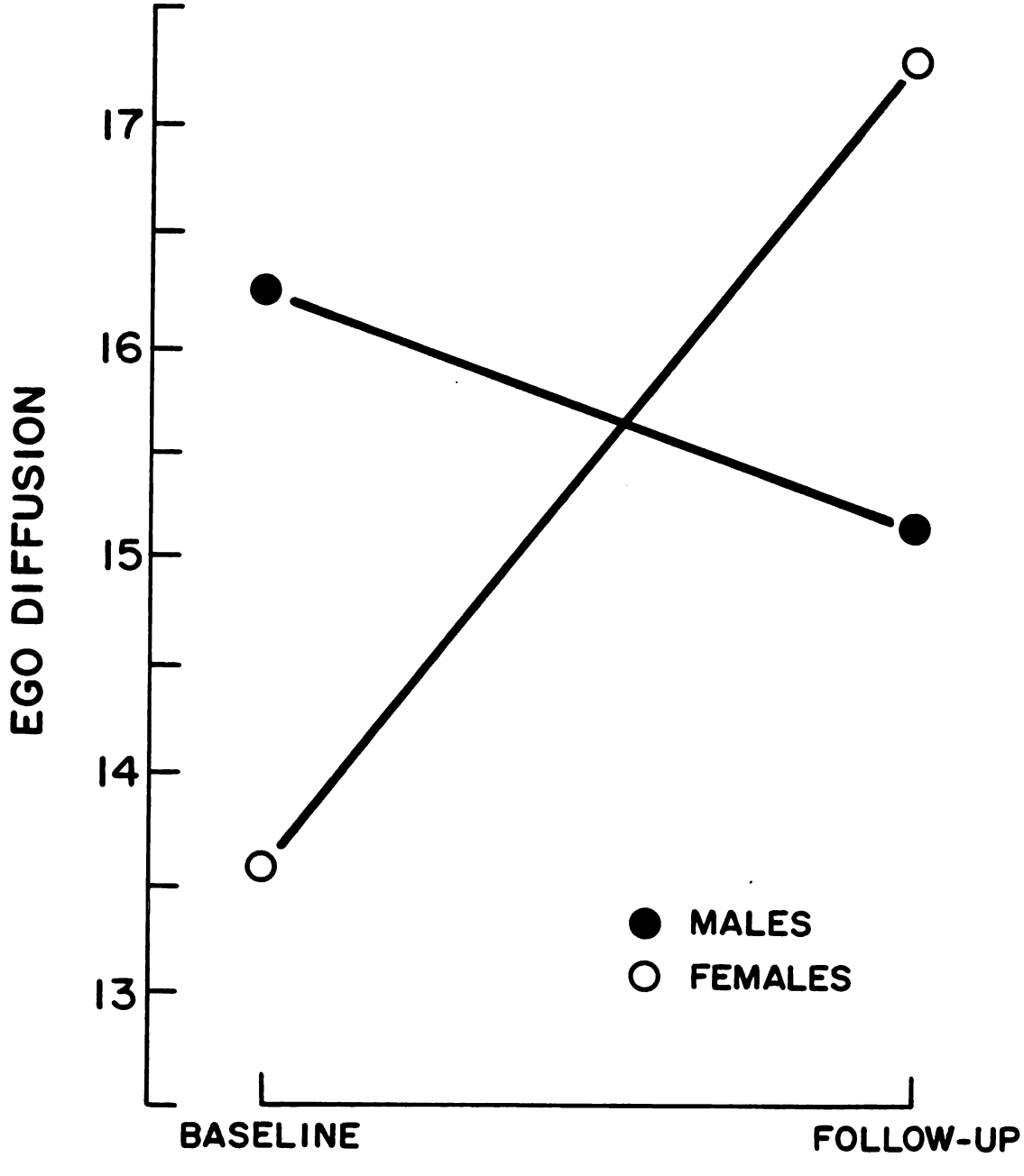
One interaction was obtained from these analyses. A sex by time interaction was found for ACL Ego Diffusion ($F$ [1,247] = 6.741, p = .0099). As illustrated in Figure 1, females increased in Ego Diffusion from baseline to follow-up and males decreased. At baseline, females were lower in Ego Diffusion than the males but at follow-up the males were lower than the females.

In summary, the three-way analyses of variance performed on the twelve independent variables of self-concept supported Hypothesis I. That is, individuals' self-concept during the post-separation stage of the divorce process differs from their self-concept 3.5 years later. This change primarily reflects an increase in self-concept resources (Masterful Self and Socially Skilled Self) and a decrease in deficits (Vulnerable Self). However, Ego Diffusion was hypothesized to show a decrease from baseline to follow-up, but instead, respondents increased on this measure at the 3.5-year follow-up.

The results of the sex differences indicated that females were generally higher than the males on two psychological resources (Desirable-Engagable Self and I-R Correlation) whereas the males scored higher than the females on one resource (Masterful Self) and one deficit (Hostile Self).

Figure 1

EGO DIFFUSION: MEAN SCORES
(SEX BY TIME INTERACTION)



Finally, although the whole sample increases in Ego Diffusion from baseline to follow-up, the interaction effects suggest that men actually decrease in Ego Diffusion and women increase, but when the sample is taken as a group, Ego Diffusion increases as they proceed through the post-separation stage of the divorce process to the 3.5-year-long term adjustment stage.

Hypothesis II

"Psychological adjustment will improve from the post-separation stage of the divorce process to the 3.5-year follow-up."

A three-way analysis of variance was obtained for the dependent variable (psychological Symptoms). The between-subjects factors were sex and age. These factors had the same levels as those discussed in Hypothesis I. It will be recalled that the scores on the Symptoms Checklist indicated the number of psychological and psychosomatic symptoms reported by the respondent. Therefore, a decrease in the mean number of symptoms suggests improved psychological adjustment.

The results of this analysis indicated significant time effects for Symptoms ($F$ [1,254] - 20.673, p = .0000). The mean number of Symptoms at baseline was 10.267 and the mean number at follow-up was 8.7939, which supports the hypothesis. In short, psychological adjustment is different at the

post-separation stage of the divorce process than at the 3.5-year follow-up. While psychological functioning generally improves over time, females have significantly more Symptoms than males, ($F$ [1,254] = 10.358, p = .0014) at all points in time.

Hypothesis III

"Baseline self-concept variables are related to psychological functioning at baseline."

A stepwise multiple regression analysis was performed on the data to determine which self-concept variables would be the most powerful predictors of the criterion variable (Symptoms at baseline). As discussed in the literature review, several socio-demographic variables have also been found to influence adaptation to divorce. In order to control for their influence, six of these socio-demographic variables (Age, Sex, Finances, Children, Support, and Months Separated) were also considered in the regression procedure.

The analyses were conducted in two stages:

1. In the first stage, a forced-entry stepwise multiple regression analysis was performed. In this analysis, all six socio-demographic measures were forced to enter prior to the self-concept measures, and without regard for the strength of their contribution to the predictor equation. The self-concept variables were then entered in stepwise fashion, with the criterion for entry including an $F$ value

of 1.0 and a tolerance level of .50. In other words, the analysis selected from all the self-concept predictors the one at each step that made the largest contribution to $R^2$ (the proportion of the dependent variable's variance shared with the optimally weighted independent variables). The variables were selected in order of their importance and at each step the F ratio and tolerance criteria were applied. Those variables that improved the "goodness of fit" and had a significance level of at least .05 were included in the final regression. These variables were labeled "winning" variables.

2. In the second stage, a separate and subsequent forced-entry multiple regression was performed. In this procedure, the six control variables and the winning predictor variables were forced to enter the equation first. Then, the interactions of the winning variables in stage 1 with the control variables were entered in a stepwise fashion with the same criteria for entry discussed in stage 1. The purpose of this second analysis was to find out if any of the interactions made a meaningful increment in $R^2$.

Selection of the Most Effective Predictors: The results of stage 1 indicate that after the control variables were forced into the regression, Negative Self, Vulnerable Self, Self-Criticism, Masterful Self, and Ego Diffusion were selected as the most powerful predictors of Symptoms at

baseline. A summary of this optimal set of predictors and the stepwise procedure is illustrated in Tables 15 and 16. The analysis of variance calculated at the last step of the regression yielded an F of 19.55 (p = .0001) with 47 percent of the variance accounted for.

TABLE 15

Summary of Stepwise Regression Procedure

(Baseline Self-Concept Variables as Predictors and Baseline Symptoms as the Criterion)

| Step Number | Variable Entered | df | Increment in $R^2$ | F Value | Probability Level |
|---|---|---|---|---|---|
| 0 | (Control Variables Forced in) | 6 | .1189 | 5.49 | .0001 |
| 1 | Negative Self | 1 | .2582 | 100.74 | .0001 |
| 2 | Vulnerable Self | 1 | .0577 | 24.71 | .0001 |
| 3 | Self-Criticism | 1 | .0170 | 7.46 | .0068 |
| 4 | Masterful Self | 1 | .0112 | 4.99 | .0263 |
| 5 | Ego Diffusion | 1 | .0107 | 4.82 | .0291 |

These findings support the hypothesis that self-concept dimensions are related to psychological functioning at baseline. Those variables that were not selected did not add a significant increment in $R^2$ and thus would not have significantly strengthened the predictive capacity of the model.

TABLE 16

Beta Weights and F Values at Final Step of the Regression

(Baseline Self-Concept Variables as Predictors and Baseline Symptoms as the Criterion)

R Square = .47

| Control Variables | Beta | F Value | Probability Level |
|---|---|---|---|
| Age | 0.03 | 0.54 | .4611 |
| Sex | 1.96 | 8.38 | .0041 |
| Finances | -0.02 | 0.00 | .9639 |
| Children | -1.45 | 4.42 | .0366 |
| Months Separated | -0.15 | 0.93 | .3355 |
| Support | -1.26 | 6.37 | .0122 |
| **Self-Concept Variables** | | | |
| Negative Self | 3.95 | 19.42 | .0001 |
| Vulnerable Self | 3.54 | 18.58 | .0001 |
| Self-Criticism | 0.13 | 6.05 | .0146 |
| Masterful Self | -2.32 | 5.94 | .0155 |
| Ego Diffusion | -0.06 | 4.82 | .0292 |

Interactions of Control and Winning Self-Concept Variables: It will be recalled that in stage two of the analysis, the control and winning self-concept variables were

forced into the regression first. Then the interactions of the control and winning self-concept variables competed in a stepwise regression. Since there were 6 control variables and 5 winning variables, the total number of interactions was 30. Only two interactions increased the predictive capacity of the model: "Children and Masterful Self" (increment in $R^2$ = .016) and "Support and Ego Diffusion" (increment in $R^2$ = .01). Increments in $R^2$ after this point were trivial.

By computing the interaction term of the regression equation, the meaning of the significant interaction became apparent. These computations indicated that under conditions of high mastery, having no children living at home was associated with fewer symptoms compared to high mastery and having children at home. For those persons who were low in mastery, having children at home would be more likely to reduce symptoms than having no children at home.

By the same technique, the meaning of the "Support and Ego Diffusion" interaction was examined. These results indicated that if someone is low in Ego Diffusion and high in Social Support they are less likely to have symptoms than those who are high in Ego Diffusion but have little Support.

In summary, Negative Self, Vulnerable Self, Self-Criticism, Masterful Self, and Ego Diffusion are the most effective single self-concept predictors of Symptoms at baseline.

In addition, the prediction of Symptoms can be improved upon by taking into account the factors of Children and Social Support.

Hypothesis IV

"Follow-up self-concept variables are related to psychological functioning at follow-up."

The analyses used to test this hypothesis followed the same two-stage procedure outlined in Hypothesis III above.

Selection of the Most Effective Predictors: The independent and dependent variables were all measures taken at follow-up. Six demographic control variables (Age, Sex, Finances, Children, Support, and Remarriage) were forced into the regression. Then the 12 self-concept variables competed in a stepwise multiple regression procedure. This comprised stage 1. The results indicated that Negative Self, Vulnerable Self, and Self-Criticism are the most effective predictors of the criterion variable (Symptoms at follow-up). A summary of the stepwise procedure is presented in Tables 17 and 18. The analysis of variance calculated at the last step of the regression yielded an $F$ of 16.46 ($p = .0001$), with a total of 43 percent of the variance accounted for.

The results of stage 1 support the hypothesis. Not only are self-concept variables also related to psychological symptoms at follow-up, but the first three self-concept

predictors at follow-up were selected in the same order at baseline as predictors of baseline adjustment.

TABLE 17

Summary of Stepwise Regression Procedure

(Follow-up Self-Concept Variables as Predictors and Follow-up Symptoms as the Criterion)

| Step Number | Variable Entered | df | Increment in $R^2$ | F Value | Probability Level |
|---|---|---|---|---|---|
| 0 | (Control Variables Forced in) | 6 | .059 | 2.04 | .0615 |
| 1 | Negative Self | 1 | .308 | 95.7 | .0001 |
| 2 | Vulnerable Self | 1 | .055 | 18.33 | .0001 |
| 3 | Self-Criticism | 1 | .011 | 3.81 | .0523 |

Interactions of Control and Winning Self-Concept Variables: In the second stage of this analysis only one interaction reached significance. "Children and Self-Criticism" was selected at the first step and produced a 1% increment in $R^2$ ($p = .0442$). The interaction term of the regression equation was computed for this variable. This indicated that having children living at home and being low on self-criticism was associated with the least amount of psycholo-

gical symptoms, whereas having children living at home and being high on self-criticism was associated with the highest amount of psychological symptoms.

TABLE 18

Beta Weights and F Values at Final Step of the Regression

(Follow-up Self-Concept Variables as Predictors and Follow-up Symptoms as the Criterion)

R Square = .43

| Control Variables | Beta | F Value | Probability Level |
|---|---|---|---|
| Age | 0.04 | 1.06 | .3040 |
| Sex | 1.63 | 5.85 | .0165 |
| Finances | 0.34 | 0.56 | .4567 |
| Children | 0.44 | 0.43 | .5106 |
| Support | 0.40 | 0.57 | .4513 |
| Remarriage | -0.91 | 1.22 | .2706 |
| **Self-Concept Variables** | | | |
| Negative Self | 5.14 | 30.01 | .0001 |
| Vulnerable Self | 3.25 | 15.10 | .0001 |
| Self-Criticism | 0.10 | 3.81 | .0523 |

Hypothesis V

"Self-concept variables at baseline will be related to psychological functioning at follow-up."

The analyses used to test this hypothesis followed the same two-stage procedure outlined in Hypothesis III.

Selection of the Most Effective Predictors. A forced-entry stepwise multiple regression was performed on the data to determine which self-concept variables at baseline (predictors) would be most associated with the criterion variable (Symptoms at follow-up). As shown in Tables 19 and 20, the six control variables were forced into the regression first and the 12 self-concept variables competed in a forward stepwise regression. Negative Self was selected at the first step and Self-Criticism was selected at the second step, after which none of the remaining self-concept measures contributed significantly. These two self-concept variables at baseline predicted psychological functioning at follow-up when the effects of specific demographic variables were controlled. Thus some, but not all, self-concept variables at baseline are useful in predicting long-term adjustment to divorce.

Interaction of Control and Winning Self-Concept Variables. In this stage of the analysis, none of the interaction terms reaches significance.

TABLE 19

Summary of Stepwise Regression Procedure

(Baseline Self-Concept Variables as Predictors and Follow-up Symptoms as the Criterion)

| Step Number | Variable Entered | df | Increment in $R^2$ | F Value | Probability Level |
|---|---|---|---|---|---|
| 0 | (Control Variables Forced in) | 6 | .09 | 3.28 | .0042 |
| 1 | Negative Self | 1 | .14 | 38.54 | .0001 |
| 2 | Self-Criticism | 1 | .02 | 6.88 | .0094 |

TABLE 20

Beta Weights and F Values at Final Step of the Regression

(Baseline Self-Concept Variables as Predictors and Follow-up Symptoms as the Criterion)

R Square = .25

| Control Variables | Beta | F Value | Probability Level |
|---|---|---|---|
| Age | -0.00 | 0.00 | .9750 |
| Sex | 2.32 | 9.50 | .0023 |
| Finances | -0.10 | 0.04 | .8324 |
| Children | -0.20 | 0.07 | .7966 |
| Months Separated | 0.01 | 0.00 | .9699 |
| Support | -0.88 | 2.31 | .1297 |
| **Self-Concept Variables** | | | |
| Negative Self | 3.67 | 19.64 | .0001 |
| Self-Criticism | 0.15 | 6.88 | .0094 |

# CHAPTER V

## DISCUSSION

The primary purpose of this dissertation was to examine the multi-dimensionality of the self-concepts of men and women across the life span with respect to different stages of adjustment to divorce. Hypotheses were made about the relationship of self-concept variables to psychological symptoms at two stages of the divorce process; how self-conceptions change, and if self-concept variables at baseline can predict long-term adjustment to divorce. The results supported the hypotheses and indicate that:

1. For the most part, self-concept "resources" increase and "deficits" decrease as one proceeds from the post-separation stage to the 3.5-year follow-up. All dimensions of the self do not change; instead, certain self-characteristics remain stable over time. Not only do self-conceptions improve, but psychological symptoms decrease over time.

2. Self-concept was associated with psychological Symptoms at baseline and follow-up. After controlling for the effects of six socio-demographic variables, five self-concept dimensions were associated with post-separation adjustment and three were associated with long-term adjustment.

3. Two baseline self-concept dimensions were found to be effective predictors of long-term adjustment to divorce.

The specific findings and discussion of the results are presented in the following section. The first section will discuss the "process" of divorce as represented in baseline and follow-up differences in self-concept and psychological functioning. The second section will delineate those aspects of self-concept associated with adjustment at baseline and follow-up. The third will deal with the capacity of the self-concept at baseline to predict long-term adjustment to divorce.

## The Process of Divorce

### Stage Differences in Self-Concept

The results of the analyses indicate that changes in self-concept from post-separation to the 3.5-year follow-up primarily reflect improvement in self-concept. Specifically, at follow-up the sample exhibited higher scores than at baseline on Masterful Self and Socially Skilled Self and lower scores on Vulnerable Self. Thus, for most persons, heightened feelings of vulnerability at the post-separation stage diminished by the follow-up. In addition, the divorce experience appears to produce an increased sense of competence and worldliness a few years post-separation. These findings are in accord with statements made by other invest-

igators. Behavior that would suggest vulnerability associated with the divorce process has been observed in recently divorced individuals (Weiss, 1975; Hunt, 1966; Wallerstein & Kelly, 1980). However, during the following years of adjustment to the divorce, damaged self-esteem is usually repaired and replaced with a new sense of identity and "mastery" of one's environment ((Hetherington, Cox & Cox, 1976; Wallerstein & Kelly, 1980).

While change from baseline to follow-up was noted in some of the self-concept variables, the majority of these variables exhibited no time differences. Thus, men and women in the sample did not differ from baseline to follow-up on Negative Self, Dominant Self, Incompetent Self, Desirable-Engagable Self, Hostile Self, Self-Oriented, Self-Criticism and I-R Correlation. This suggests some overall stability in the self-concept in general.

The results discussed thus far indicate that changes in self-concept reflected increased self-resources; however, there was one exception to this finding. Ego Diffusion increased form baseline to follow-up. Also, a sex-by-time interaction was found for Ego Diffusion. This indicated that males actually decreased slightly and that females showed a marked increase in Ego Diffusion from baseline to follow-up.

The intercorrelations of Ego Diffusion with the remain-

ing variables are presented in Appendix K. The correlation of baseline Ego Diffusion with baseline independent and dependent variables was very similar for both males and females. One exception was that baseline Ego Diffusion was signficantly correlated with self-criticism for females, but not for males. However, the follow-up correlations of Ego Diffusion and self-criticism yielded no significant correlations for either sex. The correlations of follow-up Ego Diffusion with the remaining follow-up variables yielded one significant difference for the sexes. Vulnerable Self was significantly correlated with Ego Diffusion for males, but not for females. Thus, in general both male and female correlations indicated that high Ego Diffusion was positively correlated with self-concept deficits and negatively correlated with resources. In addition, no significant correlations were found within baseline and within follow-up between Ego Diffusion and the control variables for either males or females. These findings suggest that scoring high on Ego Diffusion can be interpreted similarly for both sexes.

It will be recalled that the score for Ego Diffusion was a count of the number of adjectives on the Adjective Rating Scale (ARS) the respondents indicated they "cannot decide" are like themselves or not. This measure was developed by Lowenthal, Thurner, and Chiriboga (1975). In their

research, they found that among younger age groups (high school and newlyweds), men were higher than women on Ego Diffusion. However, when older age groups were examined (middle-aged and retirement), women were much higher on Ego Diffusion than men. Finally, when age was not a factor, females in their sample tended to be higher than males on this measure. Perhaps the four year period that elapsed between baseline and follow-up pushed the sample as a whole into a stage of life that is associated for women, in particular, with a less defined identity. It could be that in addition, they lack clarity about themselves due to to the loss of their role as wife.

Another interesting finding is that Ego Diffusion is positively correlated with self-concept deficits and negatively correlated with self-concept resources. Moreover, the correlational analyses showed that it is significantly correlated with Symptoms at follow-up, but not at baseline. While Ego Diffusion increased in these women from baseline to follow-up, the multiple regression procedure selected it as a predictor of Symptoms at baseline, but not at follow-up. However, as a baseline predictor it accounted for just 1 percent of the variance. These seemingly contradictory findings may, in part, be due to the use of the stepwise procedure. One of the features of stepwise regression is to reduce the $R^2$ of one of two independent variables which have

highly redundant associations with the criterion so that only those variables that "uniquely" account for the variance of the criterion are selected. Thus, a variable that is highly associated with the dependent variable could be eliminated from the predictors due to multicollinearity. Whatever the case, Ego Diffusion has a slight, albeit weak, association with Symptoms. Thus, high Ego Diffusion is associated with a poor self-concept, but it is not strongly associated with psychological functioning. While the increase in Ego Diffusion among women may reflect an increased lack of clarity about their roles, this ambiguity does not necessarily appear to produce a greater risk for psychological disturbance.

The results also indicated that women scored higher than men on two of the resources (Desirable-Engagable Self and Interviewer-Respondent Correlation); males scored higher than females on one resource (Masterful Self) and one deficit (Hostile Self). The higher I-R correlation among females concurs with what Lowenthal and her colleagues (1975) found among men and women in their sample. Lowenthal's group did not factor analyze the Adjective Rating Scale and thus did not have data on Masterful Self, Hostile Self, or Desirable-Engagable Self; however, their sex differences on specific adjectives on the ARS were parallel to the sex differences found in the present study for these three self-

concept dimensions. Thus, sex difference among these divorced persons on self-concept measures appear to represent fairly normative differences among males and females.

Age differences were found for Self-Criticism and I-R Correlations. These age differences also paralleled age differences on Self-Criticism and I-R Correlation found in the Lowenthal et al. (1975) study. That is, younger persons were more self-critical and had lower I-R Correlations than older persons.

Since there is not a control group in the present study, it is difficult to know how unique the self-conceptions of these divorced persons are. Therefore, some additional analyses were performed to enhance our understanding of these results (see Appendix C). First, t-tests on the individual items of the ARS at baseline indicated that the males and females in the sample differed on only seven adjectives (10 percent) out of a total of 70.[1] In order to see how these results might compare with a so-called control group of persons, post hoc analyses were done on a group of individuals who participated in a previously mentioned study at the Human Development and Aging Program (University of California, San Francisco). These persons were part of a

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[1]These and subsequent analyses with the Transitions sample were included as a heuristic device to enhance the present results and to encourage future avenues of research. Since there were highly unequal cell sizes, the use of complex analyses of variance was unwarranted.

longitudinal study of the impact of transitions on the functioning of average men and women. These transitions were normative such as seniors leaving home, newlyweds facing decisions about parenthood, middle-aged parents facing the departure of their youngest child from home, and men and women facing retirement. For a more detailed description of the study, the reader is referred to a book written about research on the Transitions sample (Lowenthal, Thurnher & Chiriboga, 1975). Thus, the same analysis was performed on the Transitions sample and 14 differences were found for men and women. Therefore, it appeared that the divorce sample seems more androgynous than the comparison group, with fewer differences among the sexes.

While the present study demonstrates that the self-concepts of divorcing persons improves over time, we do not know if their self-concepts approximate those of a so-called normal group. To explore this issue further, the responses to the ARS in Lowenthal and her colleagues' Transitions sample were scaled to match the 9 self-concept factors developed for the present study. t-tests were performed comparing differences of the Transitions sample with the Divorce sample at baseline and follow-up (see Appendix D). The results of these analyses showed that at baseline the divorce sample (N = 302) scored significantly higher on Negative Self, Dominant Self, Vulnerable Self, and Masterful

Self than the Transitions sample (N = 161). The same differences were found between the two samples when the divorce sample was examined at follow-up (N = 259). In other words, the divorce sample had fewer self-resources and more deficits at both separation and follow-up compared with a control group of persons undergoing normative Transitions. This was so, even though self-concept and psychological functioning had improved over time for these divorced persons. The fact that they scored higher on Masterful Self at both baseline and follow-up compared to the control group suggests, however, that the divorce process does allow for both growth and deterioration.

Stage Differences in Adjustment

The results presented thus far indicate that self-concept tends to improve from the post-separation stage to the long-term adjustment stage of divorce. This was also true when individual self-concept adjectives were examined (see Appendix E). What then happens to psychological functioning? The analyses showed that divorced persons exhibited fewer psychological symptoms at follow-up than at baseline. This is in agreement with studies of adaptation to stressful life events (Paykel, 1973; Clayton et al., 1968) and divorce adjustment (Hetherington et al., 1976) which indicate that adjustment improves over time. In addition, females exhibited more psychological symptoms than

males. This finding is also in accord with other studies (Lowenthal et al., 1975) and may merely reflect a difference in response style among men and women.

While psychological functioning improves for these persons, this represents only one aspect of adjustment. To explore other areas of functioning, analyses of variance were performed on two other measures of adaptation in this sample (see Appendix F). A measure of overall happiness (the Bradburn) and a measure of depression revealed significant improvement in morale and depression from baseline to follow-up. Therefore, it can be stated with some confidence that adaptation, in general, improved.

Summary

The results of this study indicate that as one proceeds through different stages of divorce, "resources" of the self increase and psychological functioning improves. In general, however, most of the self-concept dimensions did not change. While the passage of time appears to have affected some perceptions of the self, the majority remain quite stable.

Of particular interest is the overall increase in mastery. As previously mentioned, divorced persons score higher on mastery when compared to a general sample of non-divorced individuals (Transitions sample).

Finally, women exhibit a marked increase in Ego Diffu-

sion from baseline to follow-up. While this variable is considered to be a self-concept "deficit," it is not strong ly related to poor psychological adjustment. Perhaps this measure does not indicate psychological deterioration, but instead suggests that increased conflict over identity is one of the consequences of divorce for women.

## Self-Concept Variables Associated with Adjustment

### Baseline

Multiple Regression analysis was used to determine which self-concept variables at baseline were most associated with baseline Symptoms. While controlling for the effects of Age, Sex, Finances, Children, and Months Separated, five self-concept variables were selected by the stepwise procedure. The individual predictors selected were: Negative Self, Vulnerable Self, Self-Criticism, Masterful Self, and Ego Diffusion. This regression model accounted for 47 percent of the variation due to Symptoms and the overall *F* of the regression model was significant. Therefore, these self-concept variables were powerful predictors of psychological functioning during the post-separation stage of the divorce process.

It will be recalled that the Symptoms measure is a count of the number of psychological and psychosomatic symptoms reported by the respondent. Examination of the Beta

weights indicates that a high score on Symptoms is associated with high scores on Negative Self, Vulnerable Self, Self-Criticism, and Ego Diffusion, but low scores on Masterful Self. Negative Self was the strongest predictor of Symptoms; the increase in $R^2$ associated with it approximates 26 percent of the variance. The variables that were positively associated with high Symptom scores were self-concept "deficits." The one self-concept "resource" included in the prediction model was negatively associated with a high Symptoms score. These findings are in agreement with other studies (Blair, 1970; White, 1979) where poor self-concepts were linked with poor adjustment and positive self-concepts associated with successful adjustment. These results, however, provide a much richer understanding of the complexity of the self and those characteristics which are particularly salient to adaptation at the post-separation stage of the divorce process.

The predictive capacity of the model was slightly enhanced by the inclusion of two interactions variables: "Children and Masterful Self" and "Support and Ego Diffusion." The importance of social support and children to adaptation has been indicated in the stress literature generally and in studies of divorce adjustment. Number of children has been associated with increased depression (Pearlin & Johnson, 1977) and has been related to poor

adjustment to divorce (Blair, 1970; Goode, 1956). The measure in this study was not number of children, but indicated merely whether there were children living in the same house with the respondent. In contrast to other studies, children were generally associated with lower Symptom scores. Social support has been shown to be an important mediator in adjustment to stress. This study concurs with other studies in finding that having social support is related to better adjustment. In the present study, the interaction term suggested that having children can in some way counteract the effects of low mastery. That is, while low mastery is related to having high Symptoms, it will be less related to high Symptoms if there are children living at home.

Having high scores on Ego Diffusion is detrimental in general, but becomes worse when the availability of support is low. This finding could be interpreted in several ways. Perhaps persons who have ambiguity over their identity are not well liked by others and therefore have little social support. Alternatively, constraints of being a mother could reduce the opportunity for a social support network, and thus leave the individual with little feedback from society and contribute to ambiguity about the self.

In summary, self-concept at baseline was strongly related to psychological functioning at baseline. The analyses selected those self-concept characteristics which are

most important in understanding the link between self-perceptions and symptomatology during the post-separation phase of the divorce process.

Follow-up

The same multiple regression procedure as that at baseline was used to determine which self-concept variables at follow-up were associated with Symptoms at follow-up. The control variables in this analysis were Age, Sex, Finances, Children, Support, and Remarriage. Negative Self, Vulnerable Self, and Self-Criticism were selected in that order as the most powerful follow-up predictors of follow-up Symptoms. The regression model accounted for 43 percent of the variation due to Symptoms and the overall $F$ was significant. Thus self-concept variables were also powerful predictors of long term adjustment.

One interaction term reached significance: "Children and Self-Criticism." This finding indicated that if one is not self-critical, having children at home is associated with good psychological functioning (low Symptoms), but if one is highly self-critical, then children living at home can have detrimental effects on psychological functioning (high Symptoms). It seems possible that people who are self-critical may have difficulty keeping or making friends and intimates. In fact, the correlational analyses suggest that there is a tendency for the more self-critical persons

to be lower on social support and unlikely to be remarried. When an individual has friends or partners to share feelings or experiences with, some of the normal day-to-day frustrations can be released. However, without that kind of outlet having children at home could be a strain rather than a buffer. It appears, then, that it is probably the other factors which accompany a self-critical person (who has children living at home) that contribute to higher psychological Symptoms. These speculations could be tested in future analyses through the use of more complex interaction terms.

Summary

The regressions performed at baseline and follow-up selected three of the same predictors in the same order of importance. The first three variables selected for both regressions were: Negative Self, Vulnerable Self, and Self-Criticism. Negative Self accounted for 26 percent of the variance at baseline and 30 percent at follow-up. The consistency of these findings suggests that these self characteristics are important to psychological functioning and elucidate what specific aspects of poor self-concept are most detrimental to mental health during divorce adjustment.

At baseline, the control variables contribute 12 percent to the variation, but at follow-up they only contribute to 6 percent of the variation. This suggests that some of

the factors such as social support are most relevant during the post-separation stage of the divorce process. In fact, Support and Children had a significant F value at baseline, but not at follow-up. Thus in considering the relationship of self-concept to adjustment, it appears more important to consider the person's self-conceptions in relation to other demographic variables at post-separation stage than at long-term adjustment.

## Self-Concept During Separation as a Predictor of Long-Term Adjustment

A multiple regression was performed with baseline self-concept variables as the predictors and follow-up Symptoms as the criterion variable. The purpose of this analysis was to explore whether or not certain perceptions about the self during the post-separation stage of divorce could be used to identify those persons who might be at risk for long-term maladjustment.

In this analysis the effects of the following baseline variables were controlled: Age, Sex, Finances, Children, Months Separated, and Support. The regression procedure selected Negative Self, and Self-Criticism as the most effective predictors of Symptoms at follow-up.

Since it could be argued that Symptoms at baseline would be a better predictor of Symptoms at follow-up, a regression was performed where Symptoms at baseline was

forced into the regression as a control variable (see Appendix G). This procedure selected only Hostile Self as a predictor of long-term adjustment. Thus, Negative Self and Self Criticism did not account for additional variance when baseline Symptoms was included as a predictor. The table in Appendix G illustrates that 45% of the variance is due to baseline Symptoms and 1% is explained by Hostile Self. The appearance of Hostile Self as a predictor (beyond baseline Symptoms) suggests that it provides some unique information about prediction of long-term psychological dysfunction. While it is clear that exhibiting signs of psychopathology at baseline separation is the most powerful indicator of psychological risk, it tells us more about external behavior than attitudes about the self. It will be recalled that the adjectives comprising the Hostile Self factor are hostile, guileful, cruel, and not fairminded. These characteristics are particularly alienating to others and it is not surprising to note that Hostile Self is positively correlated with Self-Oriented and negatively correlated with the Desirable-Engagable Self. Thus, hostility as a self-conception may direct one inwards and discourage social support. Hostile Self is significantly correlated with Symptoms at baseline and follow-up; however, other variables exhibit stronger correlations with Symptoms than it does. Perhaps, then, Hostility provides us with a risk factor that is not neces-

sarily associated with concomitant symptomatology. In a clinical sense, this could be helpful.

This finding has important implications for preventive intervention. Knowing that Symptoms at baseline is the best predictor of Symptoms at follow-up is useful, for example, in terms of clinical intervention. It is also helpful to know that hostile feelings about the self may identify persons at risk for long-term psychological dysfunction. Working through the feelings of hostility may be a particularly useful intervention for these individuals. Moreover, for most persons, Symptoms decreased from baseline to follow-up, but hostility remained unchanged.

While this finding is interesting, these results must be validated in other studies before they can be applied to treatment programs for the divorced.

## Considerations

The sample of divorced persons in this study cannot be considered truly representative of the divorced population in general. This sample represented persons who were willing to discuss their divorce with a stranger in a 3-hour interview, who filed for a divorce petition within 8 months of separation, and listed their address and telephone number in public records. However, the sample did approximate the general population in some demographic characteristics. The

problems associated with obtaining a truly representative sample are nearly insurmountable. Given these considerations, the sample has many positive attributes: a large N, both sexes are represented, and the sample attrition was small.

While this study is longitudinal and provides information on self-concept at two stages in the divorce process, it makes causal speculation nearly impossible since there is no data on self-concept or mental health prior to the filing for divorce. In other words, how can we ascertain whether the poor self-concepts and impaired psychological functioning are because of the divorce, are characterological, or both? This difficulty is one of the most common problems faced by researchers of divorce. In a recent review (Bloom at al., 1978), the controversy surrounding this issue is discussed and the various theoretical approaches are delineated. These authors conclude that "...an unequivocal association between marital disruption and physical and emotional disorder has been demonstrated and that this association probably includes at least two interdependent components: First, illness (physical or emotional) can precede and can help precipitate marital disruption. Second, marital disruption can serve to precipitate physical and psychiatric difficulties in some persons who might not otherwise develop such problems (p. 886)."

The purpose of this study was to broaden our knowledge of self-concept beyond "good" and "poor," and to identify those specific self-concept "resources" and "deficits" which were particularly relevant to divorce adjustment. While this objective was accomplished and allows for a richer understanding of the self, we know that individuals do not exist as single self characteristics. In the initial stages of this study, the self-concept variables were treated in a typological analysis and eight self profiles evolved (see Appendix H). The nature of typological analysis is to reject those cases which do not fit into a profile. Unfortunately, the cases with the most psychological Symptoms were rejected from the analysis (see Appendix I). Since the purpose of this study was to examine self-concept in relation to Symptoms scores, these results made the use of the typology untenable. However, the concept of a profile is a good one and should be pursued in future research.

Another consideration of this study is how relevant the self-concept variables associated with Symptoms are to other aspects of adjustment. Pilot work performed on this data suggests that many of the self variables related to psychological Symptoms in this study are also relevant to morale and depression in this sample (see Appendix J).

Finally, the use of stepwise regression has been criticized in favor of hierarchical procedures (Cohen & Cohen,

1975). These opponents support the use of "...hierarchical ordering which reflects causal hypotheses rather than when computers order IVs post and ad hoc for a given sample (pg. 103)." Hierarchical techniques are also considered to be a better procedure when some or all of the independent variables are highly correlated with each other.

The present study sought to explore the multi-dimensionality of the self and its association with different stages of divorce. Therefore, the stepwise procedure was deemed appropriate as an exploratory technique to examine the relationship of self-concept variables to Symptoms. The remarkable consistency in selection of identical predictors and their order of importance in the regression suggests that multicollinearity did not cause misleading results. The results of this study begin to lay the groundwork for developing causal hypotheses and self-concept variables that would lend themselves to testing through hierarchical regression techniques. Causal hypotheses using interaction terms in regressions should also be encouraged. The use of more complex variables based on theoretical and empirical research should contribute to more accurate prediction.

## Theoretical Implications

The issue of whether self-concept and personality characteristics change or remain stable in adult life is contro-

versial. That is, there are those who vehemently adhere to the belief that personality is stable (Block, 1981; Costa, 1980); likewise, their opponents argue that personality change is part of normal development (Brim, 1980; Levinson, 1979). An underlying hypothesis of this study was that if one explores the multidimensionality of the self-concepts of divorcing persons that both change and stability would occur. That is exactly what the results indicated. Overall, the group exhibited no change in the majority of self-concept dimensions. What change did occur indicated increased resources and decreased deficits with the exception of an increase in one deficit (Ego Diffusion). Thus, a crisp picture of constancy versus stability did not emerge. In addition, since analyses were done on divorced persons as a group, we learned that, on the average, improvement in self-concept occurs among these persons even though this average includes a minority of persons who remain the same or get worse.

One intriguing result was the increase in Masterful Self from baseline to follow-up. Not only did mastery improve, but the Divorce sample was higher in mastery than the Transitions sample at both postseparation and the 3.5-year follow-up. While divorce has obvious disadvantages, it appears that for most persons, the experience provides them with an increased sense of competence. This is well illus-

trated by these responses to the question: "Has divorce changed the way you feel about yourself; if so, how?"

"I like myself as a person, a lot more self-confident; feel I can handle whatever comes along." (female)

"I thought I needed someone to stay with me and now I realize I can make it on my own." (female)

"More control of my life." (female)

"I don't have anyone telling me how terrible I am anymore. I found out that I'm much more capable than I probably gave myself credit for." (probe) "The water pipe broke; I got the water shut off and taken care of. With the kids he was an authoritarian figure. I wasn't sure I could do it all on my own. In fact, the kids are doing better than they were. I handled the money before but I had someone to answer to." (female)

"It gives me a certain feeling of self-reliance and also I feel positive about making a necessary decision." (male)

"I feel a lot more confident, but I don't know whether to attribute that to my divorce. I"m living by myself, doing things on my own. I'm having to deal with growing and being successful at everything I've tried. Nothing is turning sour. Everything is turning to gold." (male)

There are a variety of reasons that might explain this increase in mastery. For some, the absence of negative

feedback about themselves from their ex-spouses is enough to make them feel more competent; for others, the divorce provides them with increased social contact from which they get positive feedback and a sense of effectiveness. The experience of "making it" and the new skills acquired through the divorce process may provide an important resource for the divorced person and one which promotes adaptation. In fact, the literature on stress and adaptation places great emphasis on the importance of mastery and perceptions of control to successful adaptation (Mandler, 1979; Pearlin & Schooler, 1978; Seligman, 1975). An advocate of personality change, Brim (1980), contends that that personality does change throughout the life course and states that this is especially true for feelings of mastery. It appears that persons undergoing divorce experience growth in the self (increased mastery and social skills, decreased vulnerability) as well as deterioration (increased Ego Diffusion). But even in the midst of great external change (divorce), change in internal self-conceptions is not great. While our character may not, be as William James (1950) wrote, "...set like plaster, and will never soften again," there is a persistent nature to our self-conceptions, even for those experiencing divorce.

Another important focus of this study was on the relationship between self-conceptions and psychological func-

tioning. The same three variables proved to be powerful predictors of increased symptomatology at baseline and follow-up; they were: Negative Self, Vulnerable Self, and Self-Criticism. As previously mentioned, no attempt was made in this study to select persons with different psychiatric profiles or to subdivide the sample into different levels of psychological functioning. The regression analyses, however, provide information about the self characteristics that would be found among the minority of divorced persons, i.e. those persons with severe psychological dysfunction (high Symptoms). The following examples are brief case studies of persons who scored high on Symptoms, Negative Self, Vulnerable Self, and Self-Criticism.

Case #241: Emmy Lou (follow-up)

Emmy Lou was a 37-year-old female with two teenage children. She was a high school graduate, was working full time, and had reconciled with her spouse. The reason she originally filed for a divorce was because her husband had an affair with another woman. When asked about this, she said, "I don't have as much faith in people as I had before and I will never put that much faith and trust in one person again." When asked if divorce changed the way she feels about herself, she responded, "Less confidence. Lack of self-esteem. No assertiveness. All those good things. I'm trying to get those back. That's why I'm reading those

great books (points to Erroneous Zones on the table). I thought I was a great person. I was going great guns there. I guess that was the problem. I never saw the other woman. You have to learn to deal with it. That's life, I guess." She said that she is more distant from other people since the filing for divorce. When questioned about her health, she said she had gone to the doctor frequently. Her complaints included: nerves, hair falling out, obesity, pain in the side, and depression. When she was asked how this marriage differed from the previous one, she stated, "I'm trying to be more understanding and it's killing me. I'm trying to be more tolerant and it's killing me. It's depressing. I'm more subservient now. I try not to complain or talk about the things that are really bothering me or tell him off when I should, when he needs it." When asked what sorts of things she tends to think or daydream about, she expresses, "How much fun I used to have when I was younger, how well (spouse) and I got along. We did more things together. The kids were small and I had a better outlook on life in past times."

Case #63: Bob (baseline)

Bob was a 27-year-old working man who had graduated with a B.A. from college and got married at 23. When asked what kinds of things influenced the decision to separate and perhaps divorce, he said, "I had no identity. I lost my-

self--couldn't identify myself." This was consistent with the fact that he scored very high on Ego Diffusion. When asked what he thought was the greatest difficulty, he said, "Letting go of the marriage, the person, trying to accept it." When asked if divorce changed the way he feels about himself, he replied, "I feel ashamed of myself for some things I've done--lack of maturity in the relationship. Inability to communicate when needed (in the relationship)." In response to questions regarding his social support network, he expressed that his friends don't contact him anymore and that he has no one to count on. When asked what sorts of things he tends to think or daydream about, he said, "Shortcomings about myself. I see myself in another position in life, higher economic level, more social."

These case studies illustrate poor adjustment to divorce. Responses to loss have often been discussed within the framework of pathological and normal grief. Abraham (1927) and Freud (1917) are noted for their work on this topic. In Mourning and Melancholia (1917), Freud states, "Mourning is regularly the reaction to the loss of a loved person, or to the loss of some abstraction which has taken the place of one, such as one's country, liberty, an ideal and so on (p. 243)." He then points out that while mourning behavior "...involves grave departures from the normal attitude to life, it never occurs to us to regard it as a

pathological condition (p. 243)." The distinguishing mental features of melancholia are a profoundly painful dejection, cessation of interest in the outside world, loss of the capacity to love, inhibition of all activity, and a lowering of the self-regarding feelings to a degree that finds utterance in self-reproaches and self-revilings, and culminates in a delusional expectation of punishment." "The disturbance of self-regard is absent in mourning; but otherwise the features are the same (as in melancholia)(p. 244)."

According to Abraham and Freud, hostility toward the self, self-criticism, self-denigration, and narcissistic self-preoccupation are all components of pathological grief. They attribute this to a preexistent ambivalent relationship with the deceased. Aggression that was previously directed at the lost object becomes directed toward the self. More recently, Horowitz, Wilner, Marmar, and Krupnick (1980) explored the treatment of pathological grief with psychoanalytic or brief therapy. They concluded from their research that the symptoms of pathological grief are intensifications or prolongations of states found in normal grief and describe them in terms of the "re-emergence of self-images and role relationship models that had been held in check by the existence of the deceased person." This activation of latent self-images has also been observed in persons' response to divorce (Wiseman, 1975). In the present study, those

variables that were found to be the most highly associated with psychological dysfunction among divorced persons have remarkable similarity to the components of pathological grief. At both baseline and follow-up, self-denigration (Negative Self), self-rapproachment (Self-Criticism) and vulnerability were strongly associated with pathology.

A separate analysis was done for the purpose of identifying characteristics of the self at baseline that could be used to predict long-term psychological dysfunction; Hostile Self was the only variable (beyond baseline Symptoms) that could identify persons at risk for Symptoms 3.5 years later. The following brief case study is of a person with a high score on Hostile Self at baseline and high symptoms at follow-up.

Case #248: Tina

Baseline: Tina was a 40-year-old working woman who had 3 girls. She reported that the greatest difficulty of being divorced was loneliness. When asked when the loneliest period of her life was, she said, "Now." When asked why, she stated that she hadn't been getting along with anyone and that she gets in arguments with everyone. When asked what she does about this situation, she replied, "Nothing."

Follow-up: Approximately 3.5 years later, Tina was alone, dated no one and stated that her greatest difficulty was finances. She said she feels suicidal, more distant

from other people since her divorce, and has no friends or relatives she can count on.

This example well illustrates Parkes' (1972) attitude that hostility provokes hostility and that persons with disordered mourning create situations in which they are repeatedly rejected by others. Since the measures of self-concept in this study were perceptions of the self, rated by the respondent, they are considered internalized feelings about the self as opposed to observed behavior towards others. In this respect, Hostile Self in this study could be considered as inward directed hostility; however, this is purely speculative. Many scholars have shown that hostility directed toward the self and others is associated with pathological grief and mourning (Abraham, 1927; Bowlby, 1980; Freud, 1917; Horowitz et al., 1980). The results of the present study suggest that this characteristic is particularly salient in identifying divorced persons at risk for long-term psychological dysfunction.

## Conclusion

Throughout history man has been curious about the internal processes that make him human and distinguish him from other animals. Both the "mind" and the "soul" are concepts which have traditionally captured man's interests and eluded his understanding. Among social scientists,

these ideas have taken the form of the "self," the "ego," "identity" and others.

William James (1950) is noted for his work on the self and laid the foundation for others interested in understanding this concept. Contemporary scientists who theorize about the self are usually referring to "psychological processes" which guide and determine behavior. However, there are many different terms and meanings which are in usage. The most comprehensive integration of recent work on the self is that by Wylie (1961).

In recent years, scientists have begun to demonstrate empirically that self-conceptions do affect behavior (Gerard, 1961; Harvey et al., 1941) and that self-image plays an important role in loss-related stress (Horowitz et al., 1980). Studies of specific stressful events such as divorce, have demonstrated the critical role of the self in relation to post-divorce adjustment (Blair, 1970; Pais, 1979). In this study, several dimensions of the self were examined in men and women at different stages of the divorce process. The results of this study have provided a more complex understanding of self characteristics beyond global reports of "good" and "poor" self-concept. In addition, it was demonstrated that changes in the self-concepts of divorcing persons over a four-year period generally reflect improved self-conceptions. However, on the whole this long-

itudinal perspective also indicated that while the self may undergo initial changes, the majority of self-conceptions are stable and enduring. This study also highlighted those dimensions of the self which are related to different stages of divorce adjustment and which dimensions may identify persons at risk for long-term psychological dysfunction.

More studies of this type are needed. Collaborative efforts which seek to replicate and support theoretical and empirical formulations about the self are necessary to our understanding of adaptive and maladaptive response to stress. If we truly want to understand man's behavior in relation to stress, we must recognize that "...no adaptive strategy that is careless of the level of self-esteem is likely to be any good" (White, 1974).

# APPENDIX A

## INTERVIEW MATERIALS AND CORRESPONDENCE

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THE SEPARATION and DIVORCE STUDY NEWSLETTER
745 Parnassus Avenue
San Francisco, CA 94143

Vol. 2, No. 1 October, 1978

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## COMMENT

After nearly a year's delay in publication, this second issue of SDS is finally out. Our plans are to publish it every other month with each issue focusing on one major theme. In addition to the major theme, book reviews and information concerning various groups or events of interest will also be included. So if you have "read any good books recently" or have found some group or event that is relevant to those of us who have confronted the issue of divorce, please write.

(NOTE. I did talk to one interesting and charming lady from the study about a group which I believe was called "Sunday Afternoon Delights." She sent me a copy of their newsletter, which I promptly mislaid. Apparently it is a rather large group. If any of you can offer further information, I would appreciate it.)

Just as a comment about progress made by the Separation and Divorce Study: it is now approximately two years since we interviewed most of you. Over 340 people were contacted. You represent a wide range of people: all ages, both sexes, all racial and ethnic groups, and most religions. Since the interview, you have probably followed a number of paths. Some of you may have reconciled with your spouse, some may have divorced and are now living the "single life," while others may have remarried.

The lead article for this issue focuses on the problems of the remarried. Someone once said that "most divorces end in marriage." In fact, about 75 percent of persons who divorce eventually remarry (another figure of some interest: about one-third of all first marriages end in divorce).

Although remarriages are about as stable as first marriages (which, perhaps, isn't saying too much!), there are problems unique to them. For one thing, there are often children involved, and these children can form the focus of much suffering and stress if the couple is not exceedingly careful. Too many people seem to expect an "instant family": just add marriage! The problems of the reconstituted family

are somewhat more complex than that.

## RE-MARRIAGE: SOME CONSIDERATIONS

At some point along the line, most of us who divorce consider remarriage, even if we don't actually go through with one. Although the divorce rate for remarriages is not very different from the rate for first marriages, the problems faced are if anything more difficult. One problem of course is that we are no longer the naive person we might have been at one time. In the second marriage there is often a touch of caution. In the first marriage there is no cynicism, usually, nor pessimism or caution about prospects for a longlasting marriage. Love is forever.

The caution of the second marriage is a natural thing, particularly for those of us who have been "burned." But the unwillingness to risk pain may also interfere with the development of a strong relationship. For one thing, it may keep us from being committed to the spouse and the marriage.

In reconstituted family life, there often exist untested myths. One myth is the idea of instant love. The new stepparent may expect that once the new family is brought together, the stepparent and child(ren) will instantly love each other. Another myth is that of the "wicked stepmother," and is often held by the children. Each of these myths can be very destructive, and lead to very unrealistic expectations and trouble-producing behavior.

The situation in the new family is very complicated. For one thing, even though the child may like the stepparent, he or she may feel guilty about the growing relationship. The child may feel that to like the stepparent is rejecting of the noncustodial parent (or of the custodial parent if what we are talking about is simply what happens on visits).

Psychologists warn against trying to force the child to loving you, even by such "loving" means as offering candy or being slack in discipline. Love, like most things, takes time to grow--and a lot of patience.

Another problem is the child has gotten used to having all of mommy or daddy's time and sees the stepparent as an intruder. The child may try to compete with the new parent for a time--an unpleasant situation for all.

Yet another problem--perhaps the most common--concerns dis-

ciplining the child. Parents may have different ideas about what should be disciplined, and how. The child, in addition, may be used to a particular way of behaving, and may resent any change in what is expected. For example, the child may be used to watching TV as long as he or she like to, while the new stepparent may feel that homework comes before TV.

What to do? There are no hard and fast rules for how to cope with the problems involved in a remarriage. At best, you can just be aware of them and hope for the best. But there are some things that people have found to be helpful in the past. For one, it is important to form realistic expectations. One successful strategy of some prospective stepparents has been to try to get to know the children before the marriage. Spend some time with them, perhaps be alone with them. Trips or "kid-sitting" are approaches. Such contact allows for a settling in period of getting to know each other before the nitty-gritty of having to live together each day. It also eases the children into an awareness of the impending marriage, and what it means. Some parents manage to avoid mentioning the little fact that they plan to get married until after the event! Some mention the forthcoming marriage so casually that the children may not realize the implications.

The parent and stepparent should also try to form realistic expectations concerning the question of discipline. The honeymoon stage of any marriage does not deserve to be destroyed by arguments concerning whether Johnny should be spanked or sent to bed without supper! (As a sidenote, taking a honeymoon is something that people in their second marriages often skip. Research suggests, however, that a honeymoon can be very important for the future well-being of the marriage. It can give a conflict-free opportunity to get to know each other well--something that can produce enough stresses on its own!) The parents should probably work out some kind of agreement concerning the rights and privileges of the children, and what occasions require discipline, the forms of discipline, etc. Discussions of this sort can avoid unpleasant surprises, and situations where one parent refuses to back up the other.

Recommended reading on remarriage:

June and William Noble, How to Live with Other People's Children. New York: Hawthorn Books, 1977.

Some of you might also want to read:

Edith Atkin and Estelle Rubin, Part-Time Father. New American Library, 1976.

BOOK REVIEW

Norman Sheresky and Marya Mannes, Uncoupling: The Art of Coming Apart. New York: Dell, 1972.

Many "pop Psych" books are personal accounts of how the author learned to live with divorce, remarriage, etc. These often provide some insight into the experience, if they are well-written (most of them aren't). Sheresky and Mannes' book is on a more general level. In fact, it makes a lot of generalizations, some of which are worth reading. Much of the book deals with the legal aspects of divorce. One major theme: "the astounding inability of spouses in strife to comprehend that, except with respect to matters of custody, the efforts of the court and lawyers should be concerned mainly with how equitably to divide assets and income." They recommend trying to settle as much as possible without the use of a lawyer. The reason of course is that lawyers' fees are quite high, and a high legal fee ultimately does neither party much good. Overall, the book is somewhat dry, but quite frank about what to expect. It does not ask you to "Come suffer along with me," but does point out where to expect at least some sources of suffering (especially legal).

* * * * * * * * *

If you have moved, we would like to have your new phone number if possible.

* * * * * * * * *

If you would like information about agencies or self-help groups for the single/divorced, Susan Levine (who runs a single parent family program) can provide information. Call her in the evening at 731-1190.

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THE SEPARATION and DIVORCE STUDY NEWSLETTER
745 Parnassus Avenue
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Vol. 1, No. 1 November, 1977

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## COMMENT

After nearly fifteen months of interviewing and another four months of coding, error cleaning and debugging of programs, the Separation and Divorce (SAD) Project is finally beginning to roll. The staff presented some preliminary results at the Western Psychological Association meetings in Seattle, and one article is now in press. In this issue of the newsletter, we would like to touch briefly on some of our findings. In future issues, we may discuss one set of findings in much greater detail--if there are things you would like to see discussed, please tell us.

## SEX AND AGE: THE IMPACT OF SEPARATION

We have found very substantial sex differences in how people react to separation. For example, more of the men say that the hardest time was immediately after separating; more women say that the hardest time was actually before the decision to separate. Another question all of you were asked was: "In general, how happy are you these days? Choose from: Very happy, pretty happy, or not too happy." Nearly twice as many men said they were not too happy: 31 percent, as opposed to 16 percent of the women.

This sex difference is quite surprising. Implicit in most reports is the idea that women--particularly women with children--are hardest hit. Personally, we think that both sexes are hard hit, but perhaps in different ways. AND, more importantly, perhaps men and women react more strongly at different times. The staff is now exploring the origins of these sex differences in some detail. One factor may just be the way society traditionally has trained boys and girls to become men and women. Boys get blue clothes and pistols, girls get pink clothes and dolls. Girls are allowed to cry; boys fight. And when the boys become guys and the girls become gals, what happens? Each sex has learned a way of behaving, and each way may be best suited to different kinds of problems. Handling the emotional crises of separation <u>may</u> be something that the women in our society

are better trained for.

Another finding of some interest: the way people in their twenties and thirties respond to separation is different than the way those who are older respond. those of you with longer marriages, more children, etc. may have more to relearn when you separate. For one thing, you have been away from the single life for a long time, and may need some time getting used to it again. Or maybe you married immediately after leaving home or college, and really never had a single life. At any rate, those of you who were 40 and over seemed to be having a somewhat harder time of it. You were more likely to feel unhappy, and reported fewer good things going on in life.

The reports of other studies, however, suggest that perhaps it really is just a matter of time. In other words, don't give up hope. Relief may not be just minutes away, but it will come.

## THE ANDROGYNY GAME

Lately there has been considerable talk about the concept of "androgyny." Androgyny means having characteristics of both sexes, and seems to have replaced "uni-sex" as the word of the hour. Curiously enough, androgyny does seem to be an important concept, as some of findings illustrate.

As some of you may remember, we asked most of you about how you had lived your life prior to separation. What you did around the house, and outside. Who made decisions about what... Some of the questions were used to classify people according to how closely you conformed to our usual notions of the traditional male and the traditional female.

To your surprise, men who matched most closely with the traditional male role seemed to be having the most problems with separation. the women who matched most closely with the traditional female role were also having more problems than those women who were less traditional.

What these results imply is that those men and women fare best whose activities and values are a blend of male and female sex roles. In other words, androgynous men and women seem to handle the demands placed upon them with fewer hassles. Of course, a lot of this makes just common sense. The man who has never cooked or cleaned, the woman who has never worked--together they make a perfect team. That is,

each knows things that the other doesn't, and so there is no wasted effort and everything gets done. Separated, they are like two halves seeking a whole. They must now learn a new side of life--or perhaps find someone else.

Before leaving this idea of androgyny, we should like to emphasize that there is no one right way to live or be. Living together with another person is a situation which naturally leads to mutual interdependence and role separation. Living apart is probably a situation which naturally leads to androgyny. The way to live is the way which best suits your own needs.

## DATING: A COPING STRATEGY

People who study stress usually report that social relationships help tremendously in coping with problems like separation or divorce. We looked at the happiness of those of you were were dating, compared to those of you who were not dating (about sixty percent were dating). As we expected, those who were dating were happier than those of you who were not.

What this means, of course, is hard to say. And, because we are using numbers and not people in our analysis, there is a lot of error. In future work, we plan to look at whether those of you who were not dating were deliberately not dating, or not dating but wanting to. We think this information will help us to understand what is going on.

Another sex difference was of more interest to us. Men who were dating only one person were happier than those dating more than one person. In contrast, women who were dating more than one person were happier than those dating one person, or not dating at all. Such findings suggest that perhaps the stereotype of the "swinging single" man is a myth. The results also suggest that separated men and women may be seeking to satisfy different needs when they date. The man may be seeking to replace the long-term and (ideally) emotionally supporting relationship they had with the wives. The women may be needing a boost to their self-esteem: the more men they date, the merrier.

Another finding: It seems as if men find it harder to handle dating problems. About one-third of all of you reported such problems. However, only the men with problems reported feeling unhappy. No association was found for women.

## SEPARATION: WHO CONTROLS

Several clinicians and researchers have discussed the advantages and disadvantages of feeling in control of the separation. After studying divorced mothers aged 20 to 38, William Goode concluded that the least stressed were those who felt they had shared in the decision about divorce. Robert Weiss feels that all suffer, but differently. In our work, we have only looked at the women so far. One thing is clear: Women who felt their husbands had called the shots during the marital separation were the most unhappy.

## BOOK REVIEWS (in brief)

Marital Separation, by Robert S. Weiss, Basic Books, New York, 1975. Weiss deals in a warm but thoughtful way with the problems of the separated men and women who attended his "Seminars for the Separated."

Creative Divorce, by Mel Krantzler, M. Evans and Company, New York, 1973. This is one of the most popular books out on the subject of separation and divorce, and it is also one of the best. Sadly, there seem to be many people trying to cash in on the popularity of the topic of divorce, and in the experience of those of us working in the field, about eight out of ten "aren't worth the paper they are printed on." Creative Divorce is worth it.

If you have moved, please inform us of your new address.

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO



BERKELEY • DAVIS • IRVINE • LOS ANGELES • RIVERSIDE • SAN DIEGO • SAN FRANCISCO

SANTA BARBARA • SANTA CRUZ

HUMAN DEVELOPMENT AND AGING PROGRAM

745 PARNASSUS AVENUE
SAN FRANCISCO, CALIFORNIA 94143

Dear :

The Human Development and Aging Program of the University of California, San Francisco, is interested in the experiences of persons who some time ago were considering divorce. As a participant in the original study, we would like to re-interview you. As before, the interview will take approximately two and a half hours, and will be at a time and place most convenient for you.

Within the next week, an interviewer will call to explain more about the study. If you have any questions now, or later, please call me at 566-2348.

Sincerely,

David A. Chiriboga
Assoc. Prof. in Residence

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO



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SANTA BARBARA • SANTA CRUZ

HUMAN DEVELOPMENT AND AGING PROGRAM

745 PARNASSUS AVENUE
SAN FRANCISCO, CALIFORNIA 94143

Dear :

The Human Development Program of the University of California, San Francisco, is conducting a study of the experiences of people who are in the process of divorce. Your name was selected, by a random process, from lists of people who may be divorcing. If you are willing, and have the time, we would like to interview you. The interview would take approximately two and a half hours, at the time and place most convenient for you.

Within the next week, an interviewer will call to find out if you are interested, and to explain more about the study. If you have any question, now or later, please call me at 566-2348.

Sincerely,

David Chiriboga
Asst. Prof. in Residence

DC:zm

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

# EXPERIMENTAL SUBJECT'S BILL OF RIGHTS



**The rights below are the rights of every person who is asked to be in a research study. As an experimental subject I have the following rights:**

1) **To be told what the study is trying to find out,**

2) **To be told what will happen to me and whether any of the procedures, drugs, or devices is different from what would be used in standard practice,**

3) **To be told about the frequent and/or important risks, side effects or discomforts of the things that will happen to me for research purposes,**

4) **To be told if I can expect any benefit from participating and, if so, what the benefit might be,**

5) **To be told the other choices I have and how they may be better or worse than being in the study,**

6) **To be allowed to ask any questions concerning the study both before agreeing to be involved and during the course of the study,**

7) **To be told what sort of medical treatment is available if any complications arise,**

8) **To refuse to participate at all or to change may mind about participation after the study is started. This decision will not affect my right to receive the care I would receive if I were not in the study.**

9) **To receive a copy of the signed and dated consent form,**

10) **To be free of pressure when considering whether I wish to agree to be in the study.**

---

If I have other questions I should ask the researcher or the research assistant. In addition, I may contact the Committee on Human Research, which is concerned with protection of volunteers in research projects. I may reach the committee office by calling: (415) 666-1814 from 8:00 AM to 5:00 PM, Monday to Friday, or by writing to the Committee on Human Research, University of California, San Francisco, CA 94143.

Call X1814 for information on translations.

University of California, San Francisco

Consent to act as a Research Participant

I understand that the purpose of this interview is to investigate the experience of people adjusting to divorce. The research will consist of questions and several tests and should last no more than two and a half hours. I understand that I will be asked whether certain events have occurred in my life and how I felt about those events at the time; and that I will be asked about feelings, attitudes, and opinions on various topics.

I understand that while the interview questionnaire is not intended to be embarrassing or distressing in any way, I may decline to discuss any topics or answer any questions, or may discontinue the interview at any time. I also understand that all records will be rendered anonymous, and will be used for research purposes only. I have been offered a copy of this consent form and of the Experimental Subject's Bill of Rights to keep.

I understand that there will be no benefits to me personally from this research, but that the information sought may lead to a better understanding of how divorce affects people's lives.

I am not being compensated for my participation.

If I have questions about the research, I may call David Chiriboga at 566-2348. If for some reason I do not wish to do this, I may contact the Committee on Human Research, which is concerned with protection of volunteers in research projects. I may reach the committee between 8 and 5, Monday to Friday by calling (415) 666-1814 or by writing them at: Committee on Human Research, University of California, San Francisco, San Francisco, CA. 94143.

_____ _____

Date Signature of Participant

Divorce Study T-2 Case No._____
5/79

INTERVIEWER'S RECORD

1. Initial phone contact(s)

2. Description of R: Physical appearance, attire, etc.

3. Description of the setting

4. Interview: Interaction

5. Interview: Interruptions, delays, etc.

6. How R reacted to the interview(in general)

7. R's remarks re newsletters

8. Any other significant information spontaneously mentioned outside formal interview

Divorce Study T-2
5/79

Case No. _____

VIR Ratings

A. Comfort _____

B. Energy Level _____

C. Verbal Fluency _____

D. Attentiveness _____

E. Verbal Relevancy _____

F. Self-Perspective _____

G. Self-Engrossment _____

H. Responsivity _____

# INTERVIEW SCHEDULE

Case #: _____

Pseudonym: _____

Interviewer: _____

Date:_____ Time: _____hrs.

Divorce Study
7/76



**PART I: DEMOGRAPHIC** — **CARD ONE**

1. How old are you? _____ (years) (11-12) (Skip 13)

   A. What is your birthdate? _____ month _____ day _____ year (14-15)

---

2. What was the highest level of school that you finished and got credit for? _____ (educational code) (16-17)

   A. When did you complete it? _____ (code) (18-19)

   B. (If not in school at present) Do you have any plans for going back to school?

   Yes.....2
   No.....1 (20)

   (If yes to B) What are they? _____ (code) (21-22)

   C. (If currently in school) What level of education do you hope to attain? _____ (education code) (23-24)

---

3. Do you think of yourself as belonging to any ethnic or national group?

   Yes.....2
   No.....1 (25)

   A. (If yes) Which? _____ (code) (26-27)

PART I: DEMOGRAPHIC — CARD ONE (CONT.)

4. Do you consider yourself to be a religious person?

Yes.....2
No.....1 (28)

A. What is your religious background?

None.....0
Protestant.....1
Catholic.....2
Jewish.....3
Other.....4 (29)

_____
(Specify if other)

B. Do you belong to a church or synagogue?

Yes.....2
No.....1 (30)

C. Do you ever attend religious services?

Yes.....2
No.....1 (31)

D. (If yes) How often?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month.....6
Once a month.....5
Once every two months.....4
Once every three to four months....3
Once every five to six months.....2
Less than once a year.....1
Never.....0 (32)

PART I: DEMOGRAPHIC — CARD ONE (CONT.)

5. Are you working at present? Yes.....2 / No.....1 (33)

(If yes, ask question A-E, if no, ask question 6)

A. What kind of work do you do?

_____ _____ (34)
(Probe for specific occupational category) (code)

B. How long have you had your present job?

_____ _____ (35-36)
(code)

C. What is the most important thing to you about your work?

D. On the whole, how satisfied are you with the work you do -- would you say you are:

Very satisfied.....4
Somewhat satisfied.....3
Somewhat dissatisfied....2
Very dissatisfied.....1 (37)

E. Are you working full-time (35 hours or more) or part-time (less than 35 hours)?

Full.....2
Part.....1 (38)

6. Have you ever worked? Yes.....2 / No.....1 (39)

(If yes)

A. What kind of work have you done?

_____ _____ (40)
(Probe for specific occupational category) (code)

B. When is the last time you held a job? _____ _____ (41-42)
(code)

Full or part-time? Full.....2 / No.....1 (43)

PART I: DEMOGRAPHIC — CARD ONE (CONT.)

7. (If never worked or not working at present) Would you like to be working now?

Yes.....2
No.....1 (44)

A. (If no to question 7 ) Are you planning to work in the future?

Yes.....2
No.....1 (45)

What? _____ ____ ____ (46-47)
(code)

8. Does your spouse work? Yes.....2
No.....1 (48)

A. (If yes) What kind of work does your spouse do/has your spouse done?

_____ _____ (49)
(Probe for specific occupational category) (code)

---

9. Which of the categories on this card represents your approximate annual income? (Hand R card 1)

_____ _____ (50)
(code)

A. In general, how do your finances usually work out at the end of the month? Do you find that you usually end up with:

Some money left over.....3
Just enough to make ends meet.....2
Not enough to make ends meet.....1 (51)

B. As you try to guess the future, how do you think your standard of living in a year or two will compare with the one you have now? Would you say your future standard of living will be:

Much better.....5
Somewhat better.....4
About the same.....3
Somewhat worse.....2
Much worse.....1 (52)

**PART I: DEMOGRAPHIC** — **CARD ONE (CONT.)**

10. How old were you when you married? ____ ____ (code) (53-54)

A. How old was your spouse? ____ ____ (code)

B. Is this your first marriage?

Yes.....2
No.....1 (55)

(If no, when and how long, for each previous marriage?)

____ ____ (code) (56-57)

____ ____ (code) (58-59)

11. Do you have any children?

Yes.....2
No.....1 (60)

(If no, skip question 12)

12. How many children do you have? ____ ____ (code) (61-62)

A. How old are they?

| Child | Sex | Age | |
|---|---|---|---|
| _____ | _____ | ____ | ____ (63-65) |
| _____ | _____ | ____ | ____ (66-68) |
| _____ | _____ | ____ | ____ (69-71) |
| _____ | _____ | ____ | ____ (72-74) |
| _____ | _____ | ____ | ____ (75-77) |
| _____ | _____ | ____ | ____ (78-80) |

**PART I: DEMOGRAPHIC** **CARD TWO**

12. B. Have any of them left home yet?

Yes.....2
No.....1 (11)

(If yes, please probe for location of each departed child, and for the timing of departure)

| Child | Location | | When left (date) | |
|---|---|---|---|---|
| _____ | _____ | ____ | _____ | ___ (12-14) |
| _____ | _____ | ____ | _____ | ___ (15-17) |
| _____ | _____ | ____ | _____ | ___ (18-20) |
| _____ | _____ | ____ | _____ | ___ (21-23) |

13. How many brothers or sisters do you have? (Include half-siblings and step-siblings)

_____ (24)
(code number)

A. (If R has siblings) Have any of them received a divorce?

Yes.....2
No.....1 (25)

14. Have your parents divorced? Yes.....2
No.....1 (26)

A. (If yes) How old were you at the time?

_____ (27)
(years)

KEYPUNCH OPERATOR: GO TO PAGE 12 FOR CONTINUATION OF CARD TWO.

## SECTION II: LIFE BEFORE YOUR SEPARATION — CARD SIX

15. How old were you when you left your parents' home?

(Put age in years) ____ ____ (11-12)

A. What did you do between then and the time you got married?

B. Did you work at all? Yes.....2
No.....1 (13)

(If yes) What kind of work?

____ ____ (14-15)

16. (FOR WOMEN ONLY) Did you work at all during your present marriage?

Yes.....2
No.....1 (16)

X. For roughly how many years?_____
(Interviewer: Code to nearest year)

A. Were you pleased about working?( or not working if "no" to Q16)

Yes.....2
Neutral.....1
No.....0 (17)

(18)

Now I would like to ask you some questions about the time when you were living with your (husband/wife).

17. What activities, interests or hobbies did you have in which your (husband/wife) was not involved?

____ ____ (19-20)

SECTION II: LIFE BEFORE YOUR SEPARATION — CARD SIX (CONT.)

18. About how many hours a week did you spend on them, all together?

19. Did you belong to any organizations?

Yes.....2
No.....1 (21)

(If yes) Which ones?

20. Did you have friends who were especially yours and not your (husband's/wife's)?

Yes.....2
No.....1 (22)

21. How often did you do things like go out to dinner, parties or the movies without your (husband/wife)?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month....6
Once a month.....5
Once every two months.....4
Once every three to four months.3
Once every five to six months...2
Less than once a year.....1
Never.....0 (23)

SECTION II: LIFE BEFORE YOUR SEPARATION — CARD SIX (CONT.)

22. How much time did you and your (husband/wife) spend doing things together on the average weekday?

A. How about on Saturday or Sunday?

23. Did you ever take vacations apart?

Yes.....2
No.....1 (24)

24. Now I'd like to know how you and your (husband/wife) divided up the household jobs. For example:

| | Self | Both | Spouse | |
|---|---|---|---|---|
| A. Who repaired things around the house? | 3 | 2 | 1 | (25) |
| B. Who serviced the car? | 3 | 2 | 1 | (26) |
| C. Who kept track of money and bills? | 3 | 2 | 1 | (27) |
| D. Who did the grocery shopping? | 3 | 2 | 1 | (28) |
| E. Who got (the husband's) breakfast on weekdays? | 3 | 2 | 1 | (29) |
| F. Who cleaned the house? | 3 | 2 | 1 | (30) |
| G. Who cooked? | 3 | 2 | 1 | (31) |
| H. Who did the evening dishes? | 3 | 2 | 1 | (32) |

**SECTION II: LIFE BEFORE YOUR SEPARATION** — **CARD SIX (CONT.)**

25. Now, what about who made the decisions. For example, who decided:

| | Self | Both | Spouse | |
|---|---|---|---|---|
| A. What job (the husband) should take? | 3 | 2 | 1 | (33) |
| B. What car to buy? | 3 | 2 | 1 | (34) (Skip 35) |
| C. Where to go on vacations? | 3 | 2 | 1 | (36) |
| D. What house or apartment to live in? | 3 | 2 | 1 | (37) |
| E. Whether (wife) should work or not? | 3 | 2 | 1 | (38) (Skip 39) |
| F. How much money you could afford to spend per week on food? | 3 | 2 | 1 | (40) |

26. Who do you think was boss in the family?

Self.....3
Both.....2
Spouse.....1 (41)

27. How much did you rely on your (husband/wife) for:

| | Very much | Some-what | Very little | Not at all | |
|---|---|---|---|---|---|
| A. Companionship | 4 | 3 | 2 | 1 | (42) |
| B. Guidance | 4 | 3 | 2 | 1 | (43) |
| C. Money | 4 | 3 | 2 | 1 | (44) |
| D. Practical matters | 4 | 3 | 2 | 1 | (45) |

**SECTION II: LIFE BEFORE YOUR SEPARATION** **CARD SIX (CONT.)**

(Skip 46)

29. When you were living with your (husband/wife), do you think that you had a life of your own?

Yes.....2
No.....1 (47)

30. [Dropped]

(Skip 48-52)

31. If you had to assign blame for the breakup of your marriage, whom would you blame?

Spouse.....1
Both.....2
Self.....3
Neither.....4
Other.....5
Don't know.....6 (53)

_____
(Specify other)

PART III: THE DIVORCE PROCESS — CARD TWO (CONT.)

32. Now I would like to turn to some of the things that have been happening to you recently. For example, when did you separate?

____ ____ (28-29)
(code)

A. What kinds of things influenced the decision to actually separate and perhaps divorce?

____ ____
(code)

B. Who was originally most in favor of getting (separated/divorced)?

Self.....3
Both.....2
Spouse.....1
Other.....0 (30)

_____
(Other?)

C. What about now?

Self.....3
Both.....2
Spouse.....1
Other.....0 (31)

_____
(Other?)

D. What legal steps remain to be done?

____ ____ (32-33)
(code)

**PART III: THE DIVORCE PROCESS** **CARD TWO (CONT.)**

32. E. Have you and your spouse retained lawyers or are you doing the legal work by yourselves?

Lawyer.....2
Selves.....1 (34)

F. In terms of your divorce, how satisfied would you say you are with the entire legal process -- including the law, the judges, and the lawyer(s)? Would you say you are:

Very dissatisfied.....1
Somewhat dissatisfied.....2
Somewhat satisfied.....3
Very satisfied.....4 (35)

G. Do you think the divorce laws are fair or not? Would you say they are:

Don't know.....0
Very unfair.....1
Somewhat unfair.....2
Somewhat fair.....3
Very fair.....4 (36)

33. In what ways do you think your life has changed since the decision to initiate the divorce process?

(37)

(code)

34. In what ways do you think your life will change during the next year?

(38)

(code)

## PART III: THE DIVORCE PROCESS — CARD TWO (CONT.)

35. What do you think has been the greatest difficulty you have experienced so far in the process of divorcing?

____ ____ (code) (39-40)

A. Are there any other difficulties you have experienced?

____ ____ (code) (41-42)

B. What do you miss most? ____ ____ (code) (43-44)

36. What do you think has been the greatest benefit, if any, that has resulted?

____ ____ (code) (45-46)

A. (If gives one) Are there any other benefits?

____ ____ (code) (47-48)

____ ____ (code) (49-50)

37. Has your separation and pending divorce changed the way that you feel about yourself?

Yes.....2
No.....1 (51)

**PART III: THE DIVORCE PROCESS** **CARD TWO (CONT.)**

37. A. (If yes) In what way? ____ ____ (code) (52-53)

B. Do you feel you have become more or less distant from other people as a result of your (separation/divorce), or didn't that have any effect on how distant from other people you feel?

More distant.....1
No effect.....2
Less distant.....3 (54)

How about on how (read C - H) you feel?

| | More | No effect | Less | |
|---|---|---|---|---|
| C. Dependent? | 1 | 2 | 3 | (55) |
| D. In control of your life? | 3 | 2 | 1 | (56) |
| E. Disappointed in life? | 1 | 2 | 3 | (57) |
| F. Responsible? | 3 | 2 | 1 | (58) |

(Skip 59-60)

PART III: THE DIVORCE PROCESS — CARD TWO (CONT.)

38. How much were you troubled by becoming (separated/divorced)?

Extremely.....0
Very much.....1
Somewhat.....2
Only a little.....3
Not at all.....4 (61)

A. Did you try to get any advice or assistance or talk to anyone about the (separation/divorce)?

Yes.....2
No.....1 (62)

B. Who did you talk to? (Put "X" in spaces next to persons R mentions.)

(Probe: Anyone else?) ____ ____ (63-64)
(code)

| | | |
|---|---|---|
| ___ 1 Spouse | ___ 6 Neighbor | ___ 11 Lawyer |
| ___ 2 Parent | ___ 7 Co-worker | ___ 12 Self-help groups |
| ___ 3 Child | ___ 8 Doctor | ___ 13 Other (Specify_____) |
| ___ 4 Relative | ___ 9 Clergy | |
| ___ 5 Friend | ___ 10 Counselor | |

C. Who was most helpful? (Circle the person mentioned)

____ ____ (65-66)
(code)

**PART III: THE DIVORCE PROCESS** **CARD TWO (CONT.)**

38. D. Now I'd like to find out how helpful you think certain people could be to you. Here are some cards, with a different person listed on each. Please rank them according to how helpful each person could be. Put the more helpful people nearer to the top of the deck, and the others lower down.

| | | |
|---|---|---|
| 1____ | ____ | (67-68) |
| 2____ | ____ | (69-70) |
| 3____ | ____ | (71-72) |
| 4____ | ____ | (73-74) |
| 5____ | ____ | (75-76) |
| 6____ | ____ | (77-78) |
| 7____ | ____ | (79-80) |

**CARD THREE**

| | | |
|---|---|---|
| 8____ | ____ | (11-12) |
| 9____ | ____ | (13-14) |
| 10____ | ____ | (15-16) |
| 11____ | ____ | (17-18) |
| 12____ | ____ | (19-20) |

39. How would you compare your life to most other (separated/divorced) persons like yourself? Would you guess that your life is: (Read)

Much better.....5
Somewhat better.....4
About the same.....3
Somewhat worse.....2
Much worse.....1 (21)

PART III: THE DIVORCE PROCESS — CARD THREE (CONT.)

40. Here are some situations that divorcing people find themselves in. How often (Hand respondent the card, read A, read codes. Continue with B-G).

| | Never | Once in a while | Fairly often | Very often | |
|---|---|---|---|---|---|
| A. Do you feel out of place in a social situation because you are not married? | 1 | 2 | 3 | 4 | (22) |
| B. Are you without anyone to talk to about yourself? | 1 | 2 | 3 | 4 | (23) |
| C. Are you without anyone you can share experiences and feelings with? | 1 | 2 | 3 | 4 | (24) |
| D. Do you have a chance to have fun? | 4 | 3 | 2 | 1 | (25) |
| E. Do you wonder if you may not be an interesting person? | 1 | 2 | 3 | 4 | (26) |
| F. Do you feel that you are not having the kind of sex life you would like? | 1 | 2 | 3 | 4 | (27) |
| G. How often do you avoid situations like going to a restaurant or a show because you would be alone? | 1 | 2 | 3 | 4 | (28) |

41. (If female) Are you planning to change back to using your maiden name?

Yes.....1
Not sure.....2
No.....3 (29)

ART III: THE DIVORCE PROCESS — CARD THREE (CONT.)

2. SOCIAL PSYCHOLOGICAL REACTION

Ohio Time 2 - 1111) Divorce affects people in different ways. Using this card, 'd like to know if any of these things have happened to you (hand card).
OTE: IF RESPONDENT MENTIONS MORE THAN ONE PERIOD FOR AN ITEM, CHECK ALL WHICH PPLY AND ASK: "OF THESE, WHICH ONE WOULD YOU SAY WAS THE BEST (WORST)--PUT A "1" BY THAT REPLY.

| | 1 Before the decision to divorce | 2 At the time of the decision | 3 At the first separation | 4 At the final/only separation | 5 When first filing for divorce | 6 At final divorce decree | 7 Now | 8 Never | 9 Always | |
|---|---|---|---|---|---|---|---|---|---|---|
| . During which one of these periods do you think your health was the poorest? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (3 |
| . During which one of these periods do you think your health was the best? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (3 |
| When did you have the most difficulty in sleeping? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (3 |
| When did you have the least difficulty in sleeping? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (3 |
| When did you have the most difficulty in doing your work efficiently? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (3 |
| When did you have the least difficulty in doing your work efficiently? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (3 |
| During which period did you feel the most lonely? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (3 |
| During which period did you feel the least lonely? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (3 |

III: THE DIVORCE PROCESS — CARD THREE (CONT.)

SOCIAL PSYCHOLOGICAL REACTION (Cont.)

| | 1 Before the decision to divorce | 2 At the time of the decision | 3 At the first separation | 4 At the final/ only separation | 5 When first filing for divorce | 6 At final divorce decree | 7 Now | 8 Never | 9 Always | |
|---|---|---|---|---|---|---|---|---|---|---|
| During which period did you feel the most depressed? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (38) |
| During which period did you feel the least depressed? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (39) |
| During which period did you feel the most anxious or worried? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (40) |
| During which period did you feel the least anxious or worried? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (41) |
| During which period did you feel the most optimistic about the future? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (42) |
| During which period did you feel the least optimistic about the future? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (43) |
| During any one of these periods did you have an unwanted serious weight gain? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (44) |
| During any of these periods did you have an unwanted serious weight loss? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (45) |

RT III: THE DIVORCE PROCESS — CARD THREE (CONT.)

. SOCIAL PSYCHOLOGICAL REACTION (Cont.)

| | 1 Before the decision to divorce | 2 At the time of the decision | 3 At the first separation | 4 At the final/only separation | 5 When first filing for divorce | 6 At final divorce decree | 7 Now | 8 | 9 Always | |
|---|---|---|---|---|---|---|---|---|---|---|
| During any period did you have trouble remembering things and concentrating? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (46 |
| When did you feel that you just didn't care about yourself? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (47 |
| When did you feel the most energetic and confident? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (48 |
| During any of these periods did you smoke more than usual? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (49 |
| During any of these periods did you drink alcohol more than usual? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (50 |
| When were you most angry at your (husband/wife)? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (51 |
| When were you least angry at your (husband/wife)? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | (52 |

PART III: THE DIVORCE PROCESS — CARD THREE (CONT.)

42a (Health Questions)

1. Would you say your health, since your separation, has been

Excellant.....4
Good.....3
Fair.....2
Poor.....1 (53)

2. What was your health like before your separation?

Excellant.....4
Good.....3
Fair.....2
Poor.....1 (54)

3. Have you seen a doctor within the past year?

Yes.....2
No.....1 (55)

(If yes)

A. How many times? _____ (56)
(actual number)

B. What for? _____

_____

_____

_____

4. Do you have any health or physical problems that bother you now?

Yes.....2
No.....1 (57)

(If yes)

A. Does it prevent you from doing anything you want to do?

Yes.....2
No.....1

PART III: THE DIVORCE PROCESS — CARD THREE (CONT.)

43. Have you separated more than once?

Yes.....2
No.....1 (58)

A. (If yes) How many times, and when?

____ ____ (59-60)
(code)

44. Do you live alone now? (Consider children as well as adults.)

Yes.....2
No.....1 (61)

A. (If no) Who lives here with you

____ (62)
(code)

B. (If yes) What is it like, living alone now?

____ (63)
(code)

C. Have you ever lived alone (before)?

Yes.....2
No.....1

(If yes) When, and for how long?

____ ____ (65-66)
(code)

PART III: THE DIVORCE PROCESS CARD THREE (CONT.)

00. (Ask of ALL RESPONDENTS) When was the loneliest period of your life?

A. Why was it so lonely?

B. What did you do about the situation?

01. What does loneliness mean to you, as you have experienced it?(i.e., How would you define loneliness?)

02. When you feel lonely, how long does the feeling usually last?

45. (If married more than once) What about the fact that you have already been divorced? Has that influenced what you are going through in any way?

(code) (67)

(Ask BRADBURN AND SYMPTOMS CHECKLIST here)

PART IV: RELATIONSHIPS WITH PEOPLE — CARD THREE (CONT.)

Now I would like to turn to your relationships with various people.

(If R has one or more children)

46. How did your children first find out about the separation?

____ ____ (code) (68-69)

A. What were they told? ____ ____ (code) (70-71)

B. How did they react? ____ ____ (code) (72-73)

47. Have there been any changes in your relationship with your child(ren)?

Yes. .....2
No.....1 (74)

A. (If yes) What are the changes? ____ ____ (code) (75-76)

**PART IV: RELATIONSHIPS WITH PEOPLE** — **CARD THREE (CONT.)**

48. How do you think the divorce will affect your children?

____ ____ (77-78)
(code)

49. Who will have custody of the children?

Self.....1
Both.....2
Spouse.....3 (79)

**CARD FOUR**

A. How was (will) the decision about custody be made?

____ ____ (11-12)
(code)

B. What about visiting rights? ____ ____ (13-14)
(code)

PART IV: RELATIONSHIPS WITH PEOPLE CARD FOUR (CONT.)

49. C. Has there been a court order for child support?

Yes.....2
No.....1 (15)

(If yes to C) How satisfied are you with the amount the court ordered for child support? Would you say you are:

Very dissatisfied.....1
Somewhat dissatisfied.....2
Somewhat satisfied.....3
Very satisfied.....4 (16)

50. I'd like to read you several kinds of situations which the single parent may face, and find out if your child(ren) have been more or less trouble, or about the same, since the separation.

| | More trouble | About the same | Less trouble | |
|---|---|---|---|---|
| A. Going to bed on time | 1 | 2 | 3 | (17) |
| B. Fighting | 1 | 2 | 3 | (18) |
| C. Being disrespectful | 1 | 2 | 3 | (19) |
| D. Having problems at school | 1 | 2 | 3 | (20) |
| E. Having problems with homework | 1 | 2 | 3 | (21) |
| F. Watching television | 1 | 2 | 3 | (22) |
| G. Eating the proper foods | 1 | 2 | 3 | (23) |
| H. Cleaning up after (themselves) | 1 | 2 | 3 | (24) |

**PART IV: RELATIONSHIPS WITH PEOPLE** **CARD FOUR (CONT.)**

(For all respondents)

51. Do you have any relatives that live within an hour's trip from here? (Includes relatives, other than children, living at home.)

Yes.....2
No.....1 (25)

(If yes) Who are they? (Circle all that apply)

| | | |
|---|---|---|
| Parents..... | 1 | (26) |
| Parents-in-law..... | 1 | (27) |
| Brothers/sisters..... | 1 | (28) |
| Brothers/sisters-in-law..... | 1 | (29) |
| Grandparents..... | 1 | (30) |
| Aunts/uncles..... | 1 | (31) |
| Cousins..... | 1 | (32) |
| Children..... | 1 | (33) |
| Others (Specify)..... | 1 | (34) |

_____
(Others)

52. Since your separation, about how many times per month do you get together with any of your relatives for a visit?

_____ (code actual number) (35-36)

53. Have there been any changes in your relationship with your relatives?

Yes.....2
No.....1 (37)

A. (If yes) What are they? _____ (38)
(code)

(Skip 39)

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**PART IV: RELATIONSHIPS WITH PEOPLE** CARD FOUR (CONT.)

54. Do you have any really good friends living within an hour's trip from here?

Yes.....2
No.....1 (40)

(If yes) How many? ____ ____ (41-42)
(code)

55. Since your separation, about how many times per month do you get together with any of your friends for a visit?

____ ____ (43-44)
(code actual number)

56. Have there been any changes in your relationships with friends and acquaintances since the separation?

Yes.....2
No.....1 (45)

A. (If yes) What are they? ____ (46)
(code)

(Skip 47)

57. Have you lost any friends since your separation?

Yes.....2
No.....1 (48)

A. (If yes) What happened?

**PART IV: RELATIONSHIP WITH PEOPLE** — **CARD FOUR (CONT.)**

58. Have you made any new friendships since the divorce process was initiated?

Yes.....2
No.....1 (49)

59. How many people do you know that have been divorced or separated?

_____ _____ (50-51)
(code actual number)

(If mentions any) Have you talked with any of them about the experience?

Yes.....2
No.....1 (52)

Do you think you have learned anything from them?

Yes.....2
No.....1 (53)

(If yes) What?

60. Among your friends and relatives is there someone you feel you can tell just about anything to, someone you can count on for understanding and advice?

No.....1
Yes, one person.....2
Yes, more than one person.....3 (54)

A - (If yes) How (is this person/are these persons) related to you?

Friend(s)..... 1 (55)
Parent(s)..... 1 (56)
Parents-in-law..... 1 (57)
Child(ren)..... 1 (58)
Brother(s)/sister(s)..... 1 (59)
Other relatives(s)..... 1 (60)
(Ex-) Spouse..... 1 (61)

PART IV: RELATIONSHIPS WITH PEOPLE — CARD FOUR (CONT.)

61. About how often do you see your spouse?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month....6
Once a month.....5
Once every two months.....4
Once every three to four months.3
Once every five to six months...2
Less than once a year.....1
Never.....0 (62)

62. When is the last time you saw your spouse ____ ____ (63-64)
(code)

A. What was the occasion, and what did you do?

B. Is this typical for when the two of you get together?

Yes.....2
No.....1 (65)

PART IV: RELATIONSHIPS WITH PEOPLE — CARD FOUR (CONT.)

63. How do you feel when you are with your spouse, now?

(code) (66)

A. Does this represent a change over when you first separated?

Yes.....2
No.....1 (67)

(If yes) How so?

64. Do you think there is any chance that the two of you will reconcile?

Yes.....2
No.....1

A. (If no) When did you give up hope? (code) (69-70)

B. (If yes) What makes you think it still might be possible?

PART IV: RELATIONSHIPS WITH PEOPLE — CARD FOUR (CONT.)

65. About how often do you think about your spouse?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month....6
Once a month.....5
Once every two months.....4
Once every three to four months.3
Once every five to six months...2
Less than once a year.....1
Never.....0 (71)

66. A. How often do you ask your spouse for advise or help with something?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month....6
Once a month.....5
Once every two months.....4
Once every three to four months.3
Once every five to six months...2
Less than once a year.....1
Never.....0 (72)

B. How often does your spouse ask you for advise or help?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month....6
Once a month.....5
Once every two months.....4
Once every three to four months.3
Once every five to six months...2
Less than once a year.....1
Never.....0 (73)

PART IV: RELATIONSHIPS WITH PEOPLE — CARD FOUR (CONT.)

67. Who actually moved out, when you separated?

Respondent.....1
Spouse.....2
Both.....3 (74)

A. (If R moved) Are there any belongings which you still haven't picked up?

Yes.....2
No.....1 (75)

B. (If spouse moved) Are there any belongings which your spouse still hasn't picked up?

Yes.....2
No.....1 (76)

68. A. Have you been dating people since your separation?

Yes.....2
No.....1 (77)

CARD FIVE

B. Have you experienced any problems in meeting or dating people?

Yes.....2
No.....1 (11)

C. (If yes to 68A) Has dating helped you in dealing with the separation and divorce?

Yes.....2
No.....1 (13)

(If no to 68A, ask if R thinks that dating would help.)

Yes.....2
No.....1 (14)

D. Were either of you dating, or planning on dating someone else before you separated?

Yes, self.....1
Yes, spouse.....2
No.....3 (15)

PART IV: RELATIONSHIPS WITH PEOPLE — CARD FIVE (CONT.)

69. Are you currently dating anyone?

Yes.....2
No.....1 (16)

(If R is going out with more than one, find out how many__ __ (17-18) and ask the following about the person liked most.)

A. (If yes) How long have you been going out, how did you meet, etc. (Probe for details)

B. (If yes) What do you like about the relationship?

C. (If yes) How long do you think the relationship will last?

D. (If yes) How much do you rely on (him/her) for:

| | Very much | Some-what | Very little | Not at all | |
|---|---|---|---|---|---|
| 1. Companionship | 4 | 3 | 2 | 1 | (19) |
| 2. Guidance | 4 | 3 | 2 | 1 | (20) |
| 3. Money | 4 | 3 | 2 | 1 | (21) |
| 4. Practical matters | 4 | 3 | 2 | 1 | (22) |

## PART IV: RELATIONSHIPS WITH PEOPLE

X. What about sex? What is the importance of sex for you?

Y. How has your separation affected your sex life?

(ASK ADJECTIVE CHECKLIST HERE)

PART V: GOALS — CARD FIVE (CONT.)

70. Turning now to your plans, goals or concerns that occupy your thoughts at present, what goals or objectives do you have from now to the next five years or so?
(Probe for an exhaustive list)

____ ____ (23-24)
(code)

____ ____ (25-26)
(code)

____ ____ (27-28)
(code)

A. Does this represent a change over the way you thought before the separation?

No.....2
Yes.....1 (29)

B. (If yes) How have your goals or objectives changed?

(If mentions more than one goal)

C. Of the goals you have mentioned, which would you say is most important to you?

____ ____ (30-31)
(code)

PART V: GOALS — CARD FIVE (CONT.)

71. Rank Order of Goal Areas -- Present

Please number these goals in terms of how important they are to you now. (Put a 1 next to your most important goal, a 2 next your second most important goal, etc.)

A.____PHILOSOPHICAL AND RELIGIOUS GOALS (32)
(This goal includes such things as: living a spiritual life, doing God's will, having a philosophy of life, seeking the meaning of life, being wise, being morally good.)

B.____ACHIEVEMENT AND WORK REWARDS (33)
(This goal includes such things as: competence, economic rewards, success, social status.)

C.____SOCIAL SERVICE (34)
(This goal includes such things as: helping others, serving the community, contributing to the welfare of mankind or some part of mankind.)

D.____PERSONAL GROWTH (35)
(This goal includes such things as: self-improvement, being creative, learning new things, "knowing yourself," meeting and mastering new challenges.)

E.____GOOD PERSONAL RELATIONS (36)
(This goal includes such things as: love and affection, happy marriage, having good friends, belonging to groups.)

F.____EASE AND CONTENTMENT (37)
(This goal includes such things as: freedom from hardship, security, self-maintenance, peace of mind, health, simple comforts.)

G.____SEEKING ENJOYMENT (38)
(This goal includes such things as: recreation, exciting or thrilling expereinces, entertainments, seeking pleasurable sights, sounds, feelings, tastes, and smells.)

PART V: GOALS — CARD FIVE (CONT.)

72. Rank Order of Goal Areas -- Before Separation

Please number these goals in terms of how important they were to you before the decision to separate. (Put a 1 next to your most important goal, a 2 next to your second most important goal, etc.)

A.____PHILOSOPHICAL AND RELIGIOUS GOALS (39)
(This goal includes such things as: living a spiritual life, doing God's will, having a philosophy of life, seeking the meaning of life, being wise, being morally good.)

B.____ACHIEVEMENT AND WORK REWARDS (40)
(This goal includes such things as: competence, economic rewards, success, social status.)

C.____SOCIAL SERVICE (41)
(This goal includes such things as: helping others, serving the community, contributing to the welfare of mankind or some part of mankind.)

D.____PERSONAL GROWTH (42)
(This goal includes such things as: self-improvement, being creative, learning new things, "knowing yourself," meeting and mastering new challenges.)

E.____GOOD PERSONAL RELATIONS (43)
(This goal includes such things as: love and affection, happy marriage, having good friends, belonging to groups.)

F.____EASE AND CONTENTMENT (44)
(This goal includes such things as: freedom from hardship, security, self-maintenance, peace of mind, health, simple comforts.)

G.____SEEKING ENJOYMENT (45)
(This goal includes such things as: recreation, exciting or thrilling experiences, entertainment, seeking pleasurable sights, sounds, feelings, tastes, and smells.)

**PART VI: ACTIVITIES** **CARD FIVE (CONT.)**

73. When you have time to do <u>exactly</u> as you please, what is your favorite thing to do?

____ ____ ____ (46-48)
(code)

A. When did you do that last? (Days) ____ ____ (49-50)

B. What is the most important thing about that to you?

74. What is your second favorite thing to do?

____ ____ ____ (51-53)

A. When did you do that last? ____ ____ (54-55)

B. What is the most important thing about that to you?

PART VI: ACTIVITIES — CARD FIVE (CONT.)

76. Thinking back over the period since your separation, are there any particular activities that have especially helped you to cope with things?

Yes.....2
No.....1 (56)

A. (If yes) What is this activity? ____ ____ (57-58)
(code)

B. (If yes) How has it been helpful to you?

(ask ACTIVITIES CHECKLIST here)

PART VII: TIME — CARD FIVE (CONT.)

77. When you have the chance to think about yourself and your life, would you say that you tend to think or daydream more about the past or the future?

Past.....0
Past-present.....1
Present.....2
Present-future.....3
Future.....4
All, or past and future.....5 (59)

A. What sort of things do you tend to think or daydream about?

78. Here is a chart on which I would like you to draw a profile of how you feel about your life. What we would like to have is your assessment, as you look at the past and the future, of what were the high and low points, and what years seemed more or less average. (Interviewer: Draw an arrow, from bottom age categories, showing present age.) On the left side of the chart the different possible scores for each year are shown. The scores range from a "1" (rock bottom) to a "9" (absolute tops), with a "5" indicating that satisfactions balance dissatisfactions. Please draw a line indicating the scores you would give for each year of the past, present, and future. Don't delay, however, if you can't think of what to give for a particular year -- the main thing is to give us an idea of how satisfying the past and future years seem to you.

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INTERVIEW SCHEDULE: T-2

CASE #:_____

PSEUDONYM:_____

INTERVIEWER:_____

DATE:_____TIME:_____hrs.

The following materials are required for the interview:

INTERVIEW SCHEDULE
Income Card A
Re-marriage Card B
Disagreements Card C
Helpful Persons Card Sort(12 Cards)
Community Services Card D
Bradburn Card E
Situations Card F
Ohio Card G
Custody Card H
Trouble Card I
Reaction Card J
Activities Card K
Hassles Card L

ADJECTIVE CHECKLIST
WAYS OF COPING SCHEDULE
LIFE EVALUATION CHART
LIFE EVENTS QUESTIONNAIRE
SEMANTIC DIFFERENTIAL

Before asking you how things have changed since we interviewed you last, there are a few pretty basic questions I would like to ask. For example,

1. How old are you? _____(years)

2. What was the highest level of school that you finished and got credit for?

None.....00
1-6 years.....01
7-8 years.....02
9-12 years.....03
High School Graduate.....04
Business, vocational, or technical school past high school.....05
Some college (but not college graduate).....06
College graduate.....07
Some graduate work, but no degree; teacher's credential; university nurse training.....08
M.A. or M.S.....09
Ph.D., M.D., D.D.S., L.L.B., M.B.A., pharmacist or equivalent.....10
Other (specify)_____11

3. Are you presently enrolled in school?

No.....1 (ASK 3B)
Yes, part-time.....2 (ASK 3A)
Yes, full-time.....3 (ASK 3A)

A. (IF YES) What are you taking?_____

(Interviewer: probe for type of school, whether is degree R is after, etc.)

B. (IF NO) Do you have any plans for going back to school?

No.....1
Yes.....2

4. Are you working at present?

Yes, full-time.....4
Yes, part-time.....3
No, unemployed.....2 (IF "NO", GO TO QUESTION 5)
No, retired.....1

(IF WORKING: ASK QUESTION 4A-C)

A. What kind of work do you do?_____

_____

(probe for specific occupational category)

B. How long have you had your present job?

Up to six months.....00
Seven months to one year.....01

(for more, code to nearest completed year)_____(years)

5. (ASK IF R IS NOT WORKING AT PRESENT)

A. When was the last time you held a job?

Never worked.....1
Less than 1 year ago.....2
1-2 years ago.....3
3-5 years ago.....4
More than 5 years ago.....5

B. What kind of work have you done? _____

_____

(probe for specific occupational categories)

C. Are currently looking for work?

No.....1 (ASK D)
Yes.....2

D. (ASK ONLY IF "NO" TO C) Are you planning to work in the future?

No.....1
Yes.....2

6. Does your (former) spouse work?

No.....1
Yes.....2 (ASK A)

A. (IF YES) What kind of work does your (former) spouse do?_____

_____

(probe for specific occupational category)

7. Which of the categories on this card represents your approximate annual income? (HAND R CARD A )

_____

A. In general, how do your finances usually work out at the end of the month? Do you find that you usually end up with:

Some money left over.....3
Just enough to make ends meet.....2
Not enough to make ends meet.....1

B. As you try to guess the future, how do you think your standard of living in a year or two will compare with the one you have now? Would you say your future standard of living will be:

Much better.....5
Somewhat better.....4
About the same.....3
Somewhat worse.....2
Much worse.....1

8. Do you consider yourself to be a religious person?

No.....1
Yes.....2

A. How often do you attend religious services?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month.....6
Once a month.....5
Once every two months.....4
Once every three to four months.....3
Once every five to six months.....2
Less than once a year.....1
Never.....0

9. How many people other than yourself live here? (DO NOT COUNT RESPONDENT)

_____

A. Who are they?

| | Yes | No |
|---|---|---|
| Lives alone | 1 | 0 |
| Original spouse | 1 | 0 |
| New spouse | 1 | 0 |
| Boy or girlfriend | 1 | 0 |
| R's children from former marriage | 1 | 0 |
| R's children from new marriage | 1 | 0 |
| Spouse's or friend's children | 1 | 0 |
| Brother or sister | 1 | 0 |
| Father | 1 | 0 |
| Mother | 1 | 0 |
| Grandparent | 1 | 0 |
| Grandchild | 1 | 0 |
| Roommate | 1 | 0 |
| Other (SPECIFY:)_____ | 1 | 0 |

10. What is your present marital status?

| | |
|---|---|
| Still married and living with spouse.....1 | (ASK 11) |
| Separated, but not divorced.....2 | (SKIP TO 15) |
| Divorced, but not remarried.....3 | (ASK 12) |
| Divorced and remarried.....4 | (ASK 12 & 13) |
| Divorced, remarried, and separated/divorced again.....5 | (ASK 12, 13 & 14) |
| Widowed (indicate which spouse).....6 | (ASK...) |

---

ASK THE NEXT SEQUENCE OF QUESTIONS, DEPENDING ON MARITAL STATUS OF R

---

11. (ASK IF RECONCILED WITH FORMER SPOUSE) When did you and your spouse get back together? (get date)_____

_____

A. How satisfied are you with the way things are going now in your marriage?

Very satisfied.....4
Somewhat satisfied.....3
Somewhat dissatisfied.....2
Very dissatisfied.....1

12. (ASK IF DIVORCED OR REMARRIED) When did your divorce become final? (get date)

_____

13. (ASK 13 A-H IF REMARRIED OR LIVING TOGETHER)

When did you remarry (start living together)? (get date)_____

How long did you know (her/him) before you got married (started living together)?

_____

A. How old is your spouse (partner)?_____(years)

B. Does your spouse (partner) work?

Yes, full time.....4 (ASK C)
Yes, part-time.....3 (ASK C)
No, unemployed.....2
No, retired.....1

C. (IF YES) What kind of work does he/she do?_____

_____
(probe for specific occupational category)

D. What was the highest level of schooling that he/she finished and got credit for?

None.....00
1-6 years.....01
7-8 years.....02
9-12 years.....03
High School graduate.....04
Business, voacational or technical school past high school...05
Some college( but not college graduate).....06
College graduate.....07
Some graduate work, but no degree; teacher's credential; university nurse's training.....08
M.A. or M.S.....09
Ph.D., M.D., D.D.S., L.L.B., MBA, Pharmacist or equivalent...10
Other (SPECIFY)_____11

(CONTINUE TO NEXT PAGE- 5a)

13. E. How many times was your spouse (partner) married before?

Number of times_____

F. Number of children spouse (partner) has from previous marriage(s)_____
(Note: list sex and ages)

Do any of these children live with you?

No.....1
Yes.....2 (IF YES) How many?_____(list sex and ages)

G. Have you and your spouse (partner) had any children?

No.....1
Yes.....2 (IF YES) How many?_____(list sex and age)

H. How satisfied are you with the way things are going now in your marriage?

Very satisfied.....4
Somewhat satisfied.....3
Somewhat dissatisfied.....2
Very dissatisfied.....1

14. (ASK IF REMARRIED, AND SEPARATED OR DIVORCED AGAIN) When did you first begin to have problems?

A. What sorts of problems were they?

B. Have you separated?

No.....1
Yes.....2 (IF YES) When?_____(date)

C. Have you filed for divorce?

No.....1
Yes.....2

D. Has your divorce become final yet?

No.....1 (ASK a)
Yes.....2 (IF YES) When?_____(date)

a. (IF NO) When do you expect it to become final, or do you expect it?

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -
DO NOT ASK THE FOLLOWING QUESTION OF THOSE WHO HAVE RECONCILED OR REMARRIED. FOR THE LATTER, MARK G. ASK OF ALL OTHER RESPONDENTS.
- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

15. Which one of the following statements best describes how you feel about remarriage? (HAND R CARD B)

A. Have never thought about remarriage.....1
B. Will probably never remarry.....2
C. Do not plan on remarriage, but am comfortable with the idea of living with someone.....3
D. May remarry, but am reluctant to do so.....4
E. May remarry, and eager to do so.....5
F. Have definite plans right now to remarry.....6
G. Am already remarried / reconciled.....7

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The following questions should be asked of everybody, and refer to (former) marriage.

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16. What kinds of things influenced the decision to actually separate and perhaps divorce?

16. A. How long before you actually separated was the decision made (to separate)?

_____

17. Who was originally most in favor of a divorce?

Self.....3
Both.....2
Spouse.....1
Other.....0 (who?)_____

18. (IF NOT AS YET DIVORCED ASK) What about now? Who is most in favor?

Self.....3
Both.....2
Spouse.....1
Other.....0 (who?)_____

19. (ASK IF DIVORCED, REMARRIED, ETC.) By the time the divorce became final, who was most in favor of it?

Self.....3
Both.....2
Spouse.....1
Other.....0 (who?)_____

20. If you had to assign blame for the breakup of your marriage, whom would you blame?

Spouse.....1
Both.....2
Self.....3
Neither.....4
Other.....5 (who?)_____
Don't know.....6

21. All in all, how many times did you separate before (the divorce became final, or up to now if not divorced or if reconciled)?

_____

22A. Sometimes a person's feelings about separation or divorce change after they have gone through the experience. Thinking back to what you had expected separation (divorce) to be like, has it mostly turned out to be like you thought?

No.....1 (ASK B)
Yes.....2

B. (IF NO) Please tell me how it is different.

23. During the time you were divorcing, did you and your (former) spouse have serious disagreements in any of the following areas? (HAND R CARD C)

(Coding Convention: If court decided, and no disagreement, code "Never".)

| | Always | Usually | Sometimes | Rarely | Never | N/A |
|---|---|---|---|---|---|---|
| A. child support (ASK IF CHILDREN) | 5 | 4 | 3 | 2 | 1 | 0 |
| B. alimony | 5 | 4 | 3 | 2 | 1 | 0 |
| C. custody (ASK IF CHILDREN) | 5 | 4 | 3 | 2 | 1 | 0 |
| D. visitation (ASK IF CHILDREN) | 5 | 4 | 3 | 2 | 1 | 0 |
| E. financial & property settlement | 5 | 4 | 3 | 2 | 1 | 0 |

F. Do you still have disagreements in any of these areas?

No.....1
Yes.....2 (IF YES: Which ones?)
(INTERVIEWER: CIRCLE AREAS A-E AS REQUIRED)

24. What legal steps remain to be done?_____

_____

25. In terms of your divorce (or separation), how satisfied would you say you were with the entire legal process--including the law, the judges, and the lawyer(s)? Would you say you were:

very dissatisfied.....1
somewhat dissatisfied.....2
somewhat satisfied.....3
very satisfied.....4

26. How satisfied are you with the division of property?

very dissatisfied.....1
somewhat dissatisfied.....2
somewhat satisfied.....3
very satisfied.....4

27. Was there a court order for alimony?

No.....1
Yes.....2 (SEE A)

A. (IF YES) How satisfied are you with the amount ordered?

very dissatisfied.....1
somewhat dissatisfied.....2
somewhat satisfied.....3
very satisfied.....4

28. (IF CHILDREN) Was there a court order for child support?

No.....1
Yes.....2 (SEE A)

A. How satisfied are you with the amount ordered for child support?

very dissatisfied.....1
somewhat dissatisified.....2
somewhat satisfied.....3
very satisfied.....4

29. In what ways do you think your life has changed since the decision to initiate the divorce process?

30. In what ways do you think your life will change during the next year?

31. What do you think has been the greatest difficulty you experienced in the process of divorcing?

32. What do you think has been the greatest benefit, if any, that has resulted?

33. Has your (separation/divorce) changed the way that you feel about yourself?

No.....1
Yes.....2

A. (IF YES) In what way?

B. Do you feel you have become more or less distant from other people as a result of your (separation/divorce), or didn't that have any effect on how distant from other people you feel?

More distant.....1
No effect.....2
Less distant.....3

How about on how (READ C-F) you feel?

| | | More | No effect | Less |
|---|---|---|---|---|
| C. | Dependent? | 1 | 2 | 3 |
| D. | In control of your life? | 3 | 2 | 1 |
| E. | Disappointed in life? | 1 | 2 | 3 |
| F. | Responsible? | 3 | 2 | 1 |

34. How much were you troubled originally by becoming separated?

Extremely.....0
Very much.....1
Somewhat.....2
Only a little.....3
Not at all.....4

35. What about now? How troubled are you by the divorce (separation)?

Extremely.....0
Very much.....1
Somewhat.....2
Only a little.....3
Not at all.....4

36. Did you try to get any advice or assistance or talk to anyone about the (separation/divorce)?

No.....1
Yes.....2 (ASK A & B)

A. Who did you talk to? (PUT "X" IN SPACES NEXT TO PERSONS R MENTIONS)

(PROBE: Anyone else?)

| | | |
|---|---|---|
| ___ 1 Spouse | ___ 6 Neighbor | ___ 11 Lawyer |
| ___ 2 Parent | ___ 7 Co-Worker | ___ 12 Self-help groups |
| ___ 3 Child | ___ 8 Doctor | ___ 13 Other (specify_____ |
| ___ 4 Relative | ___ 9 Clergy | _____ |
| ___ 5 Friend | ___ 10 Counselor(include psychiatrist, social wkr.,psychologist) | |

B. Who was the most helpful? (CIRCLE THE PERSON MENTIONED)

36. C. Now I'd like to find out how helpful you think certain people could (have) be(en) to you. Here are some cards, with a different person listed on each. Please rank them according to how helpful each person could(have) be(en). Put the more helpful people nearer to the top of the deck, and the others lower down.

1_____
2_____
3_____
4_____
5_____
6_____
7_____
8_____
9_____
10_____
11_____
12_____

D. Now I would like to ask you about community services you may have used. For each one I mention, please tell me whether you found it extremely helpful, somewhat helpful, not at all helpful, or whether you did not use it. (HAND R CARD D)

| | EXTREMELY HELPFUL | SOMEWHAT HELPFUL | NOT AT ALL HELPFUL | DIDN'T USE |
|---|---|---|---|---|
| a. Day care | 4 | 3 | 2 | 1 |
| b. Welfare | 4 | 3 | 2 | 1 |
| c. Singles groups | 4 | 3 | 2 | 1 |
| d. Legal aid | 4 | 3 | 2 | 1 |
| e. Financial counseling | 4 | 3 | 2 | 1 |
| f. Parent's Without Partners | 4 | 3 | 2 | 1 |
| g. Women's/men's support groups | 4 | 3 | 2 | 1 |
| h. Other (SPECIFY:_____) | 4 | 3 | 2 | 1 |

37. How would you compare your life now to most other (separated/divorced) persons like yourself? Would you guess that your life is:(READ)

Much better.....5
Somewhat better.....4
About the same.....3
Somewhat worse.....2
Much worse.....1

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BRADBURN SCALE

I. Taking all things together, how would you say things are these days--would you say you are very happy, pretty happy, or not too happy?

_____Very _____Pretty _____Not too

II. I am going to show you a card which describes some of the ways people feel at different times and you tell me whether you felt like that during the past week. (Hand Respondent Card __E____)

How about the first: During the past week did you ever feel _____
(Repeat for each item below).

| Feeling | No | If "Yes," Ask: How often did you feel that way? | | |
|---|---|---|---|---|
| | | Once | Several Times | Often |
| A. On top of the world | | | | |
| B. Very lonely or remote from other people | | | | |
| C. Angry at something that usually wouldn't bother you | | | | |
| D. That you couldn't do something because you just couldn't get going | | | | |
| E. Particularly excited or interested in something | | | | |
| F. Depressed or very unhappy | | | | |
| G. Pleased about having accomplished something | | | | |
| H. Bored | | | | |
| I. Proud because someone complimented you on something you had done | | | | |
| J. So restless you couldn't sit long in a chair | | | | |
| K. That you had more things to do than you could get done | | | | |
| L. Vaguely uneasy about something without knowing why | | | | |

38. Here are some situations that (divorcing/divorced) people may find themselves in. How often...

(HAND R CARD F, READ ITEM A, READ CODES. CONTINUE WITH ITEMS B-G. OMIT BRACKETED PART OF ITEM A IF R IS RECONCILED OR REMARRIED.)

| | | Never | Once in a While | Fairly Often | Very Often |
|---|---|---|---|---|---|
| A. | Do you feel out of place in a social situation [because you are not married?] | 1 | 2 | 3 | 4 |
| B. | Are you without anyone to talk to about yourself? | 1 | 2 | 3 | 4 |
| C. | Are you without anyone you can share experiences and feelings with? | 1 | 2 | 3 | 4 |
| D. | Do you have a chance to have fun? | 4 | 3 | 2 | 1 |
| E. | Do you wonder if you may not be an interesting person? | 1 | 2 | 3 | 4 |
| F. | Do you feel that you are not having the kind of sex life you would like? | 1 | 2 | 3 | 4 |
| G. | How often do you avoid situations like going to a restaurant or a show because you would be alone? | 1 | 2 | 3 | 4 |

39. SOCIAL PSYCHOLOGICAL REACTION

(Ohio Time 2 - 1111) Divorce affects people in different ways. Using this card, I'd like to know if any of these things have happened to you(HAND Card G ).

NOTE: IF RESPONDENT MENTIONS MORE THAN ONE PERIOD FOR AN ITEM, CHECK ALL WHICH APPLY AND ASK: "OF THESE, WHICH ONE WOULD YOU SAY WAS THE BEST (WORST)"---PUT A "1" BY THAT REPLY. ALSO, BE SURE TO DISTINGUISH BETWEEN CHOICES 3 & 4 FOR SEPARATION AND MARK CONSISTENTLY.

| | 1 Before the decision to divorce | 2 At the time of the decision | 3 At the first separation | 4 At the final/ only separation | 5 When first filing for divorce | 6 At final divorce decree | 7 Now | 8 Never | 9 Always |
|---|---|---|---|---|---|---|---|---|---|
| During which one of these periods do you think your health was the poorest? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During which one of these periods do you think your health was the best? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| When did you have the most difficulty in sleeping? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| When did you have the least difficulty in sleeping? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| When did you have the most difficulty in doing your work efficiently? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| When did you have the least difficulty in doing your work efficiently? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During which period did you feel the most lonely? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During which period did you feel the least lonely? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

19. SOCIAL PSYCHOLOGICAL REACTION (cont'd)

| | 1 Before the decision to divorce | 2 At the time of the decision | 3 At the first separation | 4 At the final/ only separation | 5 When first filing for divorce | 6 At final divorce decree | 7 Now | 8 Never | 9 Always |
|---|---|---|---|---|---|---|---|---|---|
| During which period did you feel the most depressed? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During which period did you feel the least depressed? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During which period did you feel the most anxious or worried? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During which period did you feel the least anxious or worried? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During which period did you feel the most optimistic about the future? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During which period did you feel the least optimistic about the future? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| When did you feel that you just didn't care about yourself? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| When did you feel the most energetic and confident? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

39. SOCIAL PSYCHOLOGICAL REACTION (cont'd)

| | 1 Before the decision to divorce | 2 At the time of the decision | 3 At the first separation | 4 At the final/ only separation | 5 When first filing for divorce | 6 At final divorce decree | 7 Now | 8 Never | 9 Always |
|---|---|---|---|---|---|---|---|---|---|
| During any of these periods did you smoke more than usual? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During any of these periods did you drink alcohol more than usual? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| When were you most angry at your (husband/wife)? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| When were you least angry at your (husband/wife)? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During what period did you feel most suicidal? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| During what period did you feel least suicidal? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

## HEALTH QUESTIONS

40. Would you say your health, during the past year, has been

Excellant.....4
Good.....3
Fair.....2
Poor.....1

41. Have you seen a doctor within the past year?

No.....1
Yes.....2 (ASK A & B)

(IF YES)

A. How many times? _____ (actual number)

B. What for? _____

_____

_____

_____

_____

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I shall now ask you a series of questions to which you are to answer yes or no.

| | YES | NO |
|---|---|---|
| 1. Do you ever have times when you're moody and blue for no reason? | | |
| 2. Does criticism always upset you? | | |
| 3. Do you find that little things bother you? | | |
| 4. Have you felt that different parts of your body were not under your control or have become disconnected somewhat? | | |
| 5. Do you fairly often lose or misplace things? | | |
| 6. Do you ever get the feeling that people are watching you or talking about you? | | |
| 7. Have you suffered from loss of memory? | | |
| 8. Do you usually keep in the background on social occasions? | | |
| 9. Do you often shake and tremble? | | |
| 10. Do you flare up in anger if you can't have what you want right away? | | |
| 11. Have you had any unusual experiences of seeing or hearing things that no one else saw or heard? | | |
| 12. Do you usually get up tired and exhausted in the morning? | | |
| 13. Do frightening things keep coming back in your mind? | | |
| 14. Are you troubled with headaches or pains in the head? | | |

| | YES | NO |
|---|---|---|
| 15. Do you find you are less interested than you used to be in things like personal appearance, table manners, and the like? | | |
| 16. Are you sometimes worried or apprehensive for no reason? | | |
| 17. Have you ever been so depressed that it interferes with what you want to do? | | |
| 18. Do you ever have trouble getting to sleep and staying asleep? | | |
| 19. Do strange people or places make you afraid? | | |
| 20. Do you ever have the feeling that the world is very unreal to you? | | |
| 21. Is it always hard for you to make up your mind? | | |
| 22. Do you have any specific things that tend to terrify you, such as the dark, heights, snakes, etc.? | | |
| 23. Do you ever have loss of appetite? | | |
| 24. Have you ever felt a lump in your throat for no reason? | | |
| 25. Do people often annoy and irritate you? | | |
| 26. Do you keep a very strict schedule and are you uncomfortable if you can't maintain it? | | |
| 27. Are your feelings easily hurt? | | |
| 28. Do you have hot spells or cold spells? | | |
| 29. Are you constantly keyed up and jittery? | | |

| | YES | NO |
|---|---|---|
| 30. Do you have to be on guard even with friends? | | |
| 31. Do you have constant tightness or numbness in any part of your body? | | |
| 32. Do you ever have spells of dizziness? | | |
| 33. Are you considered a nervous person? | | |
| 34. Do you worry a lot about your health? | | |
| 35. Have you ever contemplated suicide? | | |
| 36. Do you go to pieces if you don't constantly control yourself? | | |
| 37. Do you become scared at sudden movements and noises at night? | | |
| 38. Do you ever get short of breath without having done heavy work? | | |
| 39. Must you do things slowly in order to make them without mistakes? | | |
| 40. Have you felt that life is not worth living? | | |
| 41. Has drinking at any time been a problem for you or gotten you into any kind of trouble? | | |
| 42. Are you scared to be alone when there are no friends near you? | | |

Now I would like to turn to your relationships with various people.

IF R HAS ONE OR MORE CHILDREN, ASK QUESTIONS 42 THRU 50.

42. (ASK OF ALL Rs) Have there been any changes in your relationship with your child(ren)?

No.....1
Yes.....2 (ASK A)

A. (IF YES) What are the changes?

43. (ASK OF ALL EXCEPT RECONCILED) Who has legal custody of your child(ren)?

Respondent has custody of all children.....6
Spouse has custody of all children.....5
Joint custody.....4
Children are split.....3
Neither has custody(third party).....2(Specify:_____)
Custody undecided.....1
Not applicable: children are adults.....0

44. (ASK OF ALL EXCEPT RECONCILED) Was custody decided by:

Respondent.....6
Spouse.....5
Mutual agreement.....4
The courts(or the lawyers).....3
Your child(ren).....2
Other.....1(Specify:_____)
Not decided.....0

IF RESPONDENT HAS PHYSICAL CUSTODY OF CHILDREN, ASK QUESTIONS 45 & 46.
OTHERWISE, SKIP TO QUESTION 47.

45. Which statement best describes the way you feel about having major responsibility for your child(ren)? (HAND R CARD H AND READ:)

A. I'm glad to have custody; it hasn't been a problem.....1
B. I'm glad to have custody, but it's been a burden.....2
C. I'm glad to have custody, but I'm not sure I can handle the responsibility.....3
D. I'm not sure whether I'm happy about having custody or not.....4
E. It's too much responsibility for me to handle right now.....5
F. I think it would be better if my (former) spouse had custody.....6

46. How often, if ever, does your (former) spouse visit your child(ren)?

Every day.....9
Several times a week.....8
At least once a week.....7
Two or three times per month.....6
Once a month.....5
Once every two months.....4
Once every three to four months....3
Once every five to six months.....2
Less than once a year.....1
Never.....0

A. How satisfied are you with the amounts of time your former spouse spends with the child(ren)?

Very dissatisfied.....1
Somewhat dissatisfied.....2
Somewhat satisfied.....3
Very satisfied.....4

(INTERVIEWER SKIP TO QUESTION 48)

IF RESPONDENT DOES NOT HAVE PHYSICAL CUSTODY OF CHILDREN, ASK QUESTION 47.
OTHERWISE, SKIP TO QUESTION 48.

47. How often, if ever, do you see your child(ren)?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month.....6
Once a month.....5
Once every two months.....4
Once every three to four months...3
Once every five to six months.....2
Less than once a year.....1
Never.....0

A. How satisfied are you with the amounts of time you spend with the child(ren)?

Very dissatisfied.....1
Somewhat dissatisfied.....2
Somewhat satisfied.....3
Very satisfied.....4

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ASK THE FOLLOWING QUESTIONS OF ALL RESPONDENTS WITH CHILDREN:

48. Since your separation, has your closeness to your child(ren)...

Increased?.....1
Stayed the same?....2
Decreased?.....3

49. I'd like to read you several kinds of situations which a(single)parent may face, and find out if your child(ren) have been more or less trouble, or about the same since the (separation/divorce). (HAND R CARD 1 )

(Interviewer: If R does not have custody, try for his/her direct experience where possible.)

| | | More Trouble | About the Same | Less Trouble |
|---|---|---|---|---|
| A. | Going to bed on time | 1 | 2 | 3 |
| B. | Fighting | 1 | 2 | 3 |
| C. | Being disrespectful | 1 | 2 | 3 |
| D. | Having problems at school | 1 | 2 | 3 |
| E. | Having problems with homework | 1 | 2 | 3 |
| F. | Watching television | 1 | 2 | 3 |
| G. | Eating the proper food | 1 | 2 | 3 |
| H. | Cleaning up after (themselves) | 1 | 2 | 3 |

50. Have the child(ren)'s relationship with either set of grandparents changed during the time since you initiated the divorce?

Don't know....0
No.....1
Yes.....2 (ASK A & B)

A. (IF YES) Whose parents?

Maternal grandparents(mother's parents).....1
Paternal grandparents(father's parents).....2
Both.....3

B. (IF YES) What kinds of changes have they been?

51. When they first heard that you and your spouse were separating, what was the general reaction of your...(READ ITEMS A-J.)
Did he/she/they...(READ CHOICES, DO NOT READ "Don't Know".)
(HAND R CARD J)
(INTERVIEWER: MARK ITEM N/A IF IT IS NOT APPLICABLE TO R)

| | Strongly Approved | Mildly Approved | Felt Neutral | Mildly Disapproved | Strongly Disapproved | Don't Know |
|---|---|---|---|---|---|---|
| A. Mother | 5 | 4 | 3 | 2 | 1 | 0 |
| B. Father | 5 | 4 | 3 | 2 | 1 | 0 |
| C. Brothers or Sisters | 5 | 4 | 3 | 2 | 1 | 0 |
| D. Mother-in-Law | 5 | 4 | 3 | 2 | 1 | 0 |
| E. Father-in-Law | 5 | 4 | 3 | 2 | 1 | 0 |
| F. Brothers or Sisters-in-Law | 5 | 4 | 3 | 2 | 1 | 0 |
| G. Co-workers | 5 | 4 | 3 | 2 | 1 | 0 |
| H. Friends | 5 | 4 | 3 | 2 | 1 | 0 |
| I. Children..(IF ANY) | 5 | 4 | 3 | 2 | 1 | 0 |
| J. Church members | 5 | 4 | 3 | 2 | 1 | 0 |

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| (ASK OF ALL EXCEPT RECONCILED) | Strongly Approve | Mildly Approve | Feel Neutral | Mildly Disapprove | Strongly Disapprove | Don't Know |
|---|---|---|---|---|---|---|
| 52. What about now? | | | | | | |
| A. Mother | 5 | 4 | 3 | 2 | 1 | 0 |
| B. Father | 5 | 4 | 3 | 2 | 1 | 0 |
| C. Brothers or Sisters | 5 | 4 | 3 | 2 | 1 | 0 |
| D. Mother-in-Law | 5 | 4 | 3 | 2 | 1 | 0 |
| E. Father-in-Law | 5 | 4 | 3 | 2 | 1 | 0 |
| F. Brothers or Sisters-in-Law | 5 | 4 | 3 | 2 | 1 | 0 |
| G. Co-workers | 5 | 4 | 3 | 2 | 1 | 0 |
| H. Friends | 5 | 4 | 3 | 2 | 1 | 0 |
| I. Children | 5 | 4 | 3 | 2 | 1 | 0 |
| J. Church members | 5 | 4 | 3 | 2 | 1 | 0 |

ASK SEMANTIC DIFFERENTIAL FOR MOTHER & FATHER HERE.

FOR ALL RESPONDENTS, ASK QUESTIONS 53 THROUGH 60.

53. Do you have any relatives that live within an hour's trip from here? (Includes relatives, other than children, living at home.)

No.....1
Yes.....2 (ASK A)

A. (IF YES) Who are they? (Interviewer: Circle all that apply.)

Parents.....1
Parents-in-law.....1
Brothers/sisters.....1
Brothers/sisters-in-law.....1
Grandparents.....1
Aunts/uncles.....1
Cousins.....1
Children.....1
Others(Specify).....1 _____(others)

54. About how many times per month do you get together with any of your relatives for a visit?

_____(actual number)

55. Do you have any really good friends living within an hour's trip from here?

No.....1
Yes.....2 (ASK A)

A. (IF YES) How many?_____(actual number)

56. About how many times per month do you get together with any of your friends for a visit?

_____(actual number)

57. Have you lost any friends since your separation?

No.....1
Yes.....2 (ASK A & B)

A. (IF YES) About how many?_____

B. (IF YES) Why?

58. Have you made any new friendships since the divorce process was initiated?

No.....1
Yes.....2 (ASK A)

A. (IF YES) About how many?_____

59. How many people do you know that have been divorced or separated?

_____(actual number)

60. Among your friends and relatives is there someone you feel you can tell just about anything to, someone you can count on for understanding and advice?

No.....1
Yes, one person.....2 (ASK A)
Yes, more than one person.....3 (ASK A)

A. (IF YES) How (is this person/are these persons) related to you?

Friend(s).....1
Parent(s).....1
Parents-in-law.....1
Child(ren).....1
Brother(s)/sister(s).....1
Other relative(s).....1
(Ex-)spouse.....1
Spouse.....1

DO NOT ASK QUESTIONS 61 THROUGH 64 IF R HAS RECONCILED. ASK OF ALL OTHERS.

61. About how often do you see your (ex-)spouse?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month.....6
Once a month.....5
Every two months.....4
Once every three to four months.....3
Once every five to six months.....2
Less than once a year.....1
Never.....0

62. When is the last time you saw (him/her)?

63. About how often do you think about your (ex-)spouse?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month.....6
Once a month.....5
Once every two months.....4
Once every three to four months.....3
Once every five to six months.....2
Less than once a year.....1
Never.....0

64. Do you think there is any chance that the two of you might get back together?

No.....1
Not sure....2
Yes.....3

65. (ASK IF R IS DIVORCED) Has your former spouse remarried?

No.....1
Not sure....2
Yes.....3

ASK SEMANTIC DIFFERENTIAL FOR EX-SPOUSE HERE.

ASK Q. 66 FOR SINGLE PEOPLE ONLY. IF R IS LIVING TOGETHER, SKIP TO Q. 67.
IF R HAS REMARRIED, SKIP TO Q. 69. IF R HAS RECONCILED, SKIP TO Q. 69A.

66. How often do you go out on dates during an average month? (ASK A & B ALSO)

Every day.....6
Several times a week.....5
At least once a week.....4
Two or three times per month.....3
Once a month.....2
Less than once a month.....1
Never.....0

(Interviewer: If Respondent gives a frequency that doesn't fit, write it down:)

_____

A. How satisfied are you with the frequency with which you go out on dates? Would you say you are satisfied, or would you like to go out more often or less often?

More often.....3
Satisfied as is.....2
Less often.....1

B. Have you experienced any problems in meeting people to go out with?

No.....1

Yes.....2

ASK Q. 67 IF R IS SINGLE OR LIVING TOGETHER ONLY.

67. Are you currently dating anyone?

No.....1 (ASK E)

Yes.....2 (ASK A-D)
Living Together.....3 (ASK A-D)

(If R is going out with more than one, find out how many _____ and ask the following about the person liked most.)

A. (IF YES) How long have you been going out, how did you meet, etc. (Probe for details)

B. (IF YES) How much do you rely on (him/her) for:

| | Very much | Some-what | Very little | Not at all |
|---|---|---|---|---|
| 1. Companionship | 4 | 3 | 2 | 1 |
| 2. Guidance | 4 | 3 | 2 | 1 |
| 3. Money | 4 | 3 | 2 | 1 |
| 4. Practical matters | 4 | 3 | 2 | 1 |

C. (IF YES) Would you consider marrying this person?

No.....1
Not sure....2 (ASK D)
Yes.....3 (ASK D)

D. (IF YES) Is there a fair chance of this marriage taking place?

No.....1
Not sure....2
Yes.....3

ASK SEMANTIC DIFFERENTIAL FOR PRESENT PARTNER HERE, IF R IS DATING OR LIVING TOGETHER.

E. (IF NO TO Q 67) Why aren't you dating?

68. (IF NOT REMARRIED--INCLUDE LIVING TOGETHER--ASK) If you were to remarry, how do you think this marriage would differ from your previous one?

69. (IF REMARRIED, ASK) How does this marriage differ from your previous one?

69 A. (IF RECONCILED,ASK) How does your marriage now compare with the way it was before?

70. (IF REMARRIED OR RECONCILED OR LIVING TOGETHER, ASK) Now I'd like to know how you and your (husband/wife) divide up the household jobs. For example:

| | Self | Both | Spouse |
|---|---|---|---|
| A. Who repairs things around the house | 3 | 2 | 1 |
| B. Who services the car | 3 | 2 | 1 |
| C. Who keeps track of money and bills | 3 | 2 | 1 |
| D. Who does the grocery shopping | 3 | 2 | 1 |
| E. Who gets (the husband's) breakfast on weekdays | 3 | 2 | 1 |
| F. Who cleans the house | 3 | 2 | 1 |
| G. Who cooks | 3 | 2 | 1 |
| H. Who does the evening dishes | 3 | 2 | 1 |

71. (IF REMARRIED OR RECONCILED OR LIVING TOGETHER, ASK) Now, what about who makes the decisions. For example, who decides:

| | Self | Both | Spouse |
|---|---|---|---|
| A. What job (the husband) should take? | 3 | 2 | 1 |
| B. What car to buy? | 3 | 2 | 1 |
| C. Where to go on vacation? | 3 | 2 | 1 |
| D. What house or apartment to live in? | 3 | 2 | 1 |
| E. Whether (wife) should work or not? | 3 | 2 | 1 |
| F. How much money you could afford to spend per week on food? | 3 | 2 | 1 |

72. (IF REMARRIED OR RECONCILED ASK) How much do you rely on your (husband/wife) for:

| | Very much | Some-what | Very little | Not at all |
|---|---|---|---|---|
| A. Companionship | 4 | 3 | 2 | 1 |
| B. Guidance | 4 | 3 | 2 | 1 |
| C. Money | 4 | 3 | 2 | 1 |
| D. Practical matters | 4 | 3 | 2 | 1 |

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

ASK SEMANTIC DIFFERENTIAL FOR PRESENT PARTNER HERE IF R IS REMARRIED OR RECONCILED.

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

ASK THE FOLLOWING QUESTIONS OF ALL RESPONDENTS

73. What about sex? What is the importance of sex for you?

74. How frequently do you have sexual relations?

Every day.....9
Several times a week.....8
At least once a week.....7
Two to three times per month.....6
Once a month.....5
Once every two months.....4
Once every three to four months...3
Once every five to six months.....2
Less than once a year.....1
Never.....0

75. Are you satisfied with the frequency with which you are having sexual intercourse or would you like to have sex more or less often?

More often.....3

Satisfied as is....2

Less often.....1

HAVE THE RESPONDENT FILL OUT THE ADJECTIVE CHECKLIST HERE. BE SURE TO ASK THEM TO CIRCLE UNDESIRED CHARACTERISTICS. IF THEY DO NOT WANT TO CIRCLE ANY ITEMS, PLEASE NOTE THIS ON THE CHECKLIST.

ASK SEMANTIC DIFFERENTIAL FOR "MYSELF" AFTER THE ADJECTIVE CHECKLIST.

76. Turning now to your plans, goals or concerns that occupy your thoughts at present, what goals or objectives do you have from now to the next five years or so?
(PROBE FOR AN EXHAUSTIVE LIST)

(ASK IF R MENTIONS MORE THAN ONE GOAL:)
A. Of the goals you have mentioned, which would you say is most important to you?

77. Rank Order of Goal Areas -- Present

Please number these goals in terms of how important they are to you now. (Put a 1 next to your most important goal, a 2 next to your second most important goal, etc.)

A.____PHILOSOPHICAL AND RELIGIOUS GOALS
(This goal includes such things as: living a spiritual life, doing God's will, having a philosophy of life, seeking the meaning of life, being wise, being morally good.)

B.____ACHIEVEMENT AND WORK REWARDS
(This goal includes such things as: competence, economic rewards, success, social status.)

C.____SOCIAL SERVICE
(This goal includes such things as: helping others, serving the community, contributing to the welfare of mankind or some part of mankind.)

D.____PERSONAL GROWTH
(This goal includes such things as: self-improvement, being creative, learning new things, "knowing yourself," meeting and mastering new challenges.)

E.____GOOD PERSONAL RELATIONS
(This goal includes such things as: love and affection, happy marriage, having good friends, belonging to groups.)

F.____EASE AND CONTENTMENT
(This goal includes such things as: freedom from hardship, security, self-maintenance, peace of mind, health, simple comforts.)

G.____SEEKING ENJOYMENT
(This goal includes such things as: recreation, exciting or thrilling experiences,entertainments, seeking pleasurable sights, sounds, feelings, tastes, and smells.)

78. When you have time to do exactly as you please, what is your favorite thing to do?

A. When did you do that last? (Days) _____

B. What is the most important thing about that to you?

79. What is your second favorite thing to do?

A. When did you do that last? (Days) _____

B. What is the most important thing about that to you?

80. Thinking back over the period since your separation, are there any particular activities that have especially helped you to cope with things?

No.....1
Yes.....2 (ASK A & B)

A. (IF YES) What is this activity?

B. (IF YES) How has it been helpful to you?

CHECKLIST OF ACTIVITIES: I'm going to read a list of activities other people have told us they engage in. Tell me if you engage in that activity and how often. (HAND R CARD K ).

| Activity | Frequently | Occasionally | Seldom | Never | Comments |
|---|---|---|---|---|---|
| 1. Participant sports | | | | | |
| 2. Walking and hiking | | | | | |
| 3. Outdoor hobbies | | | | | |
| 4. Physical exercise (Gymnastics) | | | | | |
| 5. Spectator sports | | | | | |
| 6. Handicrafts | | | | | |
| 7. Playing a musical instrument | | | | | |
| 8. Cultural activities | | | | | |
| 9. Card playing | | | | | |
| 10. Solitary games or hobbies | | | | | |
| 11. Playing with pets | | | | | |
| 12. Travel | | | | | |
| 13. Picnics | | | | | |
| 14. Visiting | | | | | |
| 15. Being visited | | | | | |
| 16. Social life and parties | | | | | |
| 17. Eating out | | | | | |
| 18. Dancing | | | | | |
| 19. Praying/Meditating (Philosophical contemplation) | | | | | |
| 20. Day-dreaming | | | | | |
| 21. Reminiscing | | | | | |
| 22. Discussion and talking | | | | | |
| 23. Writing/Correspondance (Excluding job or school) | | | | | |

| Activity | Frequently | Occasionally | Seldom | Never | Comments |
|---|---|---|---|---|---|
| 24. Shopping | | | | | |
| 25. Cooking | | | | | |
| 26. Household chores | | | | | |
| 27. Resting/inactivity | | | | | |
| 28. TV | | | | | |
| 29. Radio listening | | | | | |
| 30. Movies | | | | | |
| 31. Reading | | | | | |
| 32. Self-improvement | | | | | |
| 33. Doing things for others | | | | | |

81. When you have the chance to think about yourself and your life, would you say that you tend to think or daydream more about the past or future?

Past.....0
Past-present.....1
Present.....2
Present-future.....3
Future.....4
All, or past and future..5

A. What sort of things do you tend to think or daydream about?

82. Here is a chart on which I would like you to draw a profile of how you feel about your life. What we would like to have is your assessment, as you look at the past and the future, of what were the high and low points, and what years seemed more or less average. (Interviewer: Draw an arrow, from bottom age categories, showing present age.) On the left side of the chart the different possible scores for each year are shown. The scores range from a "1" (rock bottom) to a "9" (absolute tops), with a "5" indicating that satisfactions balance dissatisfactions. Please draw a line indicating the scores you would give for each year of the past, present, and future. Don't delay however, if you can't think of what to give for a particular year -- the main thing is to give us an idea of how satisfying the past and future years seem to you.

(HAVE RESPONDENT FILL OUT LIFE EVALUATION CHART HERE. BE SURE THAT YOU MAKE IT CLEAR THAT WE WOULD LIKE HIM/HER TO FILL IT OUT RATING THE PAST, THE PRESENT AND AS FAR INTO THE FUTURE AS S(HE) WOULD LIKE TO PROJECT. IF R DOES NOT WANT TO RATE THE FUTURE, PLEASE NOTE THIS ON THE LEC.)

83. CHECKLIST OF HASSLES

Now I would like to find out how hassled or pressured you feel in certain areas of your life. That is, I want to know about the day to day things that really annoy you. For each area please tell me whether you feel hassled all the time, very often, fairly often, once in a while, or never.
(HAND CARD L).

| | For example, how often do you feel hassled by: | All the time | Very often | Fairly often | Once in a while | Never |
|---|---|---|---|---|---|---|
| | Your work | 5 | 4 | 3 | 2 | 1 |
| | Your former husband/wife | 5 | 4 | 3 | 2 | 1 |
| (IF REMARRIED) | Your current husband/wife | 5 | 4 | 3 | 2 | 1 |
| | Your children | 5 | 4 | 3 | 2 | 1 |
| | Your parents | 5 | 4 | 3 | 2 | 1 |
| | Your friends | 5 | 4 | 3 | 2 | 1 |
| | Your relatives | 5 | 4 | 3 | 2 | 1 |
| | Your neighbors | 5 | 4 | 3 | 2 | 1 |
| | Your health | 5 | 4 | 3 | 2 | 1 |
| | Your financial situation | 5 | 4 | 3 | 2 | 1 |
| | Your social activities | 5 | 4 | 3 | 2 | 1 |
| | Time pressures | 5 | 4 | 3 | 2 | 1 |
| | Any other (Specify_____ _____) | 5 | 4 | 3 | 2 | 1 |

84. What was the single most stressful thing that happened to you during your divorce?

A. How did you handle it?

B. How satisfied are you with the way you handled the situation?

Very dissatisfied.....1
Somewhat dissatisfied.....2
Somewhat satisfied.....3
Very satisfied.....4

85. Now I would like you to think back over the <u>past month</u> and tell me what was the most stressful thing that happened to you?

(GIVE WAYS OF COPING CHECKLIST HERE. BE SURE TO FILL IN THE STRESSFUL SITUATION ON PAGE ONE.)

(GIVE LIFE EVENTS QUESTIONNAIRE AFTER WAYS OF COPING CHECKLIST.)

Case No._____

Pseudonym_____

Date_____

INFORMATION FOR FUTURE FOLLOW-UPS/MAILINGS
(Complete all 3 questions)

1. Are you planning to stay at this address and in the Bay Area for the next two years or so?

   Same Address: Yes___No___

   Bay Area: Yes___No___

2. In the case you do move from your present address, is there some person or agency who would be able to tell us your new address?

   Name:_____Relationship:_____

   Address:_____

   Telephone No.:_____

3. Respondent's Full Name:_____

   Current Address:_____

   Telephone No.:_____

   (IF APPLICABLE): Spouse's Full Name:_____

## ADJECTIVE CHECKLIST

1. Absent-minded _____
2. Affected (phony) _____
3. Ambitious _____
4. Assertive (aggressive, dominant) _____
5. Bossy _____
6. Calm _____
7. Cautious _____
8. Competitive _____
9. Confident _____
10. Considerate _____
11. Cooperative _____
12. Cruel (mean) _____
13. Defensive _____
14. Dependent (on others) _____
15. Disorderly _____
16. Dissatisfied _____
17. Dramatic _____
18. Dull _____
19. Easily embarrassed _____
20. Easily hurt _____
21. Energetic _____
22. Fair-minded (objective) _____
23. Feminine (females) _____
    Masculine (males)
24. Frank _____
25. Friendly _____
26. Gulleful (tricky, cunning) _____
27. Helpless _____
28. Hostile _____
29. Idealistic _____
30. Imaginative _____
31. Impulsive _____
32. Intelligent _____
33. Versatile (able to do many things) _____
34. Introspective (looking into self) _____
35. Jealous _____
36. Lazy _____
37. Likable _____
38. Persevering _____
39. Charming _____
40. Reasonable _____
41. Rebellious _____
42. Resentful _____
43. Reserved (dignified) _____
44. Restless _____
45. Sarcastic _____
46. Poised _____
47. Self-controlled _____
48. Self-indulgent _____
49. Selfish _____
50. Self-pitying _____
51. Sense of humor _____
52. Sentimental _____
53. Shrewd (clever) _____
54. Sincere _____
55. Sophisticated _____
56. Stubborn _____
57. Suspicious _____
58. Sympathetic _____
59. Timid (submissive) _____
60. Touchy (easily offended) _____
61. Tactless _____
62. Unconventional _____
63. Undecided _____
64. Unhappy _____
65. Uninterested (indifferent) _____
66. Unworthy (inadequate) _____
67. Warm _____
68. Withdrawn _____
69. Worried (anxious) _____
70. Wise _____

Case No.: _____

INTERVIEWER'S RATING



## ADJECTIVE CHECKLIST

1. Absent-minded _____
2. Affected (phony) _____
3. Ambitious _____
4. Assertive (aggressive, dominant) _____
5. Bossy _____
6. Calm _____
7. Cautious _____
8. Competitive _____
9. Confident _____
10. Considerate _____
11. Cooperative _____
12. Cruel (mean) _____
13. Defensive _____
14. Dependent (on others) _____
15. Disorderly _____
16. Dissatisfied _____
17. Dramatic _____
18. Dull _____
19. Easily embarrassed _____
20. Easily hurt _____
21. Energetic _____
22. Fair-minded (objective) _____
23. Feminine (females) _____ Masculine (males)
24. Frank _____
25. Friendly _____
26. Guileful (tricky, cunning) _____
27. Helpless _____
28. Hostile _____
29. Idealistic _____
30. Imaginative _____
31. Impulsive _____
32. Intelligent _____
33. Versatile (able to do many things) _____
34. Introspective (looking into self) _____
35. Jealous _____
36. Lazy _____
37. Likable _____
38. Persevering _____
39. Charming _____
40. Reasonable _____
41. Rebellious _____
42. Resentful _____
43. Reserved (dignified) _____
44. Restless _____
45. Sarcastic _____
46. Poised _____
47. Self-controlled _____
48. Self-indulgent _____
49. Selfish _____
50. Self-pitying _____
51. Sense of humor _____
52. Sentimental _____
53. Shrewd (clever) _____
54. Sincere _____
55. Sophisticated _____
56. Stubborn _____
57. Suspicious _____
58. Sympathetic _____
59. Timid (submissive) _____
60. Touchy (easily offended) _____
61. Tactless _____
62. Unconventional _____
63. Undecided _____
64. Unhappy _____
65. Uninterested (indifferent) _____
66. Unworthy (inadequate) _____
67. Warm _____
68. Withdrawn _____
69. Worried (anxious) _____
70. Wise _____

I.D. No. _____

Date _____



## Ways of Coping

Thinking about the situation you have just described, put a check in the "Yes" or "No" column for each item, depending on whether that item applied to you.

(To help keep the situation in mind): I am talking about the situation in which _____

_____

_____

| | | YES (2) | NO (1) | |
|---|---|---|---|---|
| 1. | Just concentrated on what you had to do next -- the next step..... | ☐ | ☐ | 48\|21 |
| 2. | You went over the problem again and again in your mind to try to understand it..... | ☐ | ☐ | 22 |
| 3. | Turned to work or substitute activity to take your mind off things..... | ☐ | ☐ | 23 |
| 4. | You felt that time would make a difference, the only thing to do was to wait..... | ☐ | ☐ | 24 |
| 5. | Bargained or compromised to get something positive from the situation..... | ☐ | ☐ | 25 |
| 6. | Did something which you thought wouldn't work, but at least you were doing something..... | ☐ | ☐ | 26 |
| 7. | Got the person responsible to change his or her mind..... | ☐ | ☐ | 27 |
| 8. | Talked to someone to find out more about the situation..... | ☐ | ☐ | 28 |
| 9. | Blamed yourself..... | ☐ | ☐ | 29 |
| 10. | Concentrated on something good that could come out of the whole thing..... | ☐ | ☐ | 30 |

GO ON TO THE NEXT PAGE

☐☐☐☐☐1 1☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

| | | YES 2 | NO 1 | |
|---|---|---|---|---|
| 11. | Criticized or lectured yourself..... | ☐ | ☐ | 48\|31 |
| 12. | Tried not to burn your bridges behind you, but leave things open somewhat..... | ☐ | ☐ | 32 |
| 13. | Hoped a miracle would happen..... | ☐ | ☐ | 33 |
| 14. | Went along with fate; sometimes you just have bad luck..... | ☐ | ☐ | 34 |
| 15. | Went on as if nothing had happened..... | ☐ | ☐ | 35 |
| 16. | Felt bad that you couldn't avoid the problem..... | ☐ | ☐ | 36 |
| 17. | Kept your feelings to yourself..... | ☐ | ☐ | 37 |
| 18. | Looked for the "silver lining", so to speak; tried to look on the bright side of things..... | ☐ | ☐ | 38 |
| 19. | Slept more than usual..... | ☐ | ☐ | 39 |
| 20. | Got mad at the people or things that caused the problem..... | ☐ | ☐ | 40 |
| 21. | Accepted sympathy and understanding from someone..... | ☐ | ☐ | 41 |
| 22. | Told yourself things that helped you to feel better..... | ☐ | ☐ | 42 |
| 23. | You were inspired to do something creative..... | ☐ | ☐ | 43 |
| 24. | Tried to forget the whole thing..... | ☐ | ☐ | 44 |
| 25. | Got professional help and did what they recommended..... | ☐ | ☐ | 45 |
| 26. | Changed or grew as a person in a good way..... | ☐ | ☐ | 46 |
| 27. | Waited to see what would happen..... | ☐ | ☐ | 47 |
| 28. | Did something totally new that you never would have done if this hadn't happened..... | ☐ | ☐ | 48 |
| 29. | Tried to make up to someone for the bad thing that happened..... | ☐ | ☐ | 49 |
| 30. | Made a plan of action and followed it..... | ☐ | ☐ | 50 |
| 31. | Accepted the next best thing to what you wanted..... | ☐ | ☐ | 51 |
| 32. | Let your feelings out somehow..... | ☐ | ☐ | 52 |
| 33. | Realized you brought the problem on yourself..... | ☐ | ☐ | 53 |

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| | | YES 2 | NO 1 | |
|---|---|---|---|---|
| 34. | Came out of the experience better than when you went in..... | ☐ | ☐ | 53 54 |
| 35. | Talked to someone who could do something concrete about the problem..... | ☐ | ☐ | 55 |
| 36. | Got away from it for a while; tried to rest or take a vacation..... | ☐ | ☐ | 56 |
| 37. | Tried to make yourself feel better by eating, drinking, smoking, taking medication, etc..... | ☐ | ☐ | 57 |
| 38. | Took a big chance or did something very risky..... | ☐ | ☐ | 58 |
| 39. | Found new faith or some important truth about life... | ☐ | ☐ | 59 |
| 40. | Tried not to act too hastily or follow your first hunch..... | ☐ | ☐ | 60 |
| 41. | Joked about it..... | ☐ | ☐ | 61 |
| 42. | Maintained your pride and kept a stiff upper lip..... | ☐ | ☐ | 62 |
| 43. | Rediscovered what is important in life..... | ☐ | ☐ | 63 |
| 44. | Changed something so things would turn out all right..... | ☐ | ☐ | 64 |
| 45. | Avoided being with people in general..... | ☐ | ☐ | 65 |
| 46. | Didn't let it get to you; refused to think too much about it..... | ☐ | ☐ | 66 |
| 47. | Asked someone you respected for advice and followed it..... | ☐ | ☐ | 67 |
| 48. | Kept others from knowing how bad things were..... | ☐ | ☐ | 68 |
| 49. | Made light out of the situation; refused to get too serious about it..... | ☐ | ☐ | 69 |
| 50. | Talked to someone about how you were feeling..... | ☐ | ☐ | 70 |
| 51. | Stood your ground and fought for what you wanted..... | ☐ | ☐ | 71 |
| 52. | Took it out on other people..... | ☐ | ☐ | 72 |
| 53. | Drew on your past experiences; you were in a similar situation before..... | ☐ | ☐ | 73 |
| 54. | Just took things one step at a time..... | ☐ | ☐ | 74 |
| 55. | You knew what had to be done, so you doubled your efforts and tried harder to make things work..... | ☐ | ☐ | 75 |

GO ON TO THE NEXT PAGE

| | | | | |
|---|---|---|---|---|
| | | 2 | 1 | |
| 56. | Refused to believe that it had happened..... | ☐ | ☐ | 49 \| 21 |
| 57. | Made a promise to yourself that things would be different next time..... | ☐ | ☐ | 234 22 |
| 58. | Came up with a couple of different solutions to the problem..... | ☐ | ☐ | 23 |
| 59. | Accepted it, since nothing could be done..... | ☐ | ☐ | 24 |
| 60. | Wished you were a stronger person -- more optimistic and forceful..... | ☐ | ☐ | 25 |
| 61. | Accepted your strong feelings, but didn't let them interfere with other things too much..... | ☐ | ☐ | 26 |
| 62. | Wished that you could change what had happened..... | ☐ | ☐ | 27 |
| 63. | Wished that you could change the way you felt..... | ☐ | ☐ | 28 |
| 64. | Changed something about yourself so that you could deal with the situation better..... | ☐ | ☐ | 29 |
| 65. | Daydreamed or imagined a better time or place than the one you were in..... | ☐ | ☐ | 30 |
| 66. | Had fantasies or wishes about how things might turn out..... | ☐ | ☐ | 31 |
| 67. | Thought about fantastic or unreal things (like the perfect revenge or finding a million dollars) that made you feel better..... | ☐ | ☐ | 32 |
| 68. | Wished that the situation would go away or somehow be over with..... | ☐ | ☐ | 33 |
| 69. | Did something different from any of the above..... | ☐ | ☐ | 34 |

_____

_____

_____

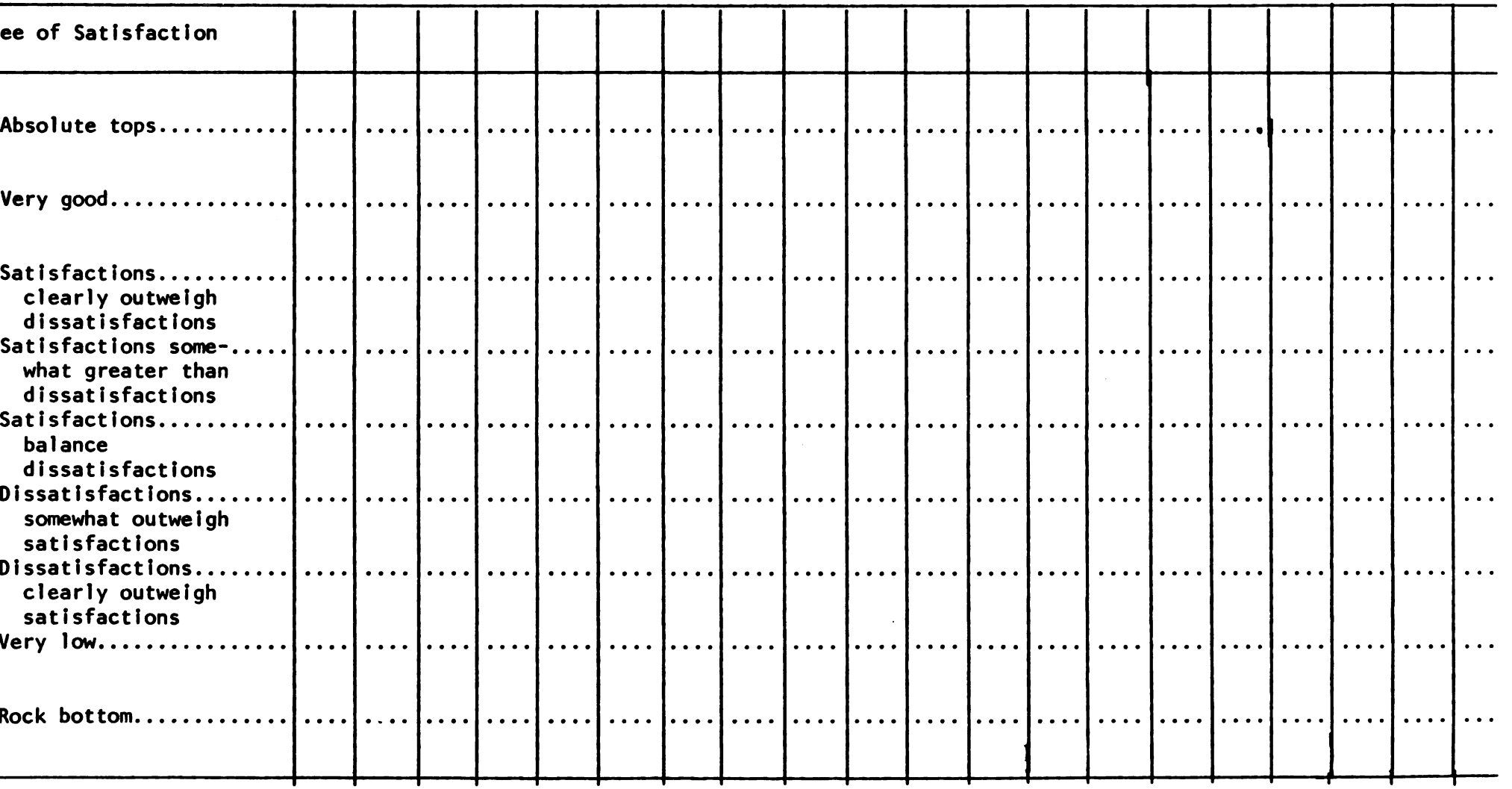
In general, is this situation one

| | | | | |
|---|---|---|---|---|
| a. | that you could change or do something about?..... | Yes ☐ | No ☐ | 35 |
| b. | that must be accepted or gotten used to?..... | Yes ☐ | No ☐ | 36 |
| c. | that you needed to know more about before you could act?..... | Yes ☐ | No ☐ | 37 |
| d. | in which you had to hold yourself back from doing what you wanted to do?..... | Yes ☐ | No ☐ | 49 \| 38 |

If you checked "Yes" more than once, underline the statement which best describes the situation.

Case No._____

LIFE HISTORY PROFILE




R's Age_____

Date _____

# LIFE EVENTS QUESTIONNAIRE

## INSTRUCTIONS

This is a checklist of important events or changes. We would like to know:

(1) which of these events happened to you within the past year,

(2) how you felt about the event when it occurred, and

(3) how much you still think about it now.

Please read down the list and for each event that happened to you within the past year indicate three things:

1. Put a check in the appropriate box in the "Happened" column.

2. In the second column, "Feeling about Event Then," put a check in the appropriate box to indicate how you felt about the event when it occurred, i.e., whether you felt "very happy," "somewhat happy," "somewhat unhappy," or "very unhappy."

3. In the third column, "Still Think About It Now," put a check in the appropriate box to indicate whether you still think about the event "a lot," "some," or "not at all."

Below is an example of a person who was bitten by a shark within the past year, felt "somewhat unhappy" about the event when it occurred, and still thinks "a lot" about the event.

| | Column 1 | Column 2 | | | | Column 3 | | |
|---|---|---|---|---|---|---|---|---|
| | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A lot | Some | Not at all |
| Haunted by a ghost | | | | | | | | |
| Bitten by a shark | X | | | X | | X | | |
| Attacked by leprechauns | | | | | | | | |

| | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
|---|---|---|---|---|---|---|---|---|
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A Lot | Some | Not at all |
| A. EVENTS CONCERNING YOUR HEALTH | | | | | | | | |
| 1. A major change in eating habits | | | | | | | | |
| 2. A major change in sleeping habits | | | | | | | | |
| 3. A major change in smoking habits | | | | | | | | |
| 4. A major change in drinking habits | | | | | | | | |
| 5. A change in your physical appearance | | | | | | | | |
| 6. A change in your usual level of physical activity | | | | | | | | |
| B. EVENTS CONCERNING YOU AND YOUR WORK | | | | | | | | |
| 1. Success and/or awards at work | | | | | | | | |
| 2. A change to a new type of work | | | | | | | | |
| 3. More responsibilities | | | | | | | | |
| 4. Fewer responsibilities | | | | | | | | |
| 5. A promotion | | | | | | | | |
| 6. A demotion | | | | | | | | |
| 7. A transfer | | | | | | | | |
| 8. Spent more time at work | | | | | | | | |
| 9. Spent less time at work | | | | | | | | |

| | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
|---|---|---|---|---|---|---|---|---|
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A lot | Some | Not at all |
| 9. EVENTS CONCERNING YOU AND YOUR WORK (Cont'd) | | | | | | | | |
| 10. Salary increase | | | | | | | | |
| 11. Spouse fired or having problems at work | | | | | | | | |
| 12. A business failure | | | | | | | | |
| 13. Trouble with your boss | | | | | | | | |
| 14. Trouble with other workers | | | | | | | | |
| 15. Not being able to work because of a disability | | | | | | | | |
| 16. Being fired or laid off work | | | | | | | | |
| 17. Quitting your job | | | | | | | | |
| 18. Problems getting a new job | | | | | | | | |
| 19. Retirement from work | | | | | | | | |
| C. EVENTS CONCERNING YOUR FEELINGS AND THOUGHTS | | | | | | | | |
| 1. Feelings of being overwhelmed by difficult life situations | | | | | | | | |
| 2. The realization that you will never attain an important goal | | | | | | | | |
| 3. Unpleasant thoughts or images which keep coming back | | | | | | | | |
| 4. Feelings of intense dislike for someone you deal with often | | | | | | | | |
| 5. Feelings of intense loneliness | | | | | | | | |

| D. EVENTS CONCERNING YOUR DATING LIFE OR MARRIAGE | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
|---|---|---|---|---|---|---|---|---|
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A lot | Some | Not at all |
| 1. Getting engaged | | | | | | | | |
| 2. Breaking up an engagement | | | | | | | | |
| 3. Falling in love | | | | | | | | |
| 4. Falling out of love | | | | | | | | |
| 5. Sexual difficulties | | | | | | | | |
| 6. Breaking up with steady | | | | | | | | |
| 7. Getting married or beginning to live with someone | | | | | | | | |
| 8. More arguments than usual with your spouse | | | | | | | | |
| 9. In-law problems | | | | | | | | |
| 10. Getting along better with your spouse | | | | | | | | |
| 11. Minor problems of adjustment in your marriage | | | | | | | | |
| 12. Separation from your spouse because of job demands | | | | | | | | |
| 13. Spouse beginning or stopping work outside the home | | | | | | | | |
| 14. Spouse retires and begins to stay at home more | | | | | | | | |
| 15. Separation from your spouse due to marital problems | | | | | | | | |
| 16. Going back to your spouse after separation | | | | | | | | |
| 17. Divorce | | | | | | | | |

| | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
|---|---|---|---|---|---|---|---|---|
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A lot | Some | Not at all |
| **D. EVENTS CONCERNING YOUR DATING LIFE OR MARRIAGE (Cont'd)** | | | | | | | | |
| 18. Your spouse died | | | | | | | | |
| 19. Your spouse was hospitalized | | | | | | | | |
| 20. An extra-marital affair | | | | | | | | |
| 21. An unwanted pregnancy | | | | | | | | |
| **E. EVENTS CONCERNING YOUR FAMILY** | | | | | | | | |
| 1. More family responsibilities than usual | | | | | | | | |
| 2. Fewer family responsibilities than usual | | | | | | | | |
| 3. Health problem of a family member (major illnesses, accidents, etc.) | | | | | | | | |
| 4. A miscarriage or abortion experienced by you or your spouse | | | | | | | | |
| 5. Birth of a child, adopting a child | | | | | | | | |
| 6. Your child did very poorly in school | | | | | | | | |
| 7. Your child persistently disobeyed | | | | | | | | |
| 8. Your child ran away or got into serious trouble (drugs, crime, etc.) | | | | | | | | |
| 9. Your child got married | | | | | | | | |
| 10. Your child got divorced | | | | | | | | |
| 11. Loss of child by death | | | | | | | | |

| | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
|---|---|---|---|---|---|---|---|---|
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A lot | Some | Not at all |
| E. EVENTS CONCERNING YOUR FAMILY (cont'd.) | | | | | | | | |
| 12. Intense arguments or disagreements with older children | | | | | | | | |
| 13. Loss of contact with, or separation on bad terms from your children | | | | | | | | |
| 14. A child moving out of the home | | | | | | | | |
| 15. More family get-togethers than before | | | | | | | | |
| 16. Fewer family get-togethers than before | | | | | | | | |
| 17. Relative moving in with you | | | | | | | | |
| 18. The death of a parent, brother or sister | | | | | | | | |
| 19. Giving up a child (for adoption or to a divorced spouse) | | | | | | | | |
| 20. Birth of a grandchild | | | | | | | | |
| F. EVENTS CONCERNING YOU AND PEOPLE NOT OF YOUR FAMILY | | | | | | | | |
| 1. Doing something that alienated you from your friends | | | | | | | | |
| 2. Fewer problems with friends | | | | | | | | |
| 3. Feelings of being seriously disliked by someone | | | | | | | | |
| 4. Loss of a close friend by death | | | | | | | | |
| 5. Separation from a close friend | | | | | | | | |

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Case #_____

| | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
|---|---|---|---|---|---|---|---|---|
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A lot | Some | Not at all |
| **F. EVENTS CONCERNING YOU AND PEOPLE NOT OF YOUR FAMILY (Cont'd)** | | | | | | | | |
| 6. Fewer social contacts than before | | | | | | | | |
| 7. More social contacts than before | | | | | | | | |
| 8. A new close friendship | | | | | | | | |
| 9. Friend moving in with you | | | | | | | | |
| **G. OTHER IMPORTANT EVENTS** | | | | | | | | |
| 1. A move of your home to another town or city | | | | | | | | |
| 2. A move within the same town or city | | | | | | | | |
| 3. Problems finding a new home or apartment | | | | | | | | |
| 4. Home improvement | | | | | | | | |
| 5. Lowering in value or condition of your house and property | | | | | | | | |
| 6. Involvement in a law suit (other than divorce) | | | | | | | | |
| 7. Discrimination because of your sex, race, age, religion or appearance | | | | | | | | |
| 8. Minor violations of the law | | | | | | | | |
| 9. A court appearance for a serious violation | | | | | | | | |
| 10. Being the victim of a criminal act (rape, assault, theft) | | | | | | | | |
| 11. Witnessing violence | | | | | | | | |

| G. OTHER IMPORTANT EVENTS (Cont'd) | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
|---|---|---|---|---|---|---|---|---|
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A lot | Some | Not at all |
| 12. Being held in jail | | | | | | | | |
| 13. Purchases (loans) of more than $10,000 (home, business, property, etc.) | | | | | | | | |
| 14. Purchases (loans) of more than $100 but less than $10,000 (TV, car, etc.) | | | | | | | | |
| 15. Financial difficulties | | | | | | | | |
| 16. Received an inheritance, scholarship, bonus or cash award | | | | | | | | |
| 17. Dependency on welfare or Social Security | | | | | | | | |
| 18. A natural disaster (earthquake, fire, etc.) | | | | | | | | |
| 19. Loss of a personally valued object | | | | | | | | |
| 20. A change in your religious beliefs | | | | | | | | |
| 21. Going to church more often | | | | | | | | |
| 22. Going to church less often | | | | | | | | |
| 23. An accident (automobile, at work, home, etc.) | | | | | | | | |
| 24. Giving up a hobby, sport, etc. | | | | | | | | |
| 25. Becoming more involved in hobbies or sports | | | | | | | | |
| 26. A change in your political beliefs | | | | | | | | |
| 27. Experimenting with drugs other than marijuana | | | | | | | | |

| | HAPPENED PAST YEAR | FEELINGS ABOUT EVENT THEN | | | | STILL THINK ABOUT IT NOW | | |
|---|---|---|---|---|---|---|---|---|
| | | Very happy | Somewhat happy | Somewhat unhappy | Very unhappy | A lot | Some | Not at all |
| G. OTHER IMPORTANT EVENTS (Cont'd) | | | | | | | | |
| 28. Entering the military service | | | | | | | | |
| 29. Leaving military service | | | | | | | | |
| 30. A major decision regarding your immediate future (retirement, etc.) | | | | | | | | |
| 31. An outstanding personal achievement | | | | | | | | |
| 32. A vacation | | | | | | | | |
| 33. A long trip | | | | | | | | |
| 34. Beginning to live alone | | | | | | | | |
| 35. The loss or death of a loved pet | | | | | | | | |
| 36. Obtaining a pet | | | | | | | | |
| 37. Any other event of importance to you (please specify_____) | | | | | | | | |
| H. FOR THOSE OF YOU WHO HAVE BEEN ATTENDING SCHOOL | | | | | | | | |
| 1. A great deal of academic pressure | | | | | | | | |
| 2. Unusually good grades | | | | | | | | |
| 3. Poor grades or failing an important exam | | | | | | | | |
| 4. Dropping out of school | | | | | | | | |
| 5. Reentering school after a period of absence | | | | | | | | |
| 6. Graduation from high school or college | | | | | | | | |
| 7. Beginning college | | | | | | | | |

## INSTRUCTIONS FOR SEMANTIC DIFFERENTIAL

INTERVIEWER READ:

HERE ARE SOME WORDS WHICH ARE OFTEN USED TO DESCRIBE PEOPLE. IN EACH CASE, PLEASE CIRCLE THE NUMBER WHICH COMES CLOSEST TO HOW YOU THINK YOUR _____(name appropriate person) FITS EACH PAIR OF WORD CONTRASTS.

Note: The respondent should rate the items according to how he/she feels at the present time.

For any words that the respondent does not mark, ask why he/she does not want to give a rating.

## MY MOTHER

CIRCLE ONE NUMBER FOR EACH PAIR OF WORDS:

| | | | | | | |
|---|---|---|---|---|---|---|
| GOOD | 1 | 2 | 3 | 4 | 5 | BAD |
| CLEAN | 1 | 2 | 3 | 4 | 5 | DIRTY |
| SLOW | 1 | 2 | 3 | 4 | 5 | FAST |
| HARD | 1 | 2 | 3 | 4 | 5 | SOFT |
| HEAVY | 1 | 2 | 3 | 4 | 5 | LIGHT |
| FAIR | 1 | 2 | 3 | 4 | 5 | UNFAIR |
| EXCITABLE | 1 | 2 | 3 | 4 | 5 | CALM |
| HOT | 1 | 2 | 3 | 4 | 5 | COLD |
| ACTIVE | 1 | 2 | 3 | 4 | 5 | PASSIVE |
| STRONG | 1 | 2 | 3 | 4 | 5 | WEAK |

## MY FATHER

CIRCLE ONE NUMBER FOR EACH PAIR OF WORDS:

| | | | | | | |
|---|---|---|---|---|---|---|
| GOOD | 1 | 2 | 3 | 4 | 5 | BAD |
| CLEAN | 1 | 2 | 3 | 4 | 5 | DIRTY |
| SLOW | 1 | 2 | 3 | 4 | 5 | FAST |
| HARD | 1 | 2 | 3 | 4 | 5 | SOFT |
| HEAVY | 1 | 2 | 3 | 4 | 5 | LIGHT |
| FAIR | 1 | 2 | 3 | 4 | 5 | UNFAIR |
| EXCITABLE | 1 | 2 | 3 | 4 | 5 | CALM |
| HOT | 1 | 2 | 3 | 4 | 5 | COLD |
| ACTIVE | 1 | 2 | 3 | 4 | 5 | PASSIVE |
| STRONG | 1 | 2 | 3 | 4 | 5 | WEAK |

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## MY EX-SPOUSE

CIRCLE ONE NUMBER FOR EACH PAIR OF WORDS:

| | | | | | | |
|---|---|---|---|---|---|---|
| GOOD | 1 | 2 | 3 | 4 | 5 | BAD |
| CLEAN | 1 | 2 | 3 | 4 | 5 | DIRTY |
| SLOW | 1 | 2 | 3 | 4 | 5 | FAST |
| HARD | 1 | 2 | 3 | 4 | 5 | SOFT |
| HEAVY | 1 | 2 | 3 | 4 | 5 | LIGHT |
| FAIR | 1 | 2 | 3 | 4 | 5 | UNFAIR |
| EXCITABLE | 1 | 2 | 3 | 4 | 5 | CALM |
| HOT | 1 | 2 | 3 | 4 | 5 | COLD |
| ACTIVE | 1 | 2 | 3 | 4 | 5 | PASSIVE |
| STRONG | 1 | 2 | 3 | 4 | 5 | WEAK |

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## MY PRESENT PARTNER

CIRCLE ONE NUMBER FOR EACH PAIR OF WORDS:

| | | | | | | |
|---|---|---|---|---|---|---|
| GOOD | 1 | 2 | 3 | 4 | 5 | BAD |
| CLEAN | 1 | 2 | 3 | 4 | 5 | DIRTY |
| SLOW | 1 | 2 | 3 | 4 | 5 | FAST |
| HARD | 1 | 2 | 3 | 4 | 5 | SOFT |
| HEAVY | 1 | 2 | 3 | 4 | 5 | LIGHT |
| FAIR | 1 | 2 | 3 | 4 | 5 | UNFAIR |
| EXCITABLE | 1 | 2 | 3 | 4 | 5 | CALM |
| HOT | 1 | 2 | 3 | 4 | 5 | COLD |
| ACTIVE | 1 | 2 | 3 | 4 | 5 | PASSIVE |
| STRONG | 1 | 2 | 3 | 4 | 5 | WEAK |

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## MYSELF

CIRCLE ONE NUMBER FOR EACH PAIR OF WORDS:

| | | | | | | |
|---|---|---|---|---|---|---|
| GOOD | 1 | 2 | 3 | 4 | 5 | BAD |
| CLEAN | 1 | 2 | 3 | 4 | 5 | DIRTY |
| SLOW | 1 | 2 | 3 | 4 | 5 | FAST |
| HARD | 1 | 2 | 3 | 4 | 5 | SOFT |
| HEAVY | 1 | 2 | 3 | 4 | 5 | LIGHT |
| FAIR | 1 | 2 | 3 | 4 | 5 | UNFAIR |
| EXCITABLE | 1 | 2 | 3 | 4 | 5 | CALM |
| HOT | 1 | 2 | 3 | 4 | 5 | COLD |
| ACTIVE | 1 | 2 | 3 | 4 | 5 | PASSIVE |
| STRONG | 1 | 2 | 3 | 4 | 5 | WEAK |

# APPENDIX B

## DEVELOPMENT OF SELF-CONCEPT FACTORS

A factor analysis was done on the responses to the Adjective Rating Scale (ARS) at baseline and follow-up. (These factors appear in the table on the following page).

The purpose of this analysis was to discover the general properties underlying variables that group together on the ARS.

After this initial analysis, several other analyses were performed. On the basis of these subsequent analyses, the 9 self-concept factors were developed for the present study.

A brief history of this process follows:

1) 4/30/80: BC Try Factor Analysis on ARS (Divorce sample at baseline).

2) 5/7/80: BC Try Factor Analysis on ARS (Divorce sample at follow-up).

3) 7/7/80: The factors from baseline and follow-up were combined into 9 factors (this was not done empirically).

4) 7/16/80: Additional variables were added to the factors which were felt to enhance the meaning of the factors. A BC Try Factor analysis was then done on these factors.

5) 8/30/80: This was the final analysis. These factors were chosen by selecting those items that enhanced the meaning and improved the internal consistency (reliability) of the factors. This was done on the baseline sample.

FACTOR ANALYSIS (BC TRY), ARS, DIVORCE

(baseline and follow-up)

---

Baseline

Factor #1:
unhappy
worried
dissatisfied
self-pitying
undecided
(unworthy)
(dull)
(uninterested)
(restless)

Factor #2:
assertive
bossy
dramatic
rebellious
(impulsive)
(unconventional)
(sarcastic)
(stubborn)
(guileful)
(shrewd)
(competitive)
(reserved)

Factor #3:
disorderly
lazy
absentminded
(ambitious)

Factor #4:
charm
(withdrawn)
warm
likable
friendly
(sophisticated)

Factor #5:
hurt
touchy
embarrassed
(resentful)
(timid)
(defensive)
(suspicious)

Factor #6:
cruel
affected
(hostile)

Factor #7:
confident
(intelligent)
(wise)
self-controlled
versatile
(poised)
(fairminded)
(persevering)
(dependent)
(sincere)
(energetic)
reasonable

FACTOR ANALYSIS (BC TRY), ARS, DIVORCE

(baseline and follow-up)

(continued)

---

Follow-up

Factor #1:
touchy
easily hurt
self-pitying
(embarrassed)
(resentful)
defensive
(suspicious)

Factor #2:
assertive
confident
ambitious
energetic
(timid)
(competitive)
(persevering)
(intelligent)
(withdrawn)
(lazy)
(versatile)
(shrewd)
(imaginative)
(dull)
(disorderly)

Factor #3:
warm
sympathetic
friendly
(sense of humor)
sentimental
(sincere)

Factor #4:
dramatic
(unconventional)
rebellious
(impulsive)
(bossy)
(sarcastic)

Factor #5:
poised
sophisticated
reserved
(charming)
(self-controlled)

Factor #6:
dissatisfied
worried
unhappy
(undecided)
(unworthy)
(absentminded)

Factor #7:
selfish
self-indulgent

Factor #8:
hostile
cruel
(guileful)
(fairminded)

# APPENDIX C

## ADJECTIVE RATING SCALE: INDIVIDUAL RESPONSE ITEMS

### Adjective Rating Scale: Divorce Sample

Sex Differences at Baseline: t-test analyses were obtained on the divorce sample at baseline to determine whether men and women differ in regard to which traits they ascribe to themselves during the impact period of divorce. A t-test between groups (independent samples) yielded only 17 significant response differences out of the 70 adjectives on the checklist. Men were more calm (.001), fair-minded (.031), guileful (.001), shrewd (.024), uninterested (0.13), and wise (.005); women were more sincere (.038). The following trends were found: Men were more competitive (.059), confident (.141), imaginative (.089) and unconventional (.061); women were more helpless (.074), self-pitying (.069), sense of humor (.074), undecided (.149), and warm (.082).

Sex Differences at Follow-up: To examine sex differences three years post-divorce a t-test (independent samples) was computed. Of the seventy variables examined, seven reached significance and eleven showed slight trends. Men were more calm (.006), competitive (.006), guileful (.01), imaginative (.029), reasonable (.001), and shrewd (.046). Women were more unworthy (.035). The trends were

as follows: Men were more confident (.109), intelligent (.122), unconventional (.101), withdrawn (.110), and wise (.149); women were more easily hurt (.097), self-pitying (.1131), timid (.059), friendly (.122), warm (.089), and jealous (.062).

Adjective Rating Scale: Transitions Sample

Sex Differences: The Transitions sample consisted of 216 individuals at four different stages of life. There were 107 men and 109 women. The four different stages represented were: high school seniors, young newlyweds, middleaged parents, and an older group of persons about to retire (see Lowenthal, M. F.; Thurnher, M.; and Chiriboga, D.; Four Stages of Life [1975] for a detailed description of the sample).

The main question addressed in the analysis was: Do men and women differ in regard to which traits they ascribe to themselves after having experienced normative transitions? A question not addressed directly in the analysis, but of interest, was: In what ways will the men and women in the Transitions sample differ in relation to each other from the way men and women differ in relation to each other in the Divorce sample?

The results of the analysis indicated that of the 70 variables compared, only 14 reached significance and 16 showed slight trends. Men were more ambition (.002), asser-

tive (.002), competitive (.001), confident (.000), energetic (.045), imaginative (.01), self-controlled (.041), shrewd (.004), and stubborn (.019). Women were more considerate (.017), disorderly, (.047), easily embarrassed (.002), easily hurt (.008), and timid (.007). The trends were as follow: Men tended to be more affected (.109), calm (.133), frank (.065), guileful (.126), idealistic (.103), versatile (.094), persevering (.06), sincere (.14), unconventional (.057); women tended to be more dull (.116), helpless (.140), charming (.096), sympathetic (.119), undecided (.104), unworthy (.085), and worried (.149).

Discussion

It appears that the traits which the women in the Transitions sample ascribe to themselves (considerate, disorderly, easily embarrassed, easily hurt, and timid) are more reflective of a vulnerable, fragile, introverted self-concept; whereas the traits men ascribed to themselves (ambitious, assertive, competitive, confident, energetic, imaginative, self-controlled, shrewd, stubborn) reflect a strong, extroverted self-concept. These findings indicate that this is a group of people representing traditional stereotypic role and sex differences (i.e. the fragile, weak woman versus the strong, competent man). This sample appears to represent individuals who have taken a more conventional route.

Examination of the Divorce sample shows that at baseline the men were more calm, fairminded, guileful, shrewd, uninterested, and wise than the women in their sample; whereas the women were more sincere. With the exception of "shrewd," the men and women in the Transitions sample differed from each other in entirely different ways than the men and women in the Divorce sample. Seven significant sex differences were found in the Divorce sample and fourteen significant (twice as many) sex differences were found in the Transitions sample. This observation suggests that men and women in the Divorce sample have more similar self-concepts than do men and women in the Transitions sample. It is possible that this similarity in self-concepts could be a function of the divorce experience and, as such, be transitory. Nevertheless, it appears that at the impact period of the divorce process, the stereotypic role and sex differences observed in the Transitions sample are not evident. It's as if a more androgynous self emerges under the stress of separation. It is not clear, however, whether this apparent androgyny was pre-existing in the Divorce sample's self-concept structure or whether it is a result of marital disruption. Since data is available on marital discord within the Transitions sample, it would be interesting to compare the Divorce sample with those individuals in the Transitions sample who were having marital difficulties.

In the follow-up phase of the Divorce sample there were also only seven traits which differentiate the men from the women. This tendency toward androgyny is apparent at both times for the Divorce sample. All of the traits except one (reasonable) found in the males at follow-up appear in the Transitions sample (significantly or as trends). The women in the Divorce sample at follow-up were only higher on the trait of "unworthy" than the men in their sample. This trait appears as a trend (.085) in the women of the Transitions sample. The follow-up Divorce sample ascribes similar traits to themselves as the Transitions sample, suggesting some traces of stereotypic sex differences, but they are fewer. In other words, men and women in the long-term adaptation period of divorce differ in similar ways from men and women going through normative transitions; however, they do not differ in as many ways and therefore appear to be more androgynous. This finding might be explained by the fact that divorce persons often must assume many role-reversal tasks that marriage protected them from.

# APPENDIX D

## t-TESTS: SAMPLE DIFFERENCES ON SELF-CONCEPT FACTORS

### Differences Between the Divorce Sample at Baseline and the Transitions Sample

| Variable | Sample | N | Mean | Probability Level |
|---|---|---|---|---|
| Negative Self | (Transitions | 161 | 1.37 | .0002 |
| | (Divorce | 302 | 1.52 | .0005 |
| Dominant Self | (Transitions | 161 | 1.77 | .0001 |
| | (Divorce | 302 | 1.97 | .0001 |
| Incompetent Self | (Transitions | 161 | 1.54 | .5222 |
| | (Divorce | 302 | 1.57 | .5329 |
| Desirable-Engagable Self | (Transitions | 161 | 2.72 | .9826 |
| | (Divorce | 302 | 2.72 | .9830 |
| Vulnerable Self | (Transitions | 161 | 1.56 | .0001 |
| | (Divorce | 302 | 1.76 | .0001 |
| Hostile Self | (Transitions | 161 | 1.17 | .0042 |
| | (Divorce | 302 | 1.25 | .0047 |
| Masterful Self | (Transitions | 161 | 2.44 | .0225 |
| | (Divorce | 302 | 2.53 | .0213 |
| Self-Oriented | (Transitions | 161 | 1.56 | .0622 |
| | (Divorce | 302 | 1.64 | .0704 |
| Socially Skilled Self | (Transitions | 161 | 2.30 | .9396 |
| | (Divorce | 302 | 2.29 | .9398 |

Differences Between the Divorce Sample at Follow-up and the Transitions Sample

| Variable | Sample | N | Mean | Probability Level |
|---|---|---|---|---|
| Negative Self | (Transitions | 161 | 1.37 | .0153 |
| | (Divorce | 259 | 1.46 | .0170 |
| Dominant Self | (Transitions | 161 | 1.77 | .0001 |
| | (Divorce | 259 | 1.00 | .0001 |
| Incompetent Self | (Transitions | 161 | 1.54 | .6179 |
| | (Divorce | 259 | 1.57 | .6124 |
| Desirable-Engagable Self | (Transitions | 161 | 2.72 | .2176 |
| | (Divorce | 259 | 2.76 | .2133 |
| Vulnerable Self | (Transitions | 161 | 1.56 | .0062 |
| | (Divorce | 259 | 1.64 | .0056 |
| Hostile Self | (Transitions | 161 | 1.17 | .0437 |
| | (Divorce | 259 | 1.23 | .0455 |
| Masterful Self | (Transitions | 161 | 2.44 | .0033 |
| | (Divorce | 259 | 2.55 | .0028 |
| Self-Oriented | (Transitions | 161 | 1.56 | .0700 |
| | (Divorce | 259 | 1.64 | .0755 |
| Socially Skilled Self | (Transitions | 161 | 2.30 | ,3567 |
| | (Divorce | 259 | 2.35 | .3573 |

# APPENDIX E

## DIVORCE SAMPLE: BASELINE TO FOLLOW-UP DIFFERENCES ON ARS ITEMS

### Total Sample Differences Between Baseline and Follow-up

Of the 70 items on the ARS, only seven reached significance and seven showed slight trends. As a group, the divorce sample was more bossy (.028), persevering (.010), charming (.009), and sophisticated (.001); however, they were less dependent (.05), restless (.059), and self-pitying (.023). The following trends were found: They were more feminine-masculine (.093), rebellious (.114), disorderly (.106) and less calm (.108), easily hurt (.076), friendly (.137), and guileful (.114).

### Sex Differences Between Baseline and Follow-up

Changes in male and female responses on the ARS from baseline to follow-up were investigated by doing Z-score transformations on the data and then performing significance tests on each variable. The results for the males indicated that they were more masculine (.043), persevering (.054), charming (.055), and sophisticated (.025); however, they were less dependent (.004) and jealous (.045). The trends were as follow: more competitive (.067) and less affected (.082), unhappy (.067) and unworthy (.064). The results for

the women showed they were more bossy (.015), rebellious (.038), and sophisticated (.019) than they were at time one. The trends were as follows: They were more assertive (.064) and charming (.098); they were less easily hurt (.089), restless (.089), and self-pitying (.073).

Discussion

The results of the analyses between baseline and follow-up suggest that individuals who have undergone marital disruption feel more worldly (sophisticated), strong, aggressive, and more appealing (bossy, persevering, and charming). In addition, they are less dependent, restless, and self-pitying. From these findings, it appears that getting out of a bad marriage improves the way one feels about oneself, and that the poorer self-concept observed at the time of separation is transitory and was a function of the relationship and the loss.

The significance tests of sex differences between baseline and follow-up showed the men to be more masculine, persevering, charming, sophisticated and less dependent and jealous at follow-up. These perceived changes in self-concept seem to reflect a renewed pride and confidence. The women perceived themselves as more bossy, rebellious, and sophisticated at follow-up compared with their view of themselves during separation. These areas of change could have developed in reaction to adverse situations in a problematic

marriage. It is possible that negative feedback from the wife at baseline was integrated into the men's self-concepts so that they felt less masculine, persevering, and charming at the time of divorce than they felt three years later. Similarly, it is possible that a bad marriage made the women feel more helpless and less authoritarian.

# APPENDIX F

## ANALYSIS OF VARIANCE ON MEASURES OF ADAPTATION FOR THE DIVORCE SAMPLE

### Bradburn

This measure was taken from the Bradburn scale and is used as a measure of morale. Scores were derived from responses to the following question:

"Taking all things together, how would you say things are these days--would you say you are very happy, pretty happy or not too happy?

Very happy.....1

pretty happy.....2

not too happy.....3."

| Time | Mean Score | Probability Level |
|---|---|---|
| Baseline | 2.01 | .001 |
| Follow-up | 1.74 | |

Depression

This measure was taken from the Bradburn Scale. Scores were derived from responses to the following question: "During the past week did you ever feel depressed or very unhappy?

No.....1

once.....2

several times.....3

often.....4."

| Time | Mean Score | Probability Level |
|---|---|---|
| Baseline | 2.01 | .0036 |
| Follow-up | 1.78 | |

# APPENDIX G

## BETA WEIGHTS AND F VALUES AT FINAL STEP OF THE REGRESSION

(Baseline Self-Concept Variables Plus Baseline Symptoms as Predictors and Follow-up Symptoms as Criterion)

R square = .46

| Control Variables | Beta | F Value | Probability Level |
|---|---|---|---|
| Symptoms | 0.54 | 127.25 | .0001 |
| Age | -0.01 | 0.03 | .8706 |
| Sex | 1.01 | 2.30 | .1313 |
| Finances | 0.05 | 0.02 | .8972 |
| Children | 0.77 | 1.34 | .2483 |
| Months Separated | 0.01 | 0.00 | .9680 |
| Support | -0.44 | 0.81 | .3702 |
| **Self-Concept Variables** | | | |
| Hostile Self | 2.06 | 4.81 | .0294 |

## SUMMARY OF STEPWISE REGRESSION PROCEDURES

| Step Number | Variable Entered | df | Increment in $R^2$ | F Value | Probability Level |
|---|---|---|---|---|---|
| 0 | (Control Variables plus baseline symptoms forced in) | 7 | .45 | 24.33 | .0001 |
| 1 | Negative Self | 1 | .01 | 4.81 | .0294 |

# APPENDIX H

## SELF-CONCEPT FACTORS AND TYPOLOGIES

### Part Two: Typologies

The following typologies are the result of a BC TRY OTYPE Analysis on the baseline Divorce Data. Out of a sample size of 310, 228 cases are represented in 8 types. The attached graph illustrates the distribution of scores for each factor (mean = 50, standard deviation = 10). N = the number of case in each OTYPE.

TYPE 1: COMPETENT CONVENTIONAL TYPE (N = 51)
The individuals in this type have the lowest score in the "dominant" factor. They also score lowest in hostile self, incompetent self, negative self, and vulnerable self. In addition, they tend to ascribe traits to themselves that constitute the socially skilled, masterful, and desirable-engagable factors. The extremely low score on dominant self means that these persons do not consider the following traits to be like themselves: bossy, dramatic, rebellious, impulsive, unconventional, sarcastic, restless, or stubborn. This group does not score particularly high on any factor and appear to be kind of sociable, self-accepting people with an inner strength and no need to dominate. Possibly, these persons are competent people who present a friendly face to the world, are not self-oriented, and take a safe and unchallenged position in life. With the challenge of divorce and the positive attributes which these individuals possess, they may show great potential for growth and development.

TYPE 2: NONCONFIDENT UNDESIRABLE TYPE (N = 22)
The most notable feature about this typology is the low score on the desirable-engagable factor. In contrast, the seven other types tend to ascribe this characteristic to themselves. These people do not feel likable or effective (lowest score on masterful self). It also appears that they are unhappy, incompetent and hostile. These persons are most likely having difficulties at both work and in social relations which suggests that they are at risk in terms of their ability to adapt to the divorce process. On the other hand, perhaps these persons

are harder on themselves than on anyone. In this case we would expect to find a large discrepancy between their self-reported scores on the ACL and the interviewer rated scores on the ACL.

TYPE 3: UNSOPHISTICATED UNHAPPY TYPE (N = 34)
This group of persons feels vulnerable, unhappy, disorderly, and unsophisticated. While they do not feel happy and tend to be somewhat fragile and self-absorbed, they do feel likable and score above the mean on dominant self. It is possible that this group of individuals is somewhat unworldly and has been shattered by the divorce process. This group may have the potential for both growth and deterioration (perhaps depending on stage of life and sex).

TYPE 4: UNSELFISH CONFIDENT TYPE (N = 30)
These people do not score particularly high on anything; they score highest on dominance, desirable-engagable self and sense of mastery. They are not selfish (lowest score on self-oriented factor), vulnerable or hostile and do not feel unhappy with themselves. One can picture this type as being kind of nice folks, reasonably sure of themselves, but not overly confident.

TYPE 5: FRIENDLY SOPHISTICATES (N = 32)
These individuals scored highest on the socially skilled and desirable-engagable factors. They tend to have a favorable self-image, feel masterful, are not unhappy or hostile, but they feel vulnerable. Since these types are based on baseline data, it is possible that this vulnerability is transient and, as such, may not prove to be an impediment to their adjustment to divorce.

TYPE 6: COMPETENT SELF-ORIENTED TYPE (N = 31)
This type scored highest on masterful self. They tend to view themselves as self-oriented, dominant, desirable-engagable, and socially skilled. These people tend to be selfish, feel in control, and do not feel vulnerable. This type reminds one of the self-made man, the assertive-aggressive type who thinks he is tough. The low vulnerability at the time of divorce may suggest a defensive style which is used as a coping mechanism to become more masterful.

TYPE 7: HOSTILE VULNERABLE TYPE (N = 19)
These persons score highest on the vulnerability factor and the highest score within this type is in the hostile factor. It appears that these individuals are very angry and resentful yet conflicted, as witnessed by their high scores on vulnerability and high dissatisfaction with themselves. Perhaps they are shattered by the divorce or, on the other other hand, perhaps these traits made them unfit marriage partners.

TYPE 8: SELF-ORIENTED HOSTILE TYPE (N = 9)
This group scored highest on the following factors: self-oriented, hostile self, and dominant self. It appears that these people are angry, aggressive, and selfish. In spite of this, they tend to feel somewhat good about themselves. Perhaps these people are manipulators and have sociopathic tendencies or possibly narcissistic and hostile. At any rate, they seem to be people to watch out for.

# APPENDIX I

## COMPARISONS OF MEAN LEVELS OF SYMPTOMS BY OTYPE

## (Analysis of Variance)

The purpose of these analyses was to see how useful OTYPES are in differentiating outcome. These results should help resolve the issue of whether to use OTYPES or factor scores as measures of psychological resources.

RESULTS:
Analysis of Variance by OTYPE for Symptoms yielded a significant F Value (below .05).

DISCUSSION:
Significant differences are found among the OTYPES for Symptoms at T1 and T2. Those persons who were rejected from the OTYPE classification have been assigned a zero OTYPE. The zero group turned out to be extremely high in Symptoms (T1 and T2). In fact, examination of the means suggests that this group has the most pathology and therefore, may represent the high risk group. Since the rules that govern the composition of the OTYPES cannot be applied to this group of rejects and since they are the most important group to examine, this presents a problem. Perhaps, just looking at factors and their contribution to adaptation would tell us the most about what self-characteristics buffer and which attenuate adjustment to a major life stress such as divorce. This also may adapt better to the purposes of psychotherapeutic interventions, postdivorce adjustment groups, etc., where it's clear that the individual is stressed and perhaps symptomatic and certain characteristics of the self must be explored and worked on. Using the OTYPES identifies a certain self profile and in that sense represents the complexity of the self in a more realistic way than the one dimensionality of a single factor; however, as already mentioned, its application is more difficult and perhaps harder to generalize.

# APPENDIX J

## BETA WEIGHTS AND F VALUES AT FINAL STEP OF THE REGRESSION

(Baseline Self-Concept Variables as Predictors and Baseline Bradburn as Criterion)

R square = .32

| Control Variables | Beta | F Value | Probability Level |
|---|---|---|---|
| Age | -.012 | 11.44 | .00 |
| Sex | .153 | 4.56 | .03 |
| Finances | .006 | .02 | .90 |
| Children | -.046 | .38 | .54 |
| Support | .063 | 1.39 | .24 |
| Months Separated | .023 | 1.97 | .16 |
| **Self-Concept Variables** | | | |
| Negative Self | -.687 | 56.46 | .00 |
| Ego Diffusion | .006 | 4.92 | .03 |

## BETA WEIGHTS AND F VALUES AT FINAL STEP OF THE REGRESSION

(Baseline Self-Concept Variables as Predictors and Baseline Depression as Criterion)

R square = .25

| Control Variables | Beta | F Value | Probability Level |
|---|---|---|---|
| Age | .002 | .21 | .65 |
| Sex | .227 | 3.66 | .06 |
| Finances | .017 | .05 | .82 |
| Children | .104 | .72 | .40 |
| Support | -.099 | 1.25 | .26 |
| Months Separated | -.034 | 1.54 | .22 |
| **Self-Concept Variables** | | | |
| Negative Self | .793 | 32.68 | .00 |
| Self-Criticism | .034 | 15.30 | .00 |
| Incompetent Self | -.309 | 6.34 | .01 |

APPENDIX K

Intercorrelations of Ego Diffusion with Baseline and Follow-up Variables

<----------Females----------><----------Males---------->

| Baseline Variables | Baseline Ego Diffusion | Follow-up Ego Diffusion | Follow-up Variables | Baseline Ego Diffusion | Follow-up Ego Diffusion | Baseline Variables | Baseline Ego Diffusion | Follow-up Ego Diffusion | Follow-up Variables | Baseline Ego Diffusion | Follow-up Ego Diffusion |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Negative Self | .31** | .21** | Negative Self | .15 | .33** | Negative Self | .26** | .11 | Negative Self | .26** | .31** |
| Dominant Self | .12 | .11 | Dominant Self | .01 | -.12 | Dominant Self | .04 | .05 | Dominant Self | -.23* | -.09 |
| Incompetent Self | .26** | .21** | Incompetent Self | .19* | .31** | Incompetent Self | .33** | .33* | Incompetent Self | .26** | .39** |
| Desirable-Engagable Self | -.29** | -.27** | Desirable-Engagable Self | -.11 | -.41** | Desirable-Engagable Self | -.42** | -.15 | Desirable-Engagable Self | -.05 | -.39** |
| Vulnerable Self | .20** | .16* | Vulnerable Self | .02 | .13 | Vulnerable Self | .32** | .10 | Vulnerable Self | .12 | .30** |
| Hostile Self | .25** | .12 | Hostile Self | .01 | .21** | Hostile Self | .29** | .09 | Hostile Self | -.07 | .34** |
| Masterful Self | -.15* | -.18* | Masterful Self | -.14 | -.29** | Masterful Self | -.39** | -.38** | Masterful Self | -.25** | -.49** |
| Self-Oriented | .24** | .12 | Self-Oriented | -.04 | .13 | Self-Oriented | .12 | .04 | Self-Oriented | .02 | .08 |
| Socially Skilled Self | -.28** | -.06 | Socially Skilled Self | -.24** | -.17* | Socially Skilled Self | -.27** | -.18 | Socially Skilled Self | .00 | -.27** |
| Self-Criticism | .25** | .10 | Self-Criticism | .14 | .10 | Self-Criticism | -.09 | .14 | Self-Criticism | .06 | .13 |
| Ego Diffusion | 1.00 | .39** | Ego Diffusion | .39** | 1.00 | Ego Diffusion | 1.00 | .20* | Ego Diffusion | .20* | 1.00 |
| I-R Correlation | -.03 | -.17 | I-R Correlation | -.20* | -.15 | I-R Correlation | -.09 | -.14 | I-R Correlation | .10 | .07 |
| Finances | .02 | .02 | Finances | -.07 | -.03 | Finances | .06 | .22* | Finances | .03 | .04 |
| Children | .01 | -.10 | Children | .04 | .01 | Children | -.05 | -.05 | Children | -.05 | -.01 |
| Support | .01 | -.01 | Support | -.08 | .12 | Support | -.17 | .03 | Support | -.20 | .12 |
| Months Separated | .08 | -.02 | Remarriage | -.14 | -.10 | Months Separated | -.03 | -.13 | Remarriage | .05 | -.05 |
| Symptoms | .08 | .21** | Symptoms | .05 | .20* | Symptoms | .14 | .14 | Symptoms | .05 | .28** |

* $P \leq .05$ ** $P \leq .01$

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