

Request #: 657 - HDFS - Thesis

Mattering and Attachment: A Bilateral Association that Underlies Relationship Outcomes

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Background

This thesis has been curated to highlight the intricate, dyadic effects of romantic relationship variables. Overall, the aim of this study is to provide individuals, couples, families, and clinicians with better understanding of attachment and mattering constructs, ultimately creating plausible explanations and directions for interventions that will enhance bonding and connection within romantic relationships, as well as case conceptualization and therapeutic effectiveness for mental health professionals.

Sample

We have currently collected 94 quantitative, dyadic responses (94 couples, 188 responses). Data collection ends this week and we anticipate our sample size to be shortly over 100 couples by the time of our appointment.

Hypothesis

Research Question 1: What is the relationship between an individual's attachment strategies (avoidance and anxiety) and their sense of mattering?

Relevant Variables: IV: attachment styles (anxious or avoidant; 7-point likert scale) DV: perceived mattering (5-point likert scale)

Testable Hypothesis: Hypothesis 1: those higher in attachment anxiety will report lower levels of mattering. Hypothesis 2: those higher in attachment avoidance will report higher levels of mattering.

Research Question 2: How does one partner's attachment strategies relate to their partner's sense of mattering?

Relevant Variables: IV: attachment styles (anxious or avoidant; 7-point likert scale) DV: partner's perceived mattering (5-point likert scale)

Testable Hypothesis: Hypothesis 3: individuals who have a partner with higher attachment anxiety will perceive higher mattering from their partner. Hypothesis 4: individuals who have a partner with higher attachment avoidance will perceive lower mattering from their partner.

Research Question 3: How does attachment (avoidance and anxiety) and mattering relate to couple-related outcomes, including couple satisfaction and couple communication patterns?

Relevant Variables: IV: attachment styles (anxious or avoidant; 7-point likert scale) DV: couple satisfaction (6-point likert scale); couple communication patterns (9 point likert scale); anxiety (7 point likert scale); depression (9 point likert scale). Mediator: perceived mattering (5-point likert scale)

Testable Hypothesis: Mattering will mediate the associations between attachment insecurity, mental health, couple satisfaction, couple communication patterns, and potential covariates (e.g. demographic variables).

Progress

Most of the data has been paired dyadically already. Couple's responses have been matched together for those who have submitted. No analyses have been ran. Further cleaning is needed.

Request

We would first like to have guidance with data planning/cleaning and recommendations for getting the data organized for statistical analyses. In addition, we also hope to receive guidance on what statistical software would best fit our research purposes and hypothesis, given the dyadic nature of our data.

Timeline

I hope to defend my thesis on May 4th. Analyses and write ups will be expedited to the best of our ability on our end.