

macy accounted for 37% $F(1,32) = 18.03, p < .001$, and 24%, $F(1,32) = 10.05, p < .01$, of the couples' posttreatment and follow-up levels of intimacy, respectively. Couples' alliance was also found to be related to therapist ratings of improvement at termination, $r(32) = .36, p < .05$, accounting for 13% of the variance, $F(1,32) = 4.75, p < .05$. A strong alliance at the end of the third session predicted higher levels of couples' marital satisfaction and amount of change (gains) in marital satisfaction at termination and at follow-up. It also predicted higher levels of intimacy at termination and follow-up and therapist ratings of improvement. A positive association between therapist experience and couple alliance level was found but was not statistically significant, $r(32) = .23, p > .05$.

Given the findings on alliance as a predictor of outcome, analyses were conducted to examine which couples established a strong alliance. Considering the predictor variables, only couples' initial trust score was found to be significantly related to level of alliance, accounting for 13% of the variance, $F(1,32) = 4.43, p < .05$. Initial level of marital satisfaction was not significantly related to the couple's alliance level, $r(32) = -.00, p > .05$. The level of distress did not hinder or facilitate the quality of the alliance made with the therapist.

Table 1
Multiple Regression of Predictor Variables on Couples' Posttreatment Marital Satisfaction Level

Variables	Cdas2(DV)	B	B	R square change (incremental)
Couple Pretreatment Mean Marital Satisfaction Level	.35*	.542	.349	.12*
Couple Mean Alliance Level	.47**	.336	.475	.23**
Couple Mean Proximity Seeking (Attachment)	.36*	1.447	.271	.06
Male Proximity Seeking (Attachment)	.37*	1.182	.282	.07
Couple Mean Trust Level	.37*	.108	.234	.03
Male Trust Level	.34*	.078	.210	.03
Couple Mean Faith (Trust)	.41*	.556	.304	.07
Female Faith (Trust)	.40*	.537	.309	.08
Traditionality	.04	.318	.133	.01

Note. Cdas2 = Couple Mean Posttreatment Marital Satisfaction Level; separate regression analyses were conducted for each variable significantly correlated with Cdas2. Couple mean pretreatment marital satisfaction level accounted for 12% of variance in posttreatment marital satisfaction level. Alliance level (couple mean) accounted for 23% of variance in couple posttreatment marital satisfaction level. * $p < .05$. ** $p < .01$.

Table 2
Multiple Regression of Predictor Variables on Couples' Follow-up
Marital Satisfaction Level

Variables	Cdas3(DV)	B	ß	R square change (incremental)
Couple Pretreatment Marital Satisfaction Level	.20	.316	.201	.04
Couple Mean Alliance Level	.53**	.383	.534	.29**
Female Faith Level (Trust)	.44*	.735	.416	.15**
Couple Mean Faith Level (Trust)	.35*	.597	.321	.08
Traditionality	.12	.304	.124	.05

Note. Cdas3 = Couple Mean Follow-Up Marital Satisfaction Level; separate regression analyses were conducted for each variable significantly correlated with Cdas3. Couple mean alliance level accounted for 29% of variance in couples' follow-up marital satisfaction level. Female level of faith accounted for 15% of variance in couples' follow-up marital satisfaction level. * $p < .05$. ** $p < .01$.

DISCUSSION

Results of this study indicate that the couples most likely to be satisfied after 12 sessions of EFT and at follow-up were couples who made a positive alliance with the therapist and, more specifically, who saw the tasks of EFT, which promote emotional engagement, as relevant to their problems. Couples satisfied at follow-up tended to contain females who reported a higher level of trust in the form of faith in their partner at intake. Initial levels of marital satisfaction were found to be generally less predictive of outcome than might be expected on the basis of previous studies examining predictors of success in marital therapy. The most powerful predictors of intimacy levels at follow-up were pretreatment levels of intimacy and therapeutic alliance. At follow-up, females' faith in their partner predicted males' intimacy, and females' level of emotional self-disclosure of apathy predicted their own level of intimacy. Males were more likely to be satisfied at termination if they reported more proximity seeking on the attachment measure at the initial assessment. At follow-up, males who were satisfied tended to be older and to be perceived as more trustworthy by their spouse. The couples most likely to make gains that were significant at follow-up tended to report lower initial marital satisfaction and higher alliance levels and to contain male partners who at intake reported that they made less use of their attachment figure on the attachment measure. As individuals, older males were likely to show the largest gains in marital satisfaction; also, males rated by their partner as emotionally inexpressive on the disclosure measure tended to make the most gains in satisfaction by the end of treatment. Only alliance scores predicted therapist ratings of improvement.

It is interesting to note that older men made more gains and were more likely to be