

**Free to be Me with You:
Development of the Individuality in Couples Questionnaire**

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Consistent with *Transparency and Openness Promotion (TOP) Guidelines* we report our sample size, data exclusions, and study measures. All research materials, analysis code, and data for this project are available by emailing the corresponding author. The final version of the *Individuality in Couples Questionnaire (ICQ)* and scoring procedures are available as supplemental material and can be accessed free of charge by contacting the corresponding author. This study's design and analysis were not pre-registered.

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Author Contributions

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Abstract

Despite multiple theories and treatment modalities emphasizing the importance of individuality in couple relationships, the field is lacking a reliable and valid measure of this construct. In the present study, we developed the *Individuality in Couples* (ICQ) questionnaire and demonstrated its strong psychometric properties across two samples of participants in committed intimate relationships (Sample 1 = 580 undergraduates; Sample 2 = 445 community members). The ICQ is comprised of 25 items that can be combined into a reliable total score to measure individuality in the context of couple relationships (i.e., the extent to which someone feels respected by their partner for their individuality and experiences personal autonomy in the relationship). Scores on the ICQ demonstrated high internal consistency, excellent construct replicability, convergent and divergent validity with measures of other relationship dimensions (i.e., intimacy, support, sexual satisfaction, psychological aggression, communication), criterion validity with measures of relationship satisfaction and partner health, and incremental predictive validity for explaining relationship satisfaction and partner well-being when controlling for other relationship dimensions. Results suggest that *individuality in couples* is largely a unidimensional construct that is distinct from more severe patterns of control and coercion characteristic of psychological aggression. The ICQ holds promise for identifying and promoting dynamics essential for healthy couple relationships.

Keywords: Scale, Individuality, Couples, Respect, Autonomy

Public Significance Statement

The *Individuality in Couples* (ICQ) questionnaire is comprised of 25 items that measure the extent to which someone feels respected by their partner for their individuality and experiences personal autonomy in the relationship. The ICQ demonstrated excellent reliability and validity and holds promise for understanding how to best promote healthy dynamics in couple relationships and enhance the health of each partner.

Free to be Me with You: Development of the Individuality in Couples Questionnaire

Most adults enter into a committed intimate relationship at least once during their lifetimes and can benefit greatly from the sense of connection and security that can result from this unique bond. Yet, it can be challenging to maintain a sense of autonomy and individuality, separate from one's role and identity as an intimate partner. It can also be difficult to balance the demands of the relationship (e.g., finding time to spend together, providing support to one's partner when they are distressed) with one's own individual needs (e.g., time spent with friends, pursuing personal career goals, carving out alone time) (Slotter et al., 2014). Further, humans have an inherent need to feel accepted and embraced for who they are as a unique person and appreciated for their strengths and individuality and accepted even with their weaknesses and vulnerability (Baumeister, 2022; Baumeister & Leary, 1995). If someone feels undervalued for their individuality by their intimate partner—or feels as though they cannot be their authentic selves—this is likely to undermine the health of both the relationship and the individual.

While several seminal theories (e.g., family systems, attachment theory, need-to-belong) converge on the idea that respect for “individuality” in close relationships is equally as important as closeness and connectedness (Baumeister & Leary, 1995; Marvin et al., 2016; Minuchin, 2012), the specific manifestations of individuality in couples are absent from these theories. One of the reasons for this critical theoretical gap is that no valid and reliable scale of individuality in couples exists. The present work provides a first step toward addressing this major oversight in the literature by integrating contemporary scholarship on individuality and couples (e.g., Bell, 2021; Lawrence et al., 2011) to develop the individuality in couples questionnaire. The development of such a measure could provide the foundation for theoretical refinement around individuality in couples (e.g., dimensionality; core indicators; critical predictors, outcomes, mechanisms, and moderators).

Accumulating Evidence for the Importance of Individuality in Couple Relationships

Individuation is considered a normative and healthy development process, often studied in adolescence, whereby an individual differentiates from the family system and engages in

individual pursuits (Bowen, 1993; Minuchin, 2012; Snir & Wiseman, 2013). In adult intimate relationships, individuation is characterized by clear interpersonal boundaries (e.g., limits on time spent together), respect for individual ideas and opinions of each partner, and validation of one another as unique individuals (Bell, 2021). In contrast, a lack of individuation can occur in relationships characterized by less clear differentiation of partners, what is sometimes referred to as enmeshment or symbiosis. In cases of enmeshment, one's partner is viewed as "who I need you to be, rather than as a person with thoughts, feelings, or ideas that may be different from my own" (Bell, 2021). In these relationships, differences in opinions, beliefs, or feelings are not tolerated. As aptly summarized by Bell (2021), "An individuated relationship involves clear interpersonal boundaries—respect for each person's individuality and personal autonomy."

Although individuation is a core concept in many family theories, it is not widely studied in couple relationships, so the specific experiences and behaviors representing individuation in couples is less clear. Nonetheless, researchers have discussed processes related to individuation. For example, research has demonstrated that a key mechanism of change in couple interventions (e.g., *Integrative Behavioral Couple Therapy*, *The Marriage Checkup*) is promoting an accepting atmosphere in the relationship (Cordova et al., 2014). That is, each partner is encouraged to adopt an accepting stance toward partner behaviors in service of developing more adaptive patterns of responding as a couple. If each partner feels comfortable being authentic, without fear of criticism, this creates a safe emotional climate that is critical for fostering healthy relationship dynamics. Other work has demonstrated that interpersonal acceptance across close adult relationships (i.e., parent, best friend, romantic partner) is associated with positive outcomes (e.g., better mood and life satisfaction; Lac & Luk, 2019). Mutual respect for differences (e.g., age, culture, unique preferences) between partners has been proposed as an essential element of a healthy intimate relationship (Eckstein et al., 2014). Other work suggests that respect for autonomy (i.e., regard for autonomous action or decision-making) prevents unhealthy patterns of codependency and destructive power and control dynamics in couple relationships (Osamor & Grady, 2018).

Research implementing the *Relationship Quality Interview* (RQI; Lawrence et al., 2011) also highlights the potential importance of individuality in couples. The RQI is a semi-structured interview designed to capture multiple dimensions of relationship quality, using concrete behavioral indicators, and includes a domain measuring *power and control* dynamics in the relationship. Specifically, this domain assesses a couple's ability to share power and control and considers the extent to which each partner feels respected as a competent and independent adult, accepted for who they are as a person, and free to pursue individual interests (e.g., scheduling one's own day). Thus, the RQI taps into key aspects of individuality along with other features of a power imbalance such as control and coercion (e.g., one person makes most of the decisions and actively restricts the other person's freedom).

Research applying the RQI suggests that power and control dynamics in couples – including key features of individuality such as respect and autonomy – have important implications for family functioning. For example, in a sample of mixed-sex couples, a less controlling and more respectful relationship during the transition into marriage was associated with lower levels of men's depression and anxiety symptoms across the first 7 years of marriage (Brock & Lawrence, 2011). In a sample of pregnant couples, less control measured with the RQI was associated with higher levels of global intimate relationship satisfaction (Ramsdell et al., 2019) and lower levels of depressive symptoms (Brock et al., 2020). Further, following childbirth, infants exhibited less socioemotional dysfunction when parents engaged in fewer controlling and disrespectful behaviors during pregnancy (Ramsdell & Brock, 2021), even when accounting for parent bonding with infant. Finally, decreases in control have been linked with subsequent increases in emotional intimacy (Manvelian et al., 2021).

Developing a Questionnaire of Individuality in Couple Relationships

Given the potential importance of individuation in couple relationships, we aimed to develop an internally consistent, validated, and economical self-report questionnaire. Based on contemporary theorizing on individuality in couples (Bell, 2021; see also Lawrence et al., 2011; see also Brock & Lawrence, 2011) and closely related constructs (Cordova et al., 2014; Eckstein

et al., 2014; Osamor & Grady, 2018), we conceptualized individuality as the extent to which someone feels *respected for their individuality by their partner and experiences personal autonomy in the relationship*. That is, each partner will perceive the degree to which they are free to be themselves in the context of the intimate relationship. Building on past work and seminal theories of individuation in close relationships, we identified two central features of this construct that map onto core experiences and behaviors of individuality in couples. The first feature is ***respect for individuality*** from one's partner, which we operationalized as feeling valued and appreciated as an individual (e.g., valued my opinions and ideas; open to learning new things from me), accepted (e.g., embraced as a complex human being), esteemed for my uniqueness (e.g., praised and celebrated for strengths and accomplishments; admired by my partner), comfortable being open and authentic with individual weaknesses and vulnerabilities (accepted for flaws), and equity (e.g., feeling like part of a team). The second feature is ***autonomy support***, which includes a sense of personal space in the relationship and partner support of individual pursuits (e.g., freedom and encouragement to pursue personal interests and passions without fear of judgment or rejection). Although we anticipated that respect for individuality and autonomy support reflect two important features of individuality, and generated items capturing both of these features, we ultimately conceptualized individuality in couple relationships as a unitary construct.

Consideration of Related Constructs. An essential step in scale development is consideration of the larger nomological network of variables related to the focal construct (Clark & Watson, 2019); therefore, we identified other dimensions of intimate relationships that we anticipated would be closely related to, but also sufficiently distinct from, individuality. First, poor individuation in relationships can co-occur with more destructive behaviors characteristic of *a coercive and controlling relationships*, which can lead to patterns of “intimate terrorism” (Johnson, 2008). For example, one person might make belittling or demeaning comments toward their partner, show contempt or disgust, or make threats to control and restrict the freedom of their partner. We propose that these destructive behaviors might be present in the context of a

relationship that is lacking individuation, but not necessarily. Indeed, some couple relationships might be devoid of overtly aggressive dynamics but one or both partners could still feel a sense of enmeshment in the relationship. Given the potential for coercive control to be another form of poor individuation, we generated items reflecting coercive behaviors to examine alongside items consistent with our core conceptualization of individuality in couples.

Second, *emotional intimacy* (i.e., a close intimate bond) in the relationship can support individualization because emotional connectedness helps to regulate autonomy and efforts toward independence (Gavazzi & Sabetelli, 1990). Further, feeling like there is space to be authentic in a relationship and engage in individual pursuits is likely to promote emotional intimacy. For example, there is evidence that decreases in control dynamics (which undermine individuality) predict subsequent increases in emotional intimacy in married couples (Manvelian et al., 2021). Thus, we administered validated measures of emotional intimacy to examine convergent/divergent validity with our new scale.

Third, autonomy support may be related to, yet distinct from the construct of *social support*. Social support refers to one partner providing aid (e.g., listening and validation of emotions, offering to help address the problem) when the other partner is feeling down, having a bad day, or coping with a stressor (Brock & Lawrence, 2010). In contrast, autonomy support refers to encouragement of individual pursuits or interests (McCurdy et al., 2020). Thus, behaviors intended to promote independence (i.e., autonomy support) are essential to individuality in couple relationships and are conceptualized as distinct from efforts to alleviate partner distress (i.e., social support). Thus, we also included measures of partner support to facilitate validation of our new scale of individuality in couples.

In summary, the purpose of the present paper was to create and examine the psychometric properties of the novel *Individuality in Couples Questionnaire* (ICQ). We first developed a large item pool to ensure that the ICQ captured the core facets of individuality in couples (i.e., respect for individuality; autonomy support) that we identified by integrating the limited work in this area (Bell, 2021; Lawrence et al., 2011; see also Cordova et al., 2014;

Eckstein et al., 2014; Osamor & Grady, 2018). We then completed an exploratory factor analysis in a large sample of undergraduates with a wide range of relationship durations (i.e., one month to several years). Next, the factor structure of the ICQ was examined with a separate community sample using latent variable modeling to ensure that the factor structure from the EFA held for people in more committed, long-term relationships as well as for people from more diverse backgrounds than undergraduate students. We also examined the validity of the ICQ with the community sample. Finally, at every step of the process, efforts were made to retain the necessary items to maintain the ICQ's strong psychometric properties while minimizing participant burden (e.g., cutting unclear, uninformative, or redundant items).

Sample #1 Method: Undergraduate Students

Undergraduate students completing introductory and upper-level psychology courses were recruited using the {BLINDED FOR REVIEW} psychology department participant pool. To be eligible, participants were 18 years of age or older and in a self-identified romantic relationship of at least 1 month duration. A total of 590 undergraduate students consented to participate in the study; three participants consented but did not complete the survey and another seven failed attention checks (i.e., unrealistic response time) for a final sample of 580. On average, participants were 20.01 years of age ($SD = 2.41$). Most of the sample identified as White (85.9%), not Hispanic or Latino (93.1%), female (83.1%), and heterosexual (91.9%). Students were in various stages of their education (34.1% freshman, 22.4% sophomore, 22.6% junior, 20.9% senior). The average relationship duration was 23.88 months ($SD = 24.22$). Most participants reported that they were dating their partners (95.5%) with 3.3% reporting they were engaged and 1.2% reporting they were married. Only 13.8% were cohabiting.

We obtained institutional review board approval. Participants consented from home via Qualtrics and were redirected to an online survey that included the 160 items generated to assess individuality in couple relationships (see Phase 1 of Scale Development and Results section). Items are listed in Table S1. Participants received the following instructions: "Thinking about interactions with your partner over the **past month**, please rate the extent to which you agree

with each of the following statements as it applies to you and your relationship. If you aren't sure how to respond to an item, are confused about an item, or don't think an item applies to your relationship, please select "don't know." However, please do your best to respond to each item with the 1-5 agreement scale." For each item, participants used the following response scale: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree, 6 = don't know. Responses of "6" were tallied to assess item clarity but were recoded to missing for subsequent analyses. Participating students received course credit as compensation.

Sample #2 Method: Community Sample

Participants and Procedures

Participants were recruited using flyers and social media posts. Eligibility criteria included (a) 19 years of age or older, (b) English speaking, (c) in a committed romantic relationship of at least six months in duration, and (d) to the best of their knowledge, their partner had not participated in this study (to minimize interdependence among the data). A total of 465 individuals enrolled, but 20 were excluded given they did not complete the survey (despite consenting), for a final sample of 445.

On average, participants were 30 years of age ($SD = 9.31$; range = 19-69). Most participants (65.4%) identified as female/woman, followed by 29.9% of participants identifying as male/man, 3.4% as genderqueer/gender non-conforming/non-binary, 0.9% as transgender man, and 0.4% as transgender woman. Most of the sample reported their sexual orientation as heterosexual/straight (84%) while 8.3% identified as bisexual, 2.5% as lesbian, 1.8% as pansexual, 1.6% as gay, 1.6% as queer, and 0.2% as asexual. The sample primarily identified their race as White (86.7%), while 5.6% identified as more than one race, 5.2% as Asian, 1.6% as Black or African American, and 0.9% as American Indian or Alaskan Native. 8.3% of the sample identified as Hispanic or Latino/a. Over half of the sample (66.3%) was college educated. Modal annual household income was more than \$100,000 (23.6% of the sample) with endorsed income categories ranging from \$0-\$10,000 to more than \$100,000. All participants were in self-defined committed intimate relationships of at least 6 months duration, consistent with inclusion

criteria. The average relationship duration was 87.49 months ($SD = 93.55$). Nearly half of the sample was married to their partner (47.6%); 11.2% were engaged; 41.1% were dating but neither married nor engaged. 72.1% of participants were cohabiting with their partners. Relative to Sample #1 (undergraduate), Sample #2 (community) included participants who were, on average, older, $t = 22.08$, $p < .001$, in longer-term relationships, $t = 13.99$, $p < .001$, and more likely to be married, $z = 17.98$, $p < .001$. Sample #2 had more diversity with regard to sexual and gender identity; participants were less likely to identify as straight, $z = -3.90$, $p < .001$, and as a cisgender woman, $z = -6.53$, $p < .001$, relative to participants in Sample #1.

We obtained institutional review board approval. Participants consented from home via Qualtrics and were redirected to an online survey. Participants completed the 160 items designed to assess individuality in couple relationships, along with a series of questionnaires for validity analysis (described in detail below). Following completion of the survey (approximately 60-90 minutes in duration), participants were prompted to schedule a 30-minute follow-up interview on the telephone during which they completed a semi-structured interview about their intimate relationship for further validity analyses. Participants were compensated \$35 for all study procedures and their names were entered into a raffle to win an iPad.

Measures of Convergent and Divergent Validity

Semi-structured interview. The *Relationship Quality Interview* (RQI; Lawrence et al., 2011) is a semi-structured interview enabling functional analyses of relationships over the past 6 months across multiple relationship domains. We administered the section on *power and control*, which includes consideration of respect and autonomy. Behaviorally specific indicators (e.g., "to what extent does your partner limit your freedom to do the things you really want to do?") facilitated relatively objective ratings. Interviewers make a rating on a scale ranging from 1 (participant is not treated as a competent person; there is extreme disrespect and control; one partner makes the majority of the decisions in the relationship) to 9 (participant is treated as competent; high respect and no control; joint decision making). The RQI has demonstrated strong reliability and validity (Lawrence et al., 2011). Interviewers completed training in reliable

coding and participated in consensus and recalibration meetings. Approximately 20% of the interviews were double-coded to evaluate interrater reliability, which was adequate for the control score (single measures ICC = .73).

Self-report questionnaires. The 15-item intimacy subscale of the *Sternberg Triangular Love Scale* (Sternberg, 1997) was used to measure emotional intimacy in the relationship. Participants rated their agreement with each item on a scale from 1 (not at all) to 9 (extremely), and items were summed ($\alpha = 0.95$; $M = 124.85$, $SD = 12.96$). The *Support in Intimate Relationship Scale—Revised* (SIRRS; Barry et al., 2009) is a 25-item measure. Participants report the frequencies of specific support behaviors from partners over the past month and indicate a preferred frequency for each behavior (more, less, or the same). A support adequacy score is calculated by summing item ratings of 0 = inadequate (would like more or less of that support) and 1 = adequate (would like the same amount of that support; $\alpha = 0.91$; $M = 18.24$, $SD = 6.17$). The short form of the *Revised Conflict Tactics Scale* (Straus & Douglas, 2004) was used to assess the frequency of perpetration of psychological aggression ($M = 3.09$, $SD = 5.49$) and victimization ($M = 3.12$, $SD = 5.89$). The *Marital Satisfaction Inventory—Revised* (Snyder, 1997) assesses distress in couples across 11 key relationship domains. We included the *affective communication* subscale (13 items; $\alpha = 0.80$; $M = 2.54$, $SD = 2.63$) to assess poor communication patterns, the *problem-solving communication* subscale to assess poor conflict resolution (19 items; $\alpha = 0.88$; $M = 4.25$, $SD = 4.30$), and the *sexual dissatisfaction* subscale (13 items; $\alpha = 0.83$; $M = 3.83$, $SD = 3.30$) to assess discontent with physical intimacy. Participants answered true or false to each item, and sum scores were computed for each scale.

Measures of Criterion Validity

Intimate relationship satisfaction. The *Quality of Marriage Index* (QMI; Norton, 1983) is a 6-item, self-report questionnaire designed to assess global relationship satisfaction ($\alpha = 0.94$; $M = 40.04$, $SD = 5.89$). The *Couples Satisfaction Index* (CSI-4; Funk & Rogge, 2007) was also used to assess global relationship satisfaction (4 items; $\alpha = 0.91$; $M = 17.48$, $SD = 3.18$). The MSI-R (Snyder, 1997) *Time Together* scale was administered to assess the quality of time spent

together (10 items; $\alpha = .80$; $M = 2.22$, $SD = 2.36$); *lower* scores reflect higher quality time together.

Partner health. Partner mental health was assessed with the Expanded Form of the *Inventory of Depression and Anxiety Symptoms* (IDAS-II; Watson et al., 2012). Respondents rated their feelings and experiences during the past two weeks on a scale from 1 (not at all) to 5 (extremely). We used subscale scores of Well-Being (8 items; $\alpha = 0.90$; $M = 27.14$, $SD = 6.50$), which consists of items such as “I was proud of myself” and “I felt hopeful about the future”; Dysphoria (10 items; $\alpha = 0.90$; $M = 19.65$, $SD = 7.83$; which assesses depressed mood, worthlessness, and guilt (e.g., “I felt discouraged about things”); Lassitude (6 items; $\alpha = 0.83$; $M = 12.87$, $SD = 5.09$), which consists of items such as “I felt too tired to do anything”; Ill Temper (5 items; $\alpha = 0.81$; $M = 7.19$, $SD = 2.84$), which consists of items such as “I lost my temper and yelled at people”; and Panic (eight items; $\alpha = 0.81$; $M = 10.49$, $SD = 3.62$), which assesses symptoms of panic disorder (e.g., heart racing/pounding). Physical health was assessed with the *Short Form Health Survey* (SF-36; Ware & Sherbourne, 1992). We used the 10-item Physical Functioning scale (e.g., how much an individual’s physical health impedes daily activities) with higher scores reflecting better physical functioning ($\alpha = 0.90$; $M = 921.86$, $SD = 152.26$).

Scale Development Stages and Results

Stage 1: Item Pool Generation and Initial Selection for Factor Analysis

We followed recommendations by Clark & Watson (1995, 2019) which included (a) developing an initial item pool that is broader and more comprehensive than the current operationalization of the construct, and (b) ensuring adequate representation of key features of the construct. Thus, we aimed to generate a very large item pool that would eventually be substantially reduced, as guided by psychometric analysis, to identify a small subset of high-quality items measuring individuality in couples.

Three of the co-authors had extensive experience working with couples across research and clinical settings and administering of the RQI which includes several questions assessing core features of individuality. Collectively, they had interviewed hundreds of couples about their

relationships, providing valuable qualitative information about what leads someone to feel respected for their individuality and free to pursue individual interests. Drawing on this knowledge, along with theoretical frameworks of individuality and recent research (Lawrence et al., 2011), these co-authors met periodically to operationalize the targeted construct (i.e., respect for individuality including feeling valued, accepted, esteemed, comfort around vulnerability, and equity; support for autonomy) into observable experiences and behaviors common in couples. They generated an initial item pool, ensuring adequate coverage of key facets of *individuality in couples*. To enhance the discriminant validity of the measure, items were also included to assess more severe forms of control, coercion, and psychological aggression that have the potential to co-occur with poor individuation (e.g., my partner made spiteful, belittling comments about me; my partner treated me like a child; my partner mocked me for my interests, see Lawrence et al., 2011). We anticipated that these would emerge as distinct from individuality, but this has yet to be empirically examined. Additionally, eight experts in couple relationships—external to the investigative team—reviewed the item pool and provided feedback.

The 160 items from the initial item pool were administered to both samples, and participants had the option of selecting “don’t know” in response to each item to evaluate item clarity. See Supplemental Material S1 for the original item pool, along with statistics regarding item clarity and distributions across the two samples. Next, potentially problematic items were removed (i.e., higher rates of “don’t know” responses, very low variance or notable skew/kurtosis), which also resulted in fewer items for factor analysis. We also considered feedback from expert judges (e.g., item is confusing or not theoretically meaningful; too much overlap with other aspects of relationship quality). The *final pool consisted of 116 items* and those items provided adequate coverage of key facets of individuality in couples.

Stage 2: Exploratory Factor Analysis in Sample #1

We conducted an exploratory factor analysis with oblique (promax) rotation with the 116 items generated in Stage 1. The scree plot and parallel analysis (Figure 1) suggested a 5-factor solution was an optimal fit to the data. Results of the EFA for the 5-factor model are reported in

Table 1, and factors had substantive meaning based on the items with salient factor loadings ($>.40$) to each factor. Notably, none of the factors appeared to be representative of purely a method factor which can sometimes occur when using both positive and negative-keyed items.

The first two factors reflected the primary constructs of interest. The first factor was comprised of 30 items measuring *respect for individuality* (e.g., “I felt respected by my partner” “My partner valued my opinions and ideas”). The second factor was comprised of 13 items reflecting aspects of *autonomy support* (e.g., “I had personal space when I needed it” “My partner made me feel guilty for doing things on my own”).

The next two factors were comprised of items more indicative of psychological aggression. Specifically, the third factor (7 items) appeared to reflect *psychologically aggressive tactics* used by partner (e.g., “My partner criticized me for my weaknesses” “My partner made spiteful, belittling comments about me”) whereas the fourth factor (13 items) included items that reflected dehumanizing *disregard and contempt* from partner (e.g., “My partner disregarded my opinions” “My partner seemed to be irritated by me”) (see Pizzirani et al., 2019, for more on denial of partner’s humanity as a relational construct). This suggested that the first two factors (respect and autonomy) had good discriminant validity with aspects of psychological aggression.

The final factor was comprised of 5 items that appeared to reflect *self-consciousness* around partner (e.g., “I felt like I needed to edit myself around my partner” and “I felt like I had to put on a show around my partner”). We retained this as a separate factor given this seemed to reflect a distinct construct that is more closely aligned with attachment anxiety; thus, separating those items from factors 1 and 2 further enhanced the discriminant validity of our primary scales.

Specificity of items and distinction across factors. No items had salient cross-loadings ($>.40$) to more than one factor. There were a few instances of conceptual overlap of items; these items were retained, and conceptual overlap was tracked for consideration in the next stage of analysis. For example, there were several items with salient loadings to *respect for individuality (factor 1)* that also referenced personal pursuits and interests similar to items loading to the autonomy factor (e.g., “I had the freedom to pursue my own interests and passions”). Items of

this nature that also had significant, yet modest, cross-loadings with *autonomy support (factor 2)* included: “My partner respected my interests outside of the relationship” (.28 cross-loading), “My partner encouraged me to have my own interests” (.26 cross-loading), “My partner actively participated in events or activities that I enjoy” (.17 cross-loading), “My partner showed interest in things that I enjoy” (.14 cross-loading), “If something was important to me, my partner supported it even if they didn’t understand it” (.13 cross-loading). There was one other item referring to personal interests – “My partner asked me about my interests and hobbies” (Item#108) – but this item had a near zero cross-loading with factor 2 (.03).

Reduction of item pool. 48 items did not have salient factor loadings on any of the 5 factors and were candidates for deletion; however, before removing those items, we examined factor loadings using an alternative oblique rotation (oblimin), but none of the items had salient factor loadings. We also closely reviewed the items to ensure that omissions would not result in the exclusion of a key feature of individuality as originally conceptualized. Ultimately, all 48 items were dropped, resulting in 68 items for the subsequent factor analysis in Sample #2.

Stage 3: Factor Analysis in Sample #2

In Sample #2, we tested a latent variable using the MLR estimator in Mplus 8.2 to address non-normality. The 68 items were retained from Stage 2, loading to each of the 5 respective factors identified in the EFA, resulted in borderline acceptable fit based on the RMSEA (.056) and SRMR (.068); however, the CFI was relatively low (.84). This was not surprising given there was redundancy across some items (e.g., “My partner made me feel guilty when I was away from him/her” and “My partner made me feel guilty for doing things on my own”), contributing to violations of proportionality as evidenced by large residual covariances. We considered item characteristics (e.g., clarity), EFA results from Sample #1 (e.g., items with larger factor loadings and smaller cross-loadings), and our knowledge of the construct to identify 1-2 optimal items from each set of similarly worded items with large residual covariances. Those items were retained for further consideration. This step was important for not only minimizing sources of redundancy but also identifying a smaller item pool that would be feasible for routine

administration.

As previously noted, based on results of the EFA, we also identified several items loading to factor 1 (respect) that (a) reflected pursuit of personal interests, a characteristic of *autonomy support* and (b) had significant but modest cross-loadings with factor 2 (autonomy). In the latent variable model, those items also had relatively high residual covariances pointing to redundancy, likely due to similar wording (e.g., “interests” and “hobbies”). Accordingly, we dropped all but one of those items to minimize redundancy. We retained the item “My partner asked me about my interests and hobbies” (Item 108) as an indicator of factor 1 (respect) because it had a near zero cross-loading with factor 2 (autonomy) in the EFA (.03). Conceptually, if one’s partner *inquiries* about personal interests, this can be conceived as a form of respect for individuality that is distinct from giving someone the space to pursue those activities. Indeed, someone could report feeling free to pursue their interests (autonomy support), but their partner will not necessarily show interest or engagement with those pursuits (an aspect of respect for individuality).

After removing items to minimize redundancy and violations of proportionality, 47 items remained across the five factors, including 25 items that were specific to ***respect for individuality (factor 1; 18 items)*** and ***autonomy support (factor 2; 7 items)***. Results of the respecified latent variable demonstrated adequate global fit (CFI = .90, RMSEA = .043, SRMR = .058). Model fit could have been further improved by correlating residuals of some items; however, there were no other obvious sources of redundancy. The latent variable model results are reported in Table 2. Factor loadings were all significant and salient. As anticipated, factor correlations were relatively high (f1-f2 = .66; f1-f3 = -.64; f1-f4 = -.71; f1-f5 = -.78; f2-f3 = -.79; f3-f4 = .74; f3-f5 = .67; f4-f5 = .76) but also less than .80, suggesting that these are distinct, albeit related, dimensions (Brown, 2015). Nonetheless, we compared this to a model with all items loading to a single factor; the 5-factor model demonstrated superior fit, Satorra-Bentler Scaled $\chi^2(10) = 3.17, p < .001$. Large factor correlations are consistent with a higher-order “relationship quality” dimension.

Narrowing to the 25 items assessing individuality in couples. Next, we focused on the two primary factors (25 items) reflecting *individuality in couples* (factors 1 and 2) which were sufficiently distinct from factors reflecting more severe aspects of control and contempt (factors 3 and 4) and insecurity with partner (factor 5). The two factors were significantly correlated ($r = .65$). We confirmed the 2-factor structure with the 25 items loading to factors 1 or 2, and this model was superior to a model with all items loading to a single factor, Satorra-Bentler Scaled $\chi^2(1) = 4.33, p < .001$.

Bifactor analysis of scale structure. Because of the large correlation between the 2 factors, we also tested a bifactor model with the variance from the 25 items split between each respective factor (1=respect for individuality or 2=autonomy support) and a general factor. Increasingly, bifactor modeling is used to guide decisions about scoring in the case of hierarchical structures to produce reliable total and subscale scores (Reise et al., 2010). Results are reported in Table 3. In addition to global fit statistics and factor loadings, there are several indices specific to bifactor models that are informative, especially in the context of scale development and evaluation (Rodriguez et al., 2016). Refer to Table 4 for a summary of those statistics, which we discuss in the context of the general factor and two specific factors (potential subscales). These indices were computed using a calculator developed by Hammer (2016). Factor loadings to the *general factor* were all salient and significant, with the largest factor loadings observed for respect for individuality items (factor 1). The ECV (i.e., explained common variance) suggests that a notable proportion (83%) of all common variance across items was explained by the general factor. The general factor demonstrated internal consistency as evidenced by $\Omega > .70$, a model-based estimate of internal reliability for each scale. Ω was high for the general factor (.95). We also evaluated the *relative* omega (Ω_H divided by Ω), which reflects the percent of reliable variance in the multidimensional composite of the general factor which was also large (.87). Finally, we examined the construct replicability (H) and factor determinacy (FD) indices. The H index (.97) exceeded the recommended threshold of .80 suggesting a well-defined and replicable factor (Hancock & Mueller, 2001). The FD is the

anticipated correlation between factor score estimates and the latent factor scores, and it is recommended that FD exceeds .90 when scores are planned for individual assessments. The general factor had a FD of .98. In sum, results for the general factor suggest a unidimensional structure across the 25 items and support the computation of a highly reliable and replicable total score of individuality in couples.

In contrast, a closer examination of subfactors suggest there is little utility in computing subscale scores. Factor loadings to the *specific respect* factor were generally low and several were non-significant. The items that had significant loadings to the specific factor were largely phrased “My partner...” (compared to other items phrased “I felt...”) suggesting that the subfactor could reflect a method factor due to similarly worded items and, therefore, this subfactor is not of substantive meaning. The ECV was very low – only 11% of the common variance across the 18 items loading to the specific factor was explained. Omega was acceptable ($> .70$); however, the relative omega was concerning. Specifically, the relative omega for a specific factor is the percent of reliable variance in the subscale composite *that is independent of the general factor*, which was only 8% in this case. The H index (.61) and FD (.79) scores were both below the recommended thresholds of .80 and .90, respectively. Regarding the specific *autonomy* factor, the metrics were more favorable but still raised concerns about the utility of a subscale score. Factor loadings were all significant and greater than .30 (most were salient and exceeded .40). The ECV was high compared to the ECV for the respect factor although still modest – 36% common variance across the 7 items loading to this factor was explained. Omega was acceptable ($> .70$), and the relative omega was relatively high (.96), suggesting that 96% of the reliable variance in the subscale composite could be independent of the general factor. However, notably, the H index (.60) was lower than the recommended .80 threshold, raising concerns about reproducibility of the factor structure, and the FD (.85) was lower than the recommended threshold of .90 raising further concerns about the utility of an autonomy subscale. Nonetheless, future researchers might aim to isolate the variance in autonomy items that is unique from the general factor, perhaps using a S-1 bifactor model to address limitations of a

symmetrical bifactor model, to explore the substantive meaning of a specific dimension of autonomy in relationships that is unique from respect for individuality (Heinrich et al., 2023).

Computing a total score of individuality. Results of the bifactor analysis provide strong support for creating a total score of individuality in couples. To evaluate whether it is appropriate to compute a total score across the 25 items, despite some evidence of multidimensionality, we calculated the *Percent of Uncontaminated Correlations (PUC)*, which was .42. When considered with the ECV, the PUC evaluates the potential for bias in the unidimensional solution. Specifically, Reise et al. (2013) suggest that when PUC is less than .80, ECV is greater than .60, and $\Omega_H > .70$, which was the case for our general factor (PUC = .42; ECV = .83; $\Omega_H = .83$), then the instrument can be viewed as primarily unidimensional despite the presence of some multidimensionality.

Optimal items. Finally, it was notable that 13 of the 25 items – all from the respect for individuality factor – had high individual explained common variance (IECV) values that exceeded .80 (see Table 3), suggesting that the general factor explains over 80% of the variance in those items and that those items are strong indicators of the general dimension of individuality in couple relationships (Stucky & Edelen, 2015). Additionally, each of the items had high factor loadings to the general factor and they demonstrated high internal consistency ($\omega = .93$). Thus, these items might prove useful in the implementation of a brief version of the *Individuality in Couples Questionnaire* (ICQ, see Table 3).

Stage 4: Validity Analyses in Sample #2

Results of Stage 3 analyses supported the computation of an internally consistent and replicable, higher-order total scale score reflecting individuality in couples. The final phase involved computation of composite scores based on the results of a factor analysis, and the examination of convergent, divergent, and criterion validity of ICQ scores. This step involved computing correlations and conducting path analyses using the MLR estimator in Mplus 8.2 to address (minimal, < 10%) missing data and non-normality. An association was considered significant if $p < .05$; however, we also considered the relative magnitude of effects. We used

Cohen's conventions for evaluating effect sizes of correlations and standardized regression coefficients ($\geq .10$, small; $\geq .30$, medium; $\geq .50$, large; (Cohen, 1992).

Convergent/divergent validity. In the absence of validated measures of individuality in couples, our primary test of convergent validity involved calculating correlations between ICQ scores and scores from the power and control section of the *Relationship Quality Interview* which captures numerous features of individuality. We did not expect a very high correlation given (a) method variation (i.e., survey versus interview) and (b) some distinction in content (i.e., this domain of the RQI measures respect and autonomy but also captures more severe forms of control and manipulation indicative of imbalanced power and control dynamics in the relationship). Nonetheless, we did predict a significant correlation that was large in magnitude given content overlap. We also computed correlations between ICQ scores and self-report measures of related dimensions of intimate relationship quality. We predicted that ICQ scores would be significantly related to other dimensions of relationship quality including affective communication, problem-solving communication, emotional intimacy, sexual satisfaction, partner support adequacy, and psychological aggression; however, we also expected that ICQ would measure a unique dimension of intimate relationship quality as evidenced by $r_s < .80$ (Brown, 2015). Results demonstrated convergent and divergent validity of ICQ scores with related constructs. As expected, the correlation between the ICQ-total scale and RQI control domain (with higher scores reflecting *less* imbalance of power and control) was .62. Correlations between ICQ scores and other self-report questionnaires of relationship quality are reported in Table 5. All correlations were significant ($p < .05$). Correlations did not exceed .80, demonstrating adequate discrimination (Brown, 2015).

Criterion and incremental validity. We computed correlations between ICQ scores and key outcomes including global relationship satisfaction and multiple indices of individual health. As reported in Table 5, ICQ-total had significant correlations with all measures of criterion validity. To assess *incremental* predictive validity, we tested a path model with robust maximum likelihood estimation. All outcome variables were regressed on ICQ scores, controlling for other

key dimensions of intimate relationship quality (i.e., communication, intimacy, sexual satisfaction, support, psychological aggression perpetration and victimization). We covaried residuals among the outcome variables to account for unmodeled shared causes. Model results are reported in Table 6 and demonstrated excellent incremental predictive validity of scores from the ICQ. Specifically, ICQ-total uniquely predicted global relationship satisfaction as measured with the QMI and CSI-4, demonstrating moderate effect sizes (.31-.34). Further, ICQ-total uniquely predicted general well-being of the participant, although the effect size was smaller in magnitude (.28).

Data availability statement and measure access. Analysis code and data for this project are available by emailing the corresponding author. The final version of the *Individuality in Couples Questionnaire (ICQ)* and scoring procedures are available as a supplemental material and can be accessed free of charge by contacting the corresponding author. This study's design and analysis were not pre-registered.

Discussion

Individuals have unique needs that must be met within the context of intimate relationships, and there is an inherent need to feel embraced as a unique person by intimate partners. Despite multiple theories and treatment modalities emphasizing the importance of individuality in couple relationships, the field has been lacking a reliable and valid questionnaire for measuring this construct. In the present study, we developed the *Individuality in Couples Questionnaire (ICQ)* and demonstrated its strong psychometric properties. The ICQ is comprised of 25 items that can be combined into a total score to measure individuality in the context of couple relationships (i.e., the extent to which someone feels respected by their partner for their individuality and experiences personal autonomy in the relationship). Total scores on the ICQ demonstrated high internal consistency, excellent construct replicability (i.e., high H coefficient), convergent and divergent validity with measures of other relationship dimensions (i.e., intimacy, support, sexual satisfaction, psychological aggression, communication), criterion validity with measures of global relationship satisfaction and partner health, and incremental predictive

validity for explaining relationship satisfaction and partner well-being when controlling for other relationship dimensions. Results also suggest that *individuality in couples* is largely a unidimensional construct that is distinct from (but related to) more severe patterns of control and coercion characteristic of psychological aggression.

Limitations and future directions. Although we have presented evidence of strong psychometric properties of the ICQ across two independent samples, including a H coefficient that points to high replicability of scores, replication in other, more diverse samples is needed. We augmented the sample of undergraduate students with a more diverse sample from the community (e.g., including people with more education and occupation diversity; in longer-range committed relationships); however, participants across our two samples largely identified as cisgender, heterosexual, and white. It will be important to demonstrate the validity and reliability of ICQ scores in samples of sexual and gender minority couples and those who identify as a racial or ethnic minority. Couples comprised of partners who experience persistent discrimination, harassment, or stigmatization for aspects of their identities might find individuality in their relationships to be particularly beneficial given the sense of validation and belonging this can foster. Further, cultural factors should be considered when administering the ICQ. For example, individuals from certain cultural backgrounds could have an interpersonal orientation that is more collectivist than individualist (Rini et al., 2006) and, as such, the importance of individuality in the couple relationship might vary. Finally, couples in different relationship stages (e.g., early dating versus long-term committed couples) might experience different levels of individuality, and the importance of individuality for relationship adjustment and the health of each partner might vary as a function of relationship duration. This should be considered in future research.

The present study relied on cross-sectional data, which is common in scale development; however, future studies should implement repeated measures to examine factor invariance over time and explore whether individuality in couples is a relatively stable or dynamic construct. This has important implications for clinical intervention: Is low individuality in couples largely

influenced by relatively fixed traits brought to the relationship by each partner (e.g., insecure attachment; personality traits such as dependency or neuroticism)? If so, is it more resistant to change or can it be trained and cultivated within the context of the relationship? Longitudinal research is required to adequately address these questions.

Despite these limitations, we present evidence of the strong psychometric properties of the ICQ. Importantly, scores on the ICQ were highly correlated with other measures of relationship quality, suggesting that this construct might reflect another key dimension of intimate relationships that has been largely overlooked in past research. Further, individuality in couples might emerge as an important catalyst for developing a strong degree of intimacy and trust in the relationship. If so, this has important implications for couple interventions given that intimacy is a central dimension of relationship quality, having strong relations with other relationship dimensions such as conflict management, support, and sexual quality. If individuality in couples, as measured by the ICQ, helps to promote connection between partners, this would provide empirical support for family theories proposing that a sense of freedom to be separate and function independently is a necessary condition for intimacy and cohesion to develop in a relationship (Holmes, 1997; Olson et al., 2019). Further, it is likely that individuality and closeness have a reciprocal link such that each of these processes promotes one another in the context of a healthy relationship (Gavazzi & Sabetelli, 1990; Holmes, 1997). The ICQ holds promise for testing these hypotheses.

ICQ scores also explained unique variance in a range of outcomes of interest to couple researchers—ranging from general satisfaction with the relationship to individual health outcomes. Thus, individuality in couples might represent a critical feature of intimate relationships that should be routinely considered to increase the predictive power of conceptual frameworks aimed at understanding healthy couple dynamics. The ICQ is also economical and efficient. It is free to use, takes 2-3 minutes to complete, and can be administered remotely (e.g., via online survey). Thus, it is more efficient than other measures that capture similar content (e.g., the *Relationship Quality Interview*), and produces reliable and valid scores of individuality

in couples as a distinct and important aspect of intimate relationships. This has important implications not only for research, but also practice. Couple therapists might find that the ICQ is a useful assessment tool for case conceptualization and treatment planning that only takes a matter of minutes for each partner to complete.

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Table 1. Results of EFA with 116 Items (Sample #1)

#	Item	Best Factor	Factor 1	Factor 2	Factor 3	Factor 4	Factor 5
1	I felt respected by my partner	1	0.468	0.126	-0.011	0.104	0.184
2	I felt valued by my partner	1	0.648	-0.087	-0.158	0.006	0.079
6	My partner was responsive to my ideas and opinions	1	0.549	0.107	-0.021	0.078	0.031
7	My partner asked my opinion on a range of topics	1	0.703	0.014	0.193	0.067	0.039
9	My partner asked for my advice when struggling with something	1	0.543	0.015	0.284	-0.015	0.271
13	My partner valued my opinions and ideas	1	0.556	0.034	-0.109	0.132	-0.005
15	My partner asked my opinion	1	0.713	0.079	0.247	0.066	0.083
18	My partner seemed open to learning new things from me	1	0.676	0.093	0.032	0.098	-0.097
20	I felt like part of a team with my partner	1	0.574	0.010	-0.025	-0.021	0.155
24	My partner considered my thoughts and opinions on matters	1	0.579	-0.004	-0.178	-0.002	-0.015
26	My partner made me feel like I have something meaningful to contribute to the relationship	1	0.593	-0.053	-0.182	-0.086	0.157
28	I felt like an equal in the relationship	1	0.475	-0.034	-0.127	-0.001	0.235
30	My partner praised my strengths and accomplishments	1	0.530	0.008	-0.241	0.080	-0.111
33	My partner listened to what I had to say with interest	1	0.638	0.057	0.073	0.133	0.042
34	My partner didn't ask about my interests or hobbies	1	-0.534	-0.021	0.079	-0.222	0.117
38	My partner made me feel good about myself	1	0.513	0.048	-0.211	0.034	0.052
41	I felt admired by my partner	1	0.543	-0.052	-0.004	0.133	0.120
56	My partner was considerate toward me	1	0.515	-0.025	-0.122	0.121	-0.030
58	My partner respected my interests outside of the relationship	1	0.454	0.279	-0.166	-0.011	-0.042
66	I felt accepted by my partner	1	0.455	-0.050	-0.273	0.083	0.044
81	My partner accepted my flaws	1	0.408	-0.125	-0.320	0.054	0.107
84	I felt safe being vulnerable around my partner	1	0.428	0.040	-0.099	-0.188	0.272
93	I felt a sense of belonging in the relationship	1	0.567	0.037	-0.169	-0.091	0.137
104	I could tell my partner how I really felt without being judged	1	0.419	0.040	-0.048	-0.009	0.182
106	My partner showed interest in things that I enjoy	1	0.740	0.143	0.107	0.107	-0.145
107	My partner actively participated in events or activities that I enjoy	1	0.565	0.168	0.137	0.087	-0.060
108	My partner asked me about my interests and hobbies	1	0.706	0.031	-0.023	0.142	-0.162
116	My partner supported me in following my personal dreams and aspirations	1	0.481	0.024	-0.344	-0.036	-0.073
117	If something was important to me, my partner supported it even if s/he didn't understand it	1	0.490	0.130	-0.135	0.061	-0.124
144	My partner encouraged me to have my own interests	1	0.506	0.259	-0.125	-0.065	-0.122

128	My partner was uncomfortable if I engaged in activities without him/her	2	-0.003	-0.687	0.013	-0.059	0.039
133	I felt pressured to spend most of my free time with my partner	2	-0.046	-0.632	-0.160	-0.144	-0.022
134	I had personal space when I needed it	2	0.276	0.503	0.051	0.029	-0.030
136	My partner insisted that we do everything together	2	0.018	-0.659	-0.010	0.130	-0.029
142	My partner made me feel guilty when I was away from him/her	2	-0.089	-0.653	0.018	-0.109	0.029
143	My partner questioned me about where I had been or what I had been doing	2	0.167	-0.571	0.036	-0.005	-0.132
149	I had to run all of my decisions by my partner	2	0.027	-0.490	0.125	-0.015	-0.059
151	I had the freedom to pursue my own interests and passions	2	0.308	0.435	-0.171	-0.145	-0.032
152	I felt like I needed my partner's approval to do certain things	2	0.140	-0.522	-0.023	-0.109	-0.190
154	I had the freedom to be friends with whomever I wanted	2	0.128	0.517	-0.014	-0.060	0.078
155	I had to convince my partner to let me do things that were important to me	2	0.051	-0.530	0.093	0.002	-0.203
156	It seemed like we had an argument whenever I wanted to do something for me	2	-0.250	-0.457	0.098	-0.120	-0.005
158	My partner made me feel guilty for doing things on my own	2	-0.065	-0.727	0.062	-0.065	0.019
49	My partner made spiteful, belittling comments about me	3	0.006	-0.093	0.419	-0.266	-0.097
77	My partner criticized me for my weaknesses	3	-0.067	0.019	0.417	-0.379	-0.038
86	My partner made me feel embarrassed about my hobbies, interests, or passions	3	-0.088	-0.147	0.463	-0.039	-0.029
109	My partner made me feel silly for pursuing my hobbies, interests, or passions	3	-0.087	-0.213	0.508	-0.103	0.098
110	My partner mocked me for my interests	3	-0.101	-0.080	0.606	-0.070	0.016
112	My partner belittled my habits, passions, or interests	3	-0.157	-0.201	0.602	-0.140	0.238
118	My partner thought my interests or passions were stupid	3	-0.082	-0.226	0.541	-0.077	0.107
10	My partner disregarded my opinions	4	-0.162	-0.050	0.228	-0.418	-0.072
44	My partner treated me like a child	4	0.045	-0.039	0.134	-0.458	-0.212
46	My partner acted superior to me	4	-0.039	-0.082	0.144	-0.461	-0.126
53	My partner ignored me	4	-0.297	0.149	0.004	-0.470	-0.165
54	My partner talked over me	4	-0.095	-0.158	-0.044	-0.608	0.117
55	My partner interrupted me	4	-0.065	-0.163	-0.112	-0.666	0.158
61	My partner told me s/he was right and I was wrong	4	0.047	-0.179	0.118	-0.419	0.022
76	My partner seemed to be irritated by me	4	-0.189	-0.014	-0.015	-0.623	0.026
78	My partner was impatient and short with me	4	-0.156	-0.006	0.090	-0.756	0.202
96	I felt like I got on my partner's nerves	4	-0.146	-0.067	-0.145	-0.596	0.015
121	My partner nagged me to do certain things or stop doing certain things	4	0.072	-0.349	0.116	-0.420	0.024
132	My partner was bossy toward me	4	0.041	-0.177	0.091	-0.556	-0.014
147	My partner told me what to do	4	0.130	-0.178	0.069	-0.500	-0.109
70	I felt insecure around my partner	5	-0.199	0.071	-0.070	-0.152	-0.497
95	I felt like I needed to edit myself around my partner	5	-0.073	-0.159	0.028	0.014	-0.516
98	I felt like I had to put on a show around my partner	5	-0.067	-0.140	-0.062	0.023	-0.644

100	I felt like I needed to impress my partner	5	0.041	-0.152	-0.205	-0.141	-0.477
105	I felt like I needed to hide certain parts of me	5	-0.126	-0.085	0.063	-0.024	-0.496
4	My partner treated me as a capable person	X	0.368	0.000	-0.193	0.100	0.174
5	My partner did not take my ideas and opinions seriously	X	-0.258	-0.066	0.230	-0.332	0.011
16	My partner respected the decisions that I made	X	0.348	0.315	-0.153	0.095	-0.034
19	I don't think my partner viewed me as very capable	X	0.015	-0.028	0.133	-0.268	-0.322
22	My partner didn't ask for my opinion on important matters in our relationship	X	-0.286	-0.042	0.069	-0.126	-0.214
36	My partner made me feel smart	X	0.372	0.046	-0.177	0.094	0.023
39	My partner did not appreciate me	X	-0.339	0.090	0.151	-0.312	-0.104
40	I wanted my partner to value me more	X	-0.329	0.163	-0.111	-0.322	-0.273
45	My partner looked down on me	X	-0.040	0.010	0.371	-0.384	-0.124
47	My partner made me feel insignificant around friends or family	X	-0.167	0.014	0.212	-0.261	-0.086
57	My partner expected me to do things that were inconsistent with my values	X	-0.076	-0.251	0.220	0.052	-0.265
59	I felt like a child when I was around my partner	X	0.154	-0.123	0.059	-0.271	-0.383
60	I didn't feel like my partner and I were equals in our relationship	X	-0.326	0.040	0.112	-0.212	-0.168
62	My partner made me feel small	X	-0.201	0.090	0.190	-0.302	-0.290
63	My partner made me feel insignificant	X	-0.213	0.134	0.229	-0.276	-0.163
64	My partner acted more like my parent than an equal	X	0.079	-0.186	0.175	-0.267	-0.189
65	I felt unimportant around my partner	X	-0.335	0.134	0.002	-0.370	-0.168
69	I felt judged by my partner	X	-0.058	-0.054	0.198	-0.314	-0.260
72	My partner embraced me for who I am	X	0.335	0.015	-0.342	-0.035	0.099
73	My partner accepted my quirks and eccentricities	X	0.375	0.033	-0.220	0.049	0.033
74	My partner accepted me for who I am	X	0.376	0.009	-0.380	-0.046	0.119
75	I felt rejected by my partner	X	-0.190	0.080	0.300	-0.243	-0.199
80	My partner was judgmental toward me	X	-0.030	-0.114	0.370	-0.301	-0.102
82	I could let my guard down around my partner	X	0.316	0.105	-0.102	-0.071	0.203
83	My partner made me feel like I am perfect just the way I am	X	0.358	-0.112	-0.242	0.260	0.023
85	I felt like I needed to justify or defend my hobbies or interests to my partner	X	-0.049	-0.355	0.227	-0.083	-0.092
87	My partner made me feel like I am weird	X	-0.005	-0.052	0.090	-0.372	-0.143
88	My partner made me feel like I am crazy or irrational	X	-0.141	-0.091	0.015	-0.367	-0.280
89	My partner made me feel like my emotions were unreasonable	X	-0.144	-0.045	-0.009	-0.351	-0.239
92	I could bring up embarrassing topics with my partner	X	0.348	0.055	-0.165	-0.146	0.106
94	I felt like my partner disapproved of me	X	-0.111	-0.153	0.139	-0.240	-0.265
99	I didn't feel fully embraced by my partner	X	-0.309	0.095	0.046	-0.305	-0.187
101	I felt like there was room for me to be my own unique person in the relationship	X	0.280	0.342	0.013	-0.064	0.142
111	My partner made me feel stupid for doing the things I like to do	X	-0.101	-0.183	0.393	-0.135	-0.079

113	My partner pointed out my flaws	X	0.023	-0.059	0.236	-0.374	-0.038
115	I felt like I couldn't talk about certain interest or hobbies with my partner	X	-0.084	-0.191	0.278	-0.011	-0.058
120	I felt like my partner embraced our differences (i.e., abilities, qualities, or traits)	X	0.398	0.086	-0.155	0.084	0.050
123	My partner pressured me to change for him/her	X	-0.035	-0.234	0.380	-0.146	-0.104
124	My partner wanted me to change something about myself without any clear benefit to me	X	-0.086	-0.253	0.278	-0.129	-0.141
127	My partner made me feel guilty about how I spend my time	X	-0.037	-0.387	0.049	-0.262	-0.129
130	I felt uncomfortable pursuing my own interests without my partner's approval	X	0.048	-0.287	0.093	-0.079	-0.066
131	If I wanted to make a life change that was important to me (e.g., changing my job), my partner would have supported me	X	0.325	0.203	-0.398	-0.097	-0.056
135	I could schedule my day without my partner	X	0.024	0.284	-0.009	0.044	-0.011
140	My partner discouraged me from participating in activities that I enjoy	X	-0.043	-0.360	0.347	-0.016	0.002
141	My partner checked in on me when I was away from him/her	X	0.235	-0.287	-0.228	0.093	-0.097
150	My partner made decisions for me	X	0.032	-0.246	0.188	-0.203	-0.086
159	My partner was considerate of my boundaries	X	0.367	0.249	-0.037	-0.012	0.059
160	I felt like I had room to be my own person in the relationship	X	0.321	0.312	-0.100	-0.087	0.166

Note. Results of EFA in Sample #1 with 116 Items selected for analysis. Results of parallel analysis (see Figure 1) suggested a 5-factor model was the best fit. 48 items did not have salient factor loadings (>.40) to any of the five factors and were dropped from additional analyses. Items with salient factor loadings to one of the five factors did not have notable cross-loadings to any of the other factors. Factor 1 included items capturing respect, acceptance and high regard. Factor 2 included items reflecting a sense of autonomy and personal space in the relationship. Factor 3 included items characteristic of psychological aggression. Factor 4 also included items characteristic dehumanizing disregard, contempt, and infantilization (i.e., being treated like a child). Factor 5 seemed to reflect insecurity or self-consciousness. Factors 1 and 2 were most closely aligned with our conceptualization of individuality in couple relationships.

Table 2. Results of 5-Factor CFA with 47 Items (Sample #2)

#	Item	Factor and Loading	
1	I felt respected by my partner	1	0.696
2	I felt valued by my partner	1	0.806
7	My partner asked my opinion on a range of topics	1	0.601
13	My partner valued my opinions and ideas	1	0.755
18	My partner seemed open to learning new things from me	1	0.670
20	I felt like part of a team with my partner	1	0.696
26	My partner made me feel like I have something meaningful to contribute to the relationship	1	0.751
28	I felt like an equal in the relationship	1	0.703
30	My partner praised my strengths and accomplishments	1	0.698
33	My partner listened to what I had to say with interest	1	0.689
38	My partner made me feel good about myself	1	0.787
41	I felt admired by my partner	1	0.731
66	I felt accepted by my partner	1	0.741
81	My partner accepted my flaws	1	0.652
84	I felt safe being vulnerable around my partner	1	0.708
93	I felt a sense of belonging in the relationship	1	0.746
104	I could tell my partner how I really felt without being judged	1	0.679
108	My partner asked me about my interests and hobbies	1	0.582
134	I had personal space when I needed it	2	0.608
151	I had the freedom to pursue my own interests and passions	2	0.704
152	I felt like I needed my partner's approval to do certain things	2	-0.571
154	I had the freedom to be friends with whomever I wanted	2	0.550
155	I had to convince my partner to let me do things that were important to me	2	-0.624
156	It seemed like we had an argument whenever I wanted to do something for me	2	-0.726
158	My partner made me feel guilty for doing things on my own	2	-0.656
49	My partner made spiteful, belittling comments about me	3	0.562
77	My partner criticized me for my weaknesses	3	0.539
86	My partner made me feel embarrassed about my hobbies, interests, or passions	3	0.836
109	My partner made me feel silly for pursuing my hobbies, interests, or passions	3	0.785
110	My partner mocked me for my interests	3	0.730
112	My partner belittled my habits, passions, or interests	3	0.804
118	My partner thought my interests or passions were stupid	3	0.773
10	My partner disregarded my opinions	4	0.687
44	My partner treated me like a child	4	0.609
46	My partner acted superior to me	4	0.718
53	My partner ignored me	4	0.662
54	My partner talked over me	4	0.626
55	My partner interrupted me	4	0.543
61	My partner told me s/he was right and I was wrong	4	0.607
76	My partner seemed to be irritated by me	4	0.696
96	I felt like I got on my partner's nerves	4	0.637
121	My partner nagged me to do certain things or stop doing certain things	4	0.629
132	My partner was bossy toward me	4	0.725
70	I felt insecure around my partner	5	0.632
98	I felt like I had to put on a show around my partner	5	0.671
100	I felt like I needed to impress my partner	5	0.468
105	I felt like I needed to hide certain parts of me	5	0.700

Table 3. Bifactor Model Results with 25 Individuality in Couples Items (Sample #2)

Factor Loading		#	Item	IECV
General	Specific			
Items Measuring Respect for Individuality (Factor 1)				
0.886	0.024	1	I felt respected by my partner	0.999
0.864	0.185	2	I felt valued by my partner	0.956
0.575	0.506	7	My partner asked my opinion on a range of topics	0.564
0.802	0.25	13	My partner valued my opinions and ideas	0.911
0.714	0.294	18	My partner seemed open to learning new things from me	0.855
0.766	0.21	20	I felt like part of a team with my partner	0.930
0.784	0.302	26	My partner made me feel like I have something meaningful to contribute to the relationship	0.871
0.813	0.085	28	I felt like an equal in the relationship	0.989
0.712	0.374	30	My partner praised my strengths and accomplishments	0.784
0.704	0.367	33	My partner listened to what I had to say with interest	0.786
0.816	0.289	38	My partner made me feel good about myself	0.889
0.746	0.37	41	I felt admired by my partner	0.803
0.839	0.102	66	I felt accepted by my partner	0.985
0.784	0.042	81	My partner accepted my flaws	0.997
0.806	0.122	84	I felt safe being vulnerable around my partner	0.978
0.818	0.175	93	I felt a sense of belonging in the relationship	0.956
0.801	0.067	104	I could tell my partner how I really felt without being judged	0.993
0.573	0.442	108	My partner asked me about my interests and hobbies	0.627
Items Measuring Autonomy Support and Personal Space (Factor 2)				
0.563	-0.411	134	I had personal space when I needed it	0.652
0.631	-0.445	151	I had the freedom to pursue my own interests and passions	0.668
-0.459	0.47	152	I felt like I needed my partner’s approval to do certain things (R)	0.488
0.469	-0.433	154	I had the freedom to be friends with whomever I wanted	0.540
-0.557	0.373	155	I had to convince my partner to let me do things that were important to me (R)	0.690
-0.683	0.373	156	It seemed like we had an argument whenever I wanted to do something for me (R)	0.770
-0.582	0.438	158	My partner made me feel guilty for doing things on my own (R)	0.638

Note. Results of the bifactor analysis with a general factor common to all 25 items and two specific factors corresponding to the factors identified in previous EFA and CFA analyses. Significant factor loadings to the general and specific factors are bolded. Unidimensionality was supported and a total score is recommended. IECV values exceeding .80 are bolded to identify items that hold promise for a brief version of the scale with further validation.

Table 4. Bifactor Model Fit Statistics (Sample #2)

	ECV	Omega*	OmegaH*	Relative Omega	H	FD
General Factor	0.83	0.95	0.83	0.87	0.97	0.98
<i>Respect Specific Factor</i>	0.11	0.97	0.08	0.08	0.61	0.79
<i>Autonomy Specific Factor</i>	0.36	0.72	0.69	0.96	0.60	0.85

Note. ECV = Explained Common Variance (i.e., proportion of all common variance explained by the general factor/strength of a specific factor relative to all explained variance across items) should ideally exceed .60/.70. Omega is the model-based estimate of internal reliability of each composite (total or subscales) and should exceed .70. OmegaH is the Omega Hierarchical which reflects the percentage of systematic variance in raw scores that can be attributed to individual differences on the general factor and should exceed .70 to justify interpreting the instrument as primarily unidimensional. For the specific factors, OmegaH reflects the proportion of reliable systematic variance of a subscale score after partitioning variability attributed to the general factor. Relative Omega represents the percent of reliable variance in the composite of the general factor or, for specific factors, the proportion of reliable variance in the subscale composite that is *independent from the general factor*. H coefficient is a measure of construct replicability and represents the correlation between a factor and an optimally-weighted composite; H values greater than .80 signify a well-defined latent variable that is likely to be reproduced. FD = Factor Determinacy (i.e., correlation between factor scores and latent factors) should ideally exceed .90. See Rodriguez et al. (2016) for more information.

Table 5. Correlations Demonstrating Convergent, Divergent, and Criterion Validity

	ICQ- Total
<i>Convergent and Divergent Validity</i>	
CTS: Psych Aggression Perpetration	-0.22
CTS: Psych Aggression Victimization	-0.25
Sternberg: Intimacy	0.73
SIRRS: Support Adequacy	0.52
MSI: Sexual Dissatisfaction	-0.43
MSI: Affective Communication Problems	-0.68
MSI: Problem-Solving Impairments	-0.63
<i>Criterion Validity</i>	
QMI: Relationship Satisfaction	0.77
CSI: Relationship Satisfaction	0.79
MSI: Less Quality Time Together	-0.55
IDAS: Dysphoria	-0.25
IDAS: Lassitude	-0.22
IDAS: General Well-being	0.46
IDAS: Ill Temper	-0.36
IDAS: Panic	-0.16
SF-36: Physical Health	0.14

Note. All correlations were significant at $p < .05$ demonstrating convergent validity with measures of other dimensions of relationship quality ; however, correlations were also $< .80$ which provides evidence of discriminant validity. There was excellent criterion validity with key outcome variables of interest to couple researchers (i.e., relationship satisfaction and multiple indicators of partner health).

Table 6. Incremental Predictive Validity

	Model #1: ICQ-Total			
	b	SE	p	β
QMI: Relationship Satisfaction				
ICQ	3.49	0.75	0.000	0.31
CTS: Psych Aggression Perpetration	-0.61	0.49	0.216	-0.05
CTS: Psych Aggression Victimization	0.29	0.48	0.545	0.03
Sternberg: Intimacy	0.19	0.04	0.000	0.42
SIRRS: Support Adequacy	0.03	0.04	0.474	0.03
MSI: Sexual Dissatisfaction	0.03	0.06	0.647	0.02
MSI: Affective Communication Problems	-0.38	0.10	0.000	-0.17
MSI: Problem-Solving Impairments	-0.07	0.06	0.262	-0.05
CSI: Relationship Satisfaction				
ICQ	2.03	0.38	0.000	0.34
CTS: Psych Aggression Perpetration	-0.29	0.25	0.248	-0.05
CTS: Psych Aggression Victimization	0.02	0.26	0.954	0.00
Sternberg: Intimacy	0.10	0.02	0.000	0.41
SIRRS: Support Adequacy	0.00	0.02	0.980	0.00
MSI: Sexual Dissatisfaction	-0.07	0.03	0.026	-0.07
MSI: Affective Communication Problems	-0.18	0.06	0.002	-0.15
MSI: Problem-Solving Impairments	-0.01	0.03	0.641	-0.02
MSI: Dissatisfaction with Time Together				
ICQ	-0.45	0.29	0.117	-0.10
CTS: Psych Aggression Perpetration	0.63	0.38	0.094	0.13
CTS: Psych Aggression Victimization	-0.87	0.37	0.021	-0.18
Sternberg: Intimacy	-0.04	0.01	0.000	-0.23
SIRRS: Support Adequacy	-0.03	0.02	0.187	-0.07
MSI: Sexual Dissatisfaction	0.05	0.03	0.135	0.07
MSI: Affective Communication Problems	0.23	0.06	0.000	0.26
MSI: Problem-Solving Impairments	0.06	0.03	0.077	0.10
IDAS: Dysphoria				
ICQ	0.70	1.22	0.566	0.05
CTS: Psych Aggression Perpetration	1.22	1.25	0.329	0.08
CTS: Psych Aggression Victimization	-1.72	1.27	0.174	-0.11
Sternberg: Intimacy	0.05	0.04	0.244	0.09
SIRRS: Support Adequacy	-0.22	0.08	0.006	-0.17
MSI: Sexual Dissatisfaction	0.08	0.13	0.551	0.03
MSI: Affective Communication Problems	1.15	0.22	0.000	0.39
MSI: Problem-Solving Impairments	0.01	0.12	0.954	0.00

	b	SE	p	β
IDAS: Lassitude				
<i>ICQ</i>	-0.44	0.77	0.565	-0.05
CTS: Psych Aggression Perpetration	1.31	0.84	0.120	0.13
CTS: Psych Aggression Victimization	-1.17	0.85	0.168	-0.12
Sternberg: Intimacy	0.03	0.03	0.393	0.07
SIRRS: Support Adequacy	-0.09	0.05	0.104	-0.10
MSI: Sexual Dissatisfaction	0.15	0.08	0.068	0.10
MSI: Affective Communication Problems	0.42	0.14	0.003	0.22
MSI: Problem-Solving Impairments	-0.03	0.07	0.658	-0.03
IDAS: General Well-being				
<i>ICQ</i>	3.48	0.93	0.000	0.28
CTS: Psych Aggression Perpetration	-1.63	0.95	0.085	-0.12
CTS: Psych Aggression Victimization	1.67	0.93	0.074	0.13
Sternberg: Intimacy	0.07	0.04	0.110	0.14
SIRRS: Support Adequacy	0.05	0.06	0.391	0.05
MSI: Sexual Dissatisfaction	-0.22	0.11	0.045	-0.11
MSI: Affective Communication Problems	-0.24	0.17	0.168	-0.10
MSI: Problem-Solving Impairments	0.13	0.09	0.142	0.08
IDAS: Ill Temper				
<i>ICQ</i>	-0.63	0.42	0.137	-0.12
CTS: Psych Aggression Perpetration	1.19	0.44	0.006	0.21
CTS: Psych Aggression Victimization	-0.45	0.45	0.316	-0.08
Sternberg: Intimacy	0.02	0.02	0.262	0.09
SIRRS: Support Adequacy	-0.03	0.03	0.347	-0.06
MSI: Sexual Dissatisfaction	0.00	0.05	0.998	0.00
MSI: Affective Communication Problems	0.27	0.08	0.001	0.26
MSI: Problem-Solving Impairments	0.08	0.05	0.104	0.11
IDAS: Panic				
<i>ICQ</i>	-0.12	0.60	0.845	-0.02
CTS: Psych Aggression Perpetration	0.62	0.57	0.280	0.09
CTS: Psych Aggression Victimization	-0.99	0.58	0.088	-0.14
Sternberg: Intimacy	0.02	0.02	0.390	0.07
SIRRS: Support Adequacy	-0.07	0.04	0.065	-0.11
MSI: Sexual Dissatisfaction	-0.02	0.05	0.709	-0.02
MSI: Affective Communication Problems	0.34	0.11	0.003	0.25
MSI: Problem-Solving Impairments	-0.02	0.05	0.724	-0.02
SF-36: Physical Health				
<i>ICQ</i>	-17.94	20.69	0.386	-0.06
CTS: Psych Aggression Perpetration	5.83	23.51	0.804	0.02
CTS: Psych Aggression Victimization	-5.46	19.33	0.778	-0.02
Sternberg: Intimacy	0.97	1.24	0.433	0.08
SIRRS: Support Adequacy	-1.53	1.95	0.433	-0.06
MSI: Sexual Dissatisfaction	-3.17	2.87	0.269	-0.07
MSI: Affective Communication Problems	-6.15	5.06	0.224	-0.11
MSI: Problem-Solving Impairments	-3.73	3.25	0.251	-0.11

Note. Bold denotes significant incremental prediction of outcomes by ICQ scores when controlling for other key dimensions of the intimate relationship.

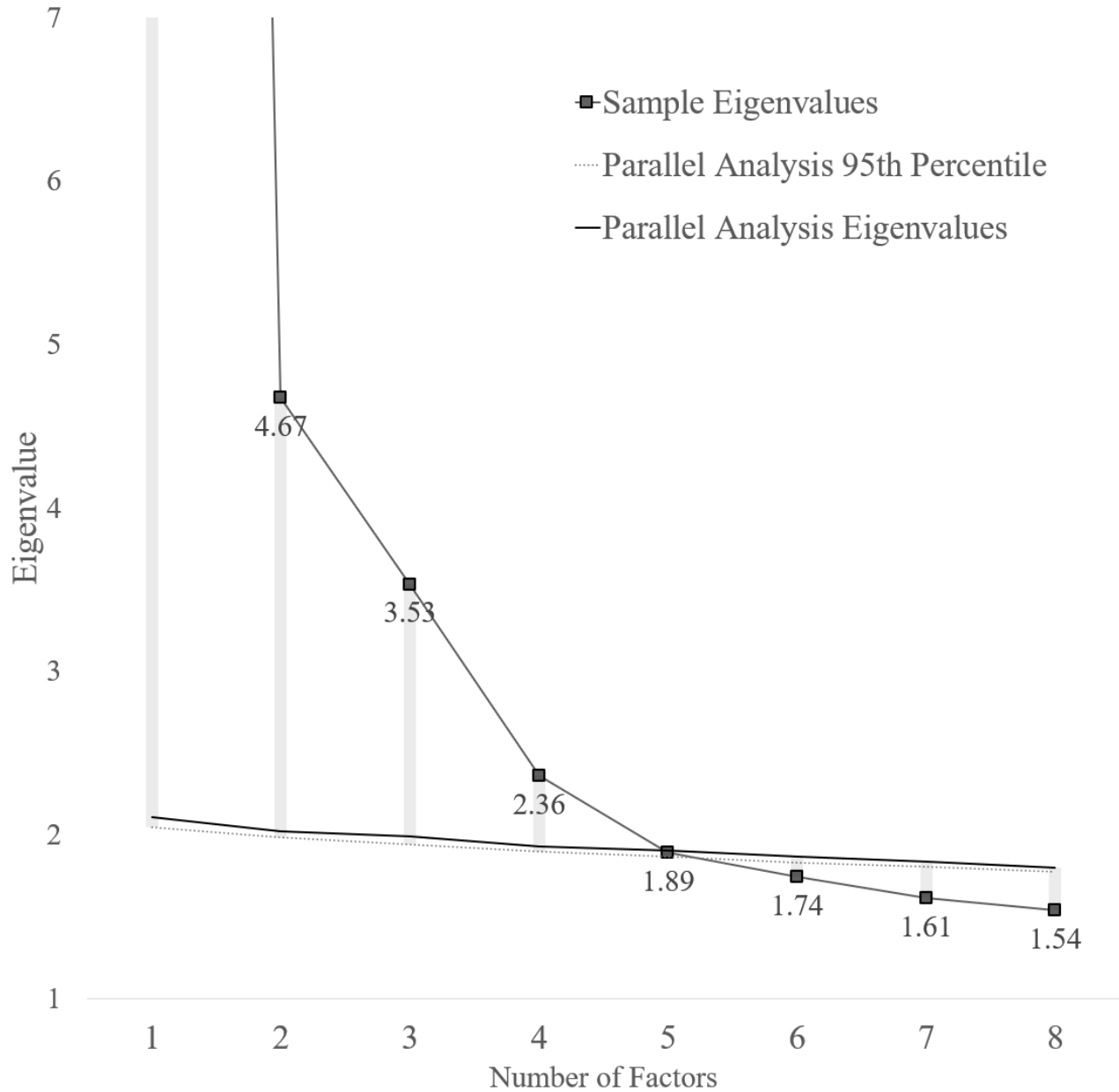


Figure 1. Results from the parallel analysis for identifying the optimal number of factors to retain from exploratory factor analysis in Sample #1. The X axis (Number of Factors, range = 1 - 116) and Y axis (Eigenvalue, observed range = 0 - 41.65) have been truncated to clearly visualize the cross-over point between the sample eigenvalues and the eigenvalues from the parallel analysis. This is the point that signals the optimal solution which, in this case, was 5 factors (Sample Eigenvalue = 1.89).

S1: Original Item Pool with Item Statistics

		Item Clarity			Item Statistics Across Samples				Sample #1 Item Statistics				Sample #2 Item Statistics			
#	Item	Overall % "Don't Knows"	Sample 1 %	Sample 2 %	Mean	SD	Skew	Kurtosis	Mean	SD	Skew	Kurtosis	Mean	SD	Skew	Kurtosis
1	I felt respected by my partner	0.00%	0.00%	0.00%	4.54		-1.979	5.255	4.56	0.702	-2.016	5.576	4.53	0.728	-1.938	4.934
2	I felt valued by my partner	0.20%	0.34%	0.00%	4.56	0.679	-1.775	3.929	4.58	0.654	-1.770	3.858	4.52	0.709	-1.767	3.917
3	My partner treated me as a competent person	1.85%	2.76%	0.67%	4.54	0.709	-1.986	5.284	4.52	0.757	-1.988	4.885	4.57	0.643	-1.894	5.476
4	My partner treated me as a capable person	0.20%	0.34%	0.00%	4.57	0.637	-1.656	3.730	4.56	0.640	-1.633	3.616	4.58	0.634	-1.694	3.943
5	My partner did not take my ideas and opinions seriously	0.29%	0.34%	0.22%	1.59	0.834	1.588	2.415	1.57	0.818	1.671	2.959	1.61	0.855	1.492	1.838
6	My partner was responsive to my ideas and opinions	0.10%	0.17%	0.00%	4.32	0.761	-1.367	2.953	4.32	0.759	-1.403	3.184	4.31	0.765	-1.325	2.710
7	My partner asked my opinion on a range of topics	0.78%	0.69%	0.90%	4.21	0.883	-1.219	1.378	4.19	0.899	-1.229	1.410	4.23	0.863	-1.203	1.330
8	My partner asked me to share my expertise on certain matters	1.66%	2.41%	0.67%	4.16	0.929	-1.172	1.115	4.16	0.906	-1.122	1.090	4.16	0.958	-1.229	1.139
9	My partner asked for my advice when struggling with something	0.88%	0.86%	0.90%	4.19	0.915	-1.225	1.221	4.24	0.896	-1.333	1.759	4.13	0.938	-1.100	0.678
10	My partner disregarded my opinions	0.10%	0.17%	0.00%	1.62	0.863	1.594	2.390	1.59	0.845	1.751	3.279	1.66	0.886	1.414	1.848
11	My partner deferred to my judgment on matters	9.27%	12.41%	5.17%	3.23	1.246	-0.395	-0.857	2.94	1.288	-0.099	-1.126	3.59	1.095	-0.727	-0.011
12	My partner told me I have good ideas	1.46%	1.72%	1.12%	4.24	0.796	-1.074	1.257	4.23	0.818	-1.161	1.582	4.26	0.767	-0.930	0.659
13	My partner valued my opinions and ideas	0.00%	0.00%	0.00%	4.48	0.717	-1.692	3.880	4.50	0.723	-1.793	4.303	4.47	0.709	-1.562	3.375
14	I felt validated by my partner	2.44%	3.45%	1.12%	4.12	1.111	-1.395	1.301	3.98	1.233	-1.195	0.446	4.30	0.902	-1.532	2.430
15	My partner asked my opinion	0.20%	0.17%	0.22%	4.37	0.780	-1.553	3.129	4.36	0.767	-1.484	2.997	4.39	0.797	-1.640	3.329
16	My partner respected the decisions that I made	0.10%	0.17%	0.00%	4.42	0.726	-1.406	2.714	4.44	0.745	-1.542	2.986	4.39	0.700	-1.217	2.378
17	My partner asked for my input on an important decision	1.76%	2.07%	1.35%	4.30	0.863	-1.342	1.667	4.28	0.865	-1.295	1.578	4.32	0.860	-1.410	1.834
18	My partner seemed open to learning new things from me	0.88%	0.69%	1.12%	4.23	0.847	-1.126	1.133	4.29	0.840	-1.290	1.752	4.16	0.851	-0.937	0.517
19	I don't think my partner viewed me as very capable	0.39%	0.34%	0.45%	1.59	0.921	1.823	3.034	1.57	0.871	1.813	3.293	1.61	0.983	1.807	2.666
20	I felt like part of a team with my partner	0.49%	0.86%	0.00%	4.42	0.825	-1.685	3.162	4.41	0.840	-1.622	2.735	4.44	0.807	-1.777	3.839
21	My partner treated me like part of a team	1.46%	2.24%	0.45%	4.41	0.787	-1.408	2.012	4.36	0.827	-1.401	2.034	4.46	0.728	-1.360	1.607
22	My partner didn't ask for my opinion on important matters in our relationship	1.07%	1.03%	1.12%	1.58	0.878	1.830	3.420	1.56	0.872	1.958	4.170	1.60	0.888	1.677	2.577
23	My partner made decisions without me	0.98%	1.03%	0.90%	2.50	1.247	0.328	-1.098	2.52	1.219	0.330	-0.968	2.46	1.282	0.334	-1.243
24	My partner considered my thoughts and opinions on matters	0.49%	0.69%	0.22%	4.38	0.778	-1.606	3.425	4.39	0.783	-1.628	3.425	4.37	0.773	-1.584	3.471
25	My partner made important decisions about our lives without me	0.88%	1.55%	0.00%	1.61	0.906	1.815	3.268	1.63	0.913	1.818	3.375	1.58	0.897	1.818	3.165
26	My partner made me feel like I have something meaningful to contribute to the relationship	0.20%	0.34%	0.00%	4.50	0.715	-1.521	2.364	4.52	0.714	-1.635	2.848	4.47	0.715	-1.384	1.827
27	I didn't feel like my partner and I were on even footing in the relationship	1.17%	1.55%	0.67%	1.92	1.161	1.195	0.376	1.92	1.176	1.235	0.500	1.93	1.151	1.145	0.216
28	I felt like an equal in the relationship	0.10%	0.17%	0.00%	4.47	0.798	-1.614	2.350	4.47	0.794	-1.642	2.506	4.45	0.804	-1.583	2.197
29	My partner was proud of me	1.46%	1.03%	2.02%	4.52	0.683	-1.607	3.294	4.57	0.643	-1.605	3.185	4.46	0.728	-1.569	3.164
30	My partner praised my strengths and accomplishments	0.68%	0.34%	1.12%	4.44	0.756	-1.566	3.029	4.49	0.717	-1.539	2.810	4.39	0.803	-1.558	3.027
31	My partner boasted about me to friends and family	10.73%	10.34%	11.24%	3.87	1.111	-0.970	0.295	3.90	1.101	-1.059	0.552	3.82	1.124	-0.862	0.022
32	My partner found me interesting	1.37%	1.03%	1.80%	4.43	0.712	-1.365	2.390	4.50	0.681	-1.582	3.530	4.35	0.744	-1.132	1.431
33	My partner listened to what I had to say with interest	0.10%	0.17%	0.00%	4.33	0.799	-1.336	2.098	4.37	0.804	-1.578	3.096	4.27	0.790	-1.036	0.971
34	My partner didn't ask about my interests or hobbies	0.29%	0.34%	0.22%	1.79	0.953	1.274	1.231	1.72	0.922	1.468	2.038	1.88	0.985	1.059	0.498
35	My partner held me in high regard	3.51%	5.17%	1.35%	4.38	0.801	-1.399	2.105	4.38	0.814	-1.459	2.332	4.38	0.784	-1.319	1.802
36	My partner made me feel smart	0.20%	0.00%	0.45%	4.39	0.764	-1.272	1.547	4.40	0.766	-1.316	1.618	4.37	0.763	-1.221	1.500
37	My partner looked up to me in certain regards	4.10%	4.14%	4.04%	4.06	0.889	-1.048	1.212	4.09	0.838	-0.864	0.770	4.04	0.952	-1.184	1.390
38	My partner made me feel good about myself	0.10%	0.17%	0.00%	4.54	0.662	-1.579	3.245	4.61	0.636	-1.907	4.897	4.45	0.685	-1.248	1.932
39	My partner did not appreciate me	0.00%	0.00%	0.00%	1.58	0.914	1.754	2.826	1.54	0.863	1.830	3.137	1.64	0.975	1.649	2.037
40	I wanted my partner to value me more	0.68%	0.69%	0.67%	2.53	1.277	0.366	-1.060	2.53	1.263	0.385	-1.011	2.55	1.295	0.344	-1.119
41	I felt admired by my partner	0.68%	0.52%	0.90%	4.39	0.832	-1.510	2.285	4.52	0.724	-1.668	3.097	4.21	0.928	-1.262	1.311
42	My partner saw me as skilled	2.05%	1.90%	2.25%	4.40	0.690	-1.052	1.074	4.38	0.702	-1.056	1.125	4.43	0.673	-1.041	0.985
43	My partner respected my rights as an adult	0.10%	0.17%	0.00%	4.61	0.710	-2.539	8.343	4.59	0.688	-2.309	7.216	4.63	0.739	-2.795	9.555
44	My partner treated me like a child	0.20%	0.17%	0.22%	1.52	0.825	1.896	3.643	1.53	0.832	1.900	3.773	1.49	0.817	1.896	3.509
45	My partner looked down on me	0.68%	0.52%	0.90%	1.41	0.717	2.079	4.839	1.44	0.746	2.110	5.127	1.38	0.678	1.998	4.060
46	My partner acted superior to me	0.39%	0.34%	0.45%	1.64	0.914	1.626	2.388	1.66	0.911	1.517	1.974	1.62	0.917	1.776	2.999
47	My partner made me feel insignificant around friends or family	0.29%	0.52%	0.00%	1.45	0.833	2.315	5.557	1.52	0.899	2.116	4.449	1.35	0.729	2.607	7.419
48	My partner was dismissive and condescending	0.78%	1.21%	0.22%	1.53	0.831	1.784	3.076	1.49	0.808	1.907	3.859	1.58	0.859	1.646	2.295
49	My partner made spiteful, belittling comments about me	0.20%	0.34%	0.00%	1.44	0.841	2.263	5.025	1.44	0.814	2.195	4.760	1.45	0.876	2.328	5.244
50	My partner made me feel inferior	1.27%	2.07%	0.22%	1.56	0.867	1.778	2.983	1.58	0.888	1.789	3.048	1.54	0.841	1.758	2.859
51	My partner was dismissive of my requests	1.37%	2.07%	0.45%	1.72	0.922	1.395	1.617	1.69	0.923	1.432	1.720	1.75	0.920	1.359	1.536
52	My partner babied or coddled me	1.56%	1.90%	1.12%	1.89	1.116	1.220	0.576	1.94	1.103	1.124	0.457	1.81	1.129	1.365	0.826
53	My partner ignored me	0.39%	0.69%	0.00%	1.74	0.996	1.362	1.076	1.73	0.984	1.372	1.177	1.75	1.013	1.352	0.973
54	My partner talked over me	0.68%	0.86%	0.45%	1.99	1.106	1.049	0.227	1.95	1.087	1.058	0.257	2.03	1.132	1.036	0.183
55	My partner interrupted me	1.07%	1.21%	0.90%	2.26	1.195	0.597	-0.788	2.23	1.193	0.652	-0.667	2.31	1.198	0.528	-0.926
56	My partner was considerate toward me	0.20%	0.17%	0.22%	4.50	0.728	-1.851	4.467	4.52	0.711	-1.848	4.421	4.48	0.750	-1.851	4.512
57	My partner expected me to do things that were inconsistent with my values	0.20%	0.34%	0.00%	1.42	0.747	2.187	5.346	1.47	0.774	1.959	4.137	1.35	0.706	2.568	7.724
58	My partner respected my interests outside of the relationship	0.20%	0.00%	0.45%	4.49	0.720	-1.763	4.365	4.51	0.728	-1.962	5.350	4.46	0.709	-1.499	3.109
59	I felt like a child when I was around my partner	1.07%	0.69%	1.57%	1.65	0.923	1.508	1.735	1.70	0.936	1.443	1.666	1.59	0.903	1.608	1.888
60	I didn't feel like my partner and I were equals in our relationship	0.29%	0.52%	0.00%	1.74	1.073	1.484	1.323	1.71	1.047	1.588	1.773	1.79	1.106	1.364	0.857
61	My partner told me s/he was right and I was wrong	1.07%	1.21%	0.90%	2.25	1.231	0.612	-0.862	2.27	1.212	0.560	-0.877	2.22	1.256	0.679	-0.834
62	My partner made me feel small	0.10%	0.00%	0.22%	1.46	0.754	1.950	4.080	1.46	0.744	1.983	4.498	1.47	0.767	1.914	3.637
63	My partner made me feel insignificant	0.20%	0.17%	0.22%	1.51	0.901	2.093	4.152	1.54	0.928	2.121	4.328	1.48	0.864	2.037	3.752
64	My partner acted more like my parent than an equal	0.20%	0.00%	0.45%	1.50	0.824	1.868	3.385	1.54	0.837	1.760	3.004	1.45	0.805	2.036	4.063
65	I felt unimportant around my partner	0.10%	0.00%	0.22%	1.57	0.896	1.811	2.928	1.55	0.875	1.965	3.874	1.59	0.923	1.635	1.946
66	I felt accepted by my partner	0.10%	0.17%	0.00%	4.62	0.644	-2.071	5.702	4.65	0.614	-2.173	6.531	4.58	0.679	-1.950	4.860
67	My partner accepted my unconditionally	1.95%	3.10%	0.45%	4.50	0.765	-1.789	3.525	4.49	0.779	-1.804	3.611	4.52	0.747	-1.768	3.405
68	My partner made me feel ashamed of who I am	0.20%	0.17%	0.22%	1.35	0.714	2.624	7.941	1.38	0.754	2.569	7.478	1.32	0.658	2.662	8.339
69	I felt judged by my partner	0.00%	0.00%	0.00%	1.66	0.932	1.522	1.753	1.59	0.880	1.801	3.209	1.76	0.988	1.229	0.535
70	I felt insecure around my partner	0.10%	0.00%	0.22%	1.71	0.984	1.420	1.231	1.64	0.919	1.606	2.194	1.80	1.059	1.208	0.361
71	I could be myself around my partner	0.10%	0.17%	0.00%	4.71	0.577	-2.501	8.729	4.76	0.515	-2.632	9.414	4.63	0.643	-2	

79	My partner was embarrassed by me	1.37%	1.38%	1.35%	1.56	0.805	1.739	3.373	1.55	0.791	1.791	3.755	1.57	0.824	1.681	2.973
80	My partner was judgmental toward me	0.20%	0.34%	0.00%	1.66	0.902	1.492	1.782	1.60	0.842	1.686	3.011	1.74	0.971	1.274	0.713
81	My partner accepted my flaws	0.59%	0.69%	0.45%	4.51	0.700	-1.538	2.430	4.60	0.638	-1.711	3.134	4.39	0.758	-1.329	1.711
82	I could let my guard down around my partner	0.68%	1.03%	0.22%	4.56	0.817	-2.394	6.307	4.56	0.831	-2.459	6.565	4.56	0.800	-2.305	5.981
83	My partner made me feel like I am perfect just the way I am	0.29%	0.52%	0.00%	4.27	0.928	-1.284	1.183	4.43	0.823	-1.626	2.699	4.06	1.013	-0.932	0.154
84	I felt safe being vulnerable around my partner	0.29%	0.34%	0.22%	4.53	0.795	-2.059	4.650	4.54	0.805	-2.189	5.293	4.51	0.782	-1.886	3.815
85	I feel like I needed to justify or defend my hobbies or interests to my partner	0.49%	0.69%	0.22%	1.70	1.014	1.500	1.429	1.66	0.984	1.584	1.838	1.74	1.051	1.401	1.000
86	My partner made me feel embarrassed about my hobbies, interests, or passions	0.10%	0.17%	0.00%	1.42	0.750	2.207	5.455	1.42	0.754	2.320	6.365	1.42	0.746	2.061	4.284
87	My partner made me feel like I am weird	0.29%	0.34%	0.22%	1.80	0.989	1.297	1.142	1.78	0.968	1.309	1.266	1.82	1.016	1.282	1.002
88	My partner made me feel like I am crazy or irrational	0.10%	0.17%	0.00%	1.73	1.017	1.444	1.356	1.78	1.036	1.374	1.173	1.68	0.991	1.548	1.663
89	My partner made me feel like my emotions were unreasonable	0.20%	0.17%	0.22%	1.91	1.109	1.167	0.429	1.94	1.148	1.079	0.083	1.87	1.056	1.296	1.007
90	My partner accepted the things about me that I don't accept about myself	2.54%	1.55%	3.82%	4.41	0.811	-1.556	2.646	4.49	0.801	-1.929	4.294	4.31	0.815	-1.141	1.130
91	My partner thought highly of me even when I didn't	1.37%	0.86%	2.02%	4.53	0.704	-1.616	2.931	4.58	0.697	-1.902	4.185	4.46	0.709	-1.288	1.698
92	I could bring up embarrassing topics with my partner	0.39%	0.52%	0.22%	4.58	0.688	-2.201	6.672	4.64	0.646	-2.363	7.415	4.51	0.732	-2.028	5.948
93	I felt a sense of belonging in the relationship	0.10%	0.00%	0.22%	4.57	0.698	-1.953	4.719	4.57	0.696	-1.988	5.006	4.57	0.700	-1.916	4.417
94	I felt like my partner disapproved of me	0.00%	0.00%	0.00%	1.53	0.876	1.872	3.189	1.51	0.885	2.040	3.965	1.56	0.865	1.652	2.201
95	I felt like I needed to edit myself around my partner	0.10%	0.17%	0.00%	1.69	0.982	1.483	1.482	1.63	0.978	1.645	2.029	1.76	0.984	1.297	0.933
96	I felt like I got on my partner's nerves	0.29%	0.17%	0.45%	2.78	1.280	0.058	-1.204	2.69	1.252	0.122	-1.165	2.90	1.263	-0.029	-1.236
97	I felt like I needed to be someone else when I was with my partner	0.29%	0.52%	0.00%	1.40	0.735	2.341	6.351	1.40	0.724	2.405	6.917	1.40	0.749	2.270	5.764
98	I felt like I had to put on a show around my partner	0.10%	0.17%	0.00%	1.48	0.762	1.870	3.763	1.48	0.770	1.989	4.417	1.49	0.752	1.709	2.889
99	I didn't feel fully embraced by my partner	0.59%	0.52%	0.67%	1.78	1.053	1.399	1.162	1.78	1.049	1.450	1.411	1.78	1.059	1.339	0.873
100	I felt like I needed to impress my partner	0.20%	0.17%	0.22%	2.39	1.202	0.401	-1.042	2.40	1.190	0.379	-1.043	2.37	1.218	0.430	-1.037
101	I felt like there was room for me to be my own unique person in the relationship	0.59%	0.86%	0.22%	4.48	0.822	-2.084	5.082	4.46	0.892	-2.115	4.668	4.50	0.723	-1.868	4.952
102	I felt comfortable "being me" around my partner	0.20%	0.34%	0.00%	4.66	0.704	-2.749	9.020	4.70	0.670	-2.927	9.933	4.60	0.742	-2.563	8.134
103	My partner saw the "true me"	1.27%	1.72%	0.67%	4.59	0.683	-2.171	6.341	4.60	0.688	-2.186	6.191	4.59	0.679	-2.160	6.636
104	I could tell my partner how I really felt without being judged	0.20%	0.17%	0.22%	4.31	0.946	-1.601	2.305	4.37	0.944	-1.813	3.160	4.24	0.946	-1.354	1.420
105	I felt like I needed to hide certain parts of me	0.10%	0.00%	0.22%	1.79	1.056	1.370	1.008	1.72	1.016	1.531	1.618	1.88	1.101	1.189	0.427
106	My partner showed interest in things that I enjoy	0.20%	0.34%	0.00%	4.17	0.856	-1.112	1.244	4.24	0.796	-1.099	1.438	4.08	0.922	-1.061	0.864
107	My partner actively participated in events or activities that I enjoy	0.29%	0.17%	0.45%	4.04	0.974	-0.970	0.459	4.08	0.951	-1.020	0.697	3.98	1.002	-0.905	0.200
108	My partner asked me about my interests and hobbies	0.20%	0.34%	0.00%	4.17	0.900	-1.140	1.107	4.27	0.853	-1.304	1.739	4.03	0.943	-0.957	0.575
109	My partner made me feel silly for pursuing my hobbies, interests, or passions	0.00%	0.00%	0.00%	1.44	0.727	2.014	4.650	1.42	0.705	2.140	5.640	1.46	0.755	1.872	3.650
110	My partner mocked me for my interests	0.10%	0.00%	0.22%	1.40	0.710	2.185	5.378	1.39	0.690	2.236	6.053	1.41	0.736	2.126	4.676
111	My partner made me feel stupid for doing the things I like to do	0.10%	0.00%	0.22%	1.49	0.806	1.911	3.630	1.52	0.838	1.826	3.091	1.45	0.760	2.030	4.514
112	My partner belittled my habits, passions, or interests	0.29%	0.52%	0.00%	1.44	0.764	2.080	4.658	1.45	0.746	2.089	5.051	1.43	0.788	2.074	4.273
113	My partner pointed out my flaws	0.29%	0.17%	0.45%	2.08	1.149	0.792	-0.536	1.91	1.076	1.066	0.183	2.30	1.205	0.483	-1.052
114	I don't think my partner was genuine when s/he asked me about my interests and hobbies	1.27%	0.52%	2.25%	1.68	0.965	1.652	2.424	1.68	0.976	1.687	2.549	1.68	0.952	1.605	2.276
115	I felt like I couldn't talk about certain interest or hobbies with my partner	0.10%	0.17%	0.00%	1.82	1.134	1.389	0.925	1.80	1.137	1.437	1.036	1.84	1.131	1.333	0.813
116	My partner supported me in following my personal dreams and aspirations	0.10%	0.00%	0.22%	4.59	0.692	-2.107	5.650	4.61	0.678	-2.134	5.706	4.57	0.709	-2.076	5.616
117	If something was important to me, my partner supported it even if s/he didn't understand it	0.68%	0.69%	0.67%	4.29	0.859	-1.355	1.850	4.30	0.871	-1.392	1.813	4.28	0.845	-1.309	1.949
118	My partner thought my interests or passions were stupid	0.10%	0.00%	0.22%	1.44	0.771	2.181	5.248	1.43	0.793	2.329	5.922	1.44	0.742	1.946	4.100
119	My partner pointed out and expressed appreciation about something unique I bring to the relationship	2.83%	2.24%	3.60%	4.17	0.997	-1.216	0.891	4.17	1.003	-1.206	0.817	4.16	0.990	-1.235	1.019
120	I felt like my partner embraced our differences (i.e., abilities, qualities, or traits)	0.49%	0.34%	0.67%	4.30	0.823	-1.356	2.225	4.28	0.871	-1.405	2.220	4.34	0.755	-1.195	1.799
121	My partner nagged me to do certain things or stop doing certain things	0.10%	0.17%	0.00%	2.07	1.194	0.893	-0.351	2.01	1.179	0.963	-0.208	2.14	1.212	0.809	-0.499
122	My partner gave me the space to make changes for myself, rather than pressuring me to make changes on his/her behalf	1.95%	2.24%	1.57%	4.25	0.904	-1.324	1.621	4.27	0.909	-1.321	1.487	4.23	0.899	-1.336	1.842
123	My partner pressured me to change for him/her	0.10%	0.00%	0.22%	1.50	0.825	1.966	3.992	1.51	0.857	2.024	4.185	1.49	0.782	1.850	3.497
124	My partner wanted me to change something about myself without any clear benefit to me	0.49%	0.86%	0.00%	1.48	0.828	2.032	3.994	1.51	0.871	2.012	3.839	1.44	0.768	2.016	3.922
125	There were things my partner would like to change about me	2.93%	3.45%	2.25%	2.40	1.223	0.429	-1.025	2.20	1.192	0.672	-0.703	2.66	1.218	0.156	-1.162
126	My partner provided constructive criticism without making me feel judged or ashamed	1.46%	1.72%	1.12%	3.93	0.967	-0.932	0.624	3.98	0.960	-1.025	0.926	3.86	0.973	-0.825	0.325
127	My partner made me feel guilty about how I spend my time	0.00%	0.00%	0.00%	1.73	0.992	1.450	1.480	1.73	1.010	1.541	1.827	1.73	0.970	1.318	0.965
128	My partner was uncomfortable if I engaged in activities without him/her	0.39%	0.69%	0.00%	1.74	0.980	1.447	1.641	1.81	1.017	1.313	1.197	1.64	0.922	1.648	2.440
129	There were times when I could put my happiness first instead of always putting our relationship first	3.41%	3.45%	3.37%	3.90	1.043	-0.973	0.520	3.91	1.048	-0.930	0.396	3.90	1.037	-1.034	0.709
130	I felt uncomfortable pursuing my own interests without my partner's approval	0.00%	0.00%	0.00%	1.75	1.121	1.600	1.642	1.73	1.101	1.674	1.981	1.78	1.148	1.514	1.279
131	If I wanted to make a life change that was important to me (e.g., changing my job), my partner would have supported me	0.68%	0.69%	0.67%	4.61	0.672	-2.178	6.239	4.60	0.654	-2.105	6.404	4.63	0.696	-2.267	6.125
132	My partner was bossy toward me	0.10%	0.17%	0.00%	1.86	1.052	1.166	0.481	1.84	1.036	1.185	0.578	1.88	1.074	1.143	0.373
133	I felt pressured to spend most of my free time with my partner	0.20%	0.17%	0.22%	1.94	1.077	1.140	0.560	1.95	1.062	1.154	0.712	1.93	1.098	1.128	0.400
134	I had personal space when I needed it	0.10%	0.17%	0.00%	4.35	0.835	-1.474	2.264	4.36	0.856	-1.554	2.479	4.34	0.807	-1.357	1.936
135	I could schedule my day without my partner	0.29%	0.17%	0.45%	4.17	1.027	-1.374	1.345	4.24	1.007	-1.486	1.749	4.09	1.047	-1.253	0.960
136	My partner insisted that we do everything together	0.39%	0.34%	0.45%	1.89	0.976	1.132	0.870	1.96	1.017	1.070	0.633	1.81	0.914	1.198	1.179
137	My partner acted like s/he owns me	0.20%	0.17%	0.22%	1.35	0.738	2.582	7.266	1.42	0.806	2.318	5.593	1.27	0.629	3.008	10.567
138	My partner refused to let me make decisions for myself	0.00%	0.00%	0.00%	1.35	0.702	2.737	9.167	1.36	0.695	2.661	9.072	1.33	0.712	2.843	9.424
139	My partner did not treat me like an independent person	0.20%	0.34%	0.00%	1.48	0.807	2.308	6.240	1.51	0.845	2.304	6.136	1.44	0.753	2.271	6.062
140	My partner discouraged me from participating in activities that I enjoy	0.00%	0.00%	0.00%	1.43	0.749	2.199	5.641	1.44	0.787	2.282	5.806	1.42	0.695	2.003	4.908
141	My partner checked in on me when I was away from him/her	1.27%	1.21%	1.35%	4.02	1.063	-1.230	1.048	4.17	0.957	-1.370	1.824	3.83	1.159	-1.023	0.269
142	My partner made me feel guilty when I was away from him/her	0.10%	0.00%	0.22%	1.62	0.925	1.579	1.886	1.65	0.937	1.528	1.719	1.59	0.909	1.654	2.167
143	My partner questioned me about where I had been or what I had been doing	0.29%	0.00%	0.67%	2.06	1.213	0.858	-0.513	2.25	1.272	0.601	-0.954	1.81	1.081	1.259	0.572
144	My partner encouraged me to have my own interests	0.59%	0.52%	0.67%	4.41	0.766	-1.478	2.866	4.44	0.743	-1.543	3.025	4.38	0.795	-1.400	2.288
145	My partner encouraged me to develop new friendships	2.05%	1.90%	2.25%	4.00	1.045	-0.927	0.220	4.13	1.005	-1.143	0.812	3.83	1.074	-0.693	-0.222
146	My partner encouraged me to nurture existing friendships	1.95%	1.90%	2.02%	4.23	0.896	-1.192	1.187	4.25	0.888	-1.261	1.417	4.20	0.907	-1.111	0.948
147	My partner told me what to do	0.20%	0.34%	0.00%	1.85	1.007	1.149	0.565	1.79	0.943	1.195	0.843	1.93	1.080	1.060	0.186
148	If I made a new friend, my partner would have insisted on meeting him or her	1.66%	1.72%	1.57%	2.38	1.210	0.608	-0.559	2.53	1.226	0.469	-0.754	2.18	1.159	0.812	-0.129
149	I had to run all of my decisions by my partner	0.29%	0.17%	0.45%	1.66	0.852	1.419	1.937	1.63	0.810	1.304	1.546	1.69	0.904	1.502	2.109
150	My partner made decisions for me	0.29%	0.00%	0.67%	1.75	0.924	1.300									

Individuality in Couples Questionnaire (ICQ)

Thinking about interactions with your partner over the past month, please rate the extent to which you agree with each of the following statements as it applies to you and your relationship

1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree

Over the past month....

1. I felt respected by my partner
2. I felt valued by my partner
3. My partner asked my opinion on a range of topics
4. My partner valued my opinions and ideas
5. My partner seemed open to learning new things from me
6. I felt like part of a team with my partner
7. My partner made me feel like I have something meaningful to contribute to the relationship
8. I felt like an equal in the relationship
9. My partner praised my strengths and accomplishments
10. My partner listened to what I had to say with interest
11. My partner made me feel good about myself
12. I felt admired by my partner
13. I felt accepted by my partner
14. My partner accepted my flaws
15. I felt safe being vulnerable around my partner
16. I felt a sense of belonging in the relationship
17. I could tell my partner how I really felt without being judged
18. My partner asked me about my interests and hobbies
19. I had personal space when I needed it
20. I had the freedom to pursue my own interests and passions
- 21. I felt like I needed my partner's approval to do certain things (R)**
22. I had the freedom to be friends with whomever I wanted
- 23. I had to convince my partner to let me do things that were important to me (R)**
- 24. It seemed like we had an argument whenever I wanted to do something for me (R)**
- 25. My partner made me feel guilty for doing things on my own (R)**

Scoring instructions:

1. Reverse code items (R) 21, 23, 24, and 25
2. Average all items (1-25)