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When an individual's best friend begins dating someone new: what factors shape how that individual responds?

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WHEN AN INDIVIDUAL'S BEST FRIEND BEGINS DATING SOMEONE NEW:
WHAT FACTORS SHAPE HOW THAT INDIVIDUAL RESPONDS?

Dissertation

Presented to

The Department of Psychology

DePaul University

BY

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October 2008

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ACKNOWLEDGEMENTS

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OVERVIEW

Powerful emotional responses and conflicts can arise between close friends when one of them begins to romantically see someone new. The addition of a third-party dating partner to an existing friendship is fraught with social consequences and complex negotiations of time (Larson & Richards, 1991; Roth & Parker, 2001). For example, availability for activities once shared by close friends now must be moderated by the amount of time needed to spend with the new partner. This can lead to strong, negative feelings as the friends struggle to make the adjustment and accommodate their friendship's changing status.

Jealousy is one of the emotions aroused when individuals feel threatened in a close relationship (Lazarus, 1991). Although most of the earlier research on jealousy was focused on threats within heterosexual couples, and not between good friends, more recently, Roth and Parker (2001) have explored the strength of feelings aroused in same-sex friendships. One of the findings of this study is that females had stronger reactions of anger, jealousy, and hurt over being left out by a friend than did males. These negative feelings may be attenuated or intensified by the type of relationship: same-sex or cross-sex. Rose (1984) found that in comparison to same-sex friendships, cross-sex friendships were less likely to report using maintenance strategies upon the arrival of conflict. Furthermore, unlike cross sex-friendships, both male and female same-sex friendships reported greater levels of acceptance, effort, time, commitment, and common interests than did cross-sex friendships (Oswald, Clark, & Kelley, 2004). This study will look at gender differences and sexual orientation in threats aroused in same- versus cross- sex friendships when one friend begins dating someone new. It will also explore whether an

individual's attachment style plays a role in predicting the nature and intensity of the threat response.

An experimental manipulation in the instructions of a questionnaire will be employed to invite individuals to imagine a close or a best friend of theirs who is either the same or the other sex. A scenario will be presented stating that the imagined close or best friend has begun dating someone new. A pool of participants equally divided among those who are male and female, and those who are straight and non-straight will complete various questionnaires assessing their attachment style, feelings of jealousy aroused, the type of relationship they have with their best friend (cross-sex vs. same-sex), and their own relationship status (unattached/single vs. attached/in a relationship). The design of this will allow an exploration of how the combination of all these factors (gender, type of relationship, sexual orientation, attachment style, and relationship status) may influence emotions of jealousy.

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INTRODUCTION

Social psychologists have sought to explain how an individual's feelings, thoughts, and behaviors are influenced by the actual, imagined, or implied presence of others. One large area of study in the field has been the study of interpersonal relationships. Hundreds of studies have examined issues such as dialectics, rewards and benefits, equity, attachment styles, and amount of disclosure and trust between parties in regards to peer relations and romantic bonds. However, the question of jealousy between close or best friends across sexual orientations has yet to receive a comprehensive evaluation within the jealousy literature. Instead, researchers have largely focused on the role of emotional and sexual infidelity leading to jealousy in heterosexual romantic relationships.

Strong emotional responses and conflicts can arise between close friends when one of them begins to romantically see someone new. Availability for activities once shared by close friends now must be moderated by the amount of time needed to spend with the new partner. This curtailment of accessibility can lead to negative feelings as the friends struggle to make the adjustment and accommodate to their relationship's changing status. Jealousy is often thought of in terms of a single emotion yet it can manifest itself through separate or blended negative emotions. Friends who feel threatened by their close friend's new dating partner may experience a mixture of feelings including anger, fear, hurt, betrayal, sadness, loneliness, envy, powerlessness, inadequacy, or other emotions (Spitzberg & Cupach, 1998).

Roth and Parker (2001) similarly have explored the strength of feelings aroused over being left out by a friend for some activity. Females were found to have stronger reactions of jealousy, and hurt in these situations, although the negative feelings may be attenuated or intensified by whether the friendship is same-sex or cross-sex. Rose (1984) found that in comparison to same-sex friendships, cross-sex friendships were less likely to report using maintenance strategies when conflict occurs. Furthermore, unlike cross-sex friendships, both male and female same-sex friendships reported greater levels of acceptance, effort, time, commitment, and common interests than cross sex friendships (Oswald, Clark, & Kelley, 2004). Likewise, the intensity of negative feelings may also be moderated by sexual orientation. Sheets and Wolfe (2001) found that lesbians, gays, and heterosexual women experienced more distress to a partner's emotional infidelity than to a partner's sexual infidelity, as compared to heterosexual men.

Individuals in friendships may even exhibit one of the four attachment styles, including secure, preoccupied, fearful, and dismissive, when their relationships are disrupted by a new dating partner. Not surprisingly, friends who are single or unattached may feel more threatened by a close or best friend's new dating partner than those who are partnered themselves already (DePaulo & Morris, 2005; Roth & Parker, 2001).

The current study intends to examine the different determinants which may attenuate or intensify jealousy emotions within different types of friendships when a threat from a third-party dating partner enters the relationship. Variables of interest include gender, sexual orientation, attachment style, the type of relationship between the close or best friends (cross-sex or same-sex), and their own relationship status (unattached/single vs. attached/in a relationship). The following discussion will review

relevant literature in these areas. It will first look at relationship factors and will then discuss factors associated with the friend.

Indicators of Relationships

As a dating relationship begins to progress from a casual one to a serious one, the availability for activities once shared by close friends now must be moderated by the amount of time needed to spend with the new partner. The serious relationship involves higher levels of investment devoted towards the new dating partner, but what marks the difference between a casual versus a serious dating relationship?

One indicator is time. Sacher and Fine (1996) use the six-month mark to determine the stability of the relationship. Stability is based upon a conceived change in relationship state or the outcome of a relationship (Sacher & Fine, 1996). Usually at this point in the relationship, the couple decides to stay together or to be apart. Another factor is a deepening sense of commitment. Commitment represents feelings of attachment to a partner and a desire to maintain a relationship (Rusbult & Buunk, 1993). Perceived stability of the relationship is also important and is positively related to commitment, relationship satisfaction, low quality alternatives (Drigotas & Rusbult, 1992), and the length of the relationship (Simpson, 1987). Therefore, it is unreasonable to conclude that a relationship is serious based on just the length of the relationship alone; a series of other factors may also contribute to the seriousness of a relationship. In the present study six months will be used to signify a serious relationship.

Negative Reactions to a New Dating Partner

When a close or best friend exerts more energy (i.e., psychological or physical) towards a new dating partner, it can lead to feelings of rejection, jealousy, and even anger

as other friends struggle to make the adjustment and to accommodate its changing status. Jealousy is one of the main emotions aroused when individuals feel threatened in a close relationship (Lazarus, 1991).

Jealousy

Lazarus (1991) stated that jealousy results when individuals feel that a partner's relationship with someone else threatens their own existing relationship. Bryson and Wehmeyer (1989) found that in comparison to men women participants who imagined themselves in jealousy provoking situations were more likely to maintain their relationships when the investment was high (Sharpsteen & Kirkpatrick, 1997). Studies have also shown that women reported that the interference of third parties is a significant source of tension between friends and a primary basis for the breakup of friendships (Roth & Parker, 2001). This lends support to the idea that women prefer dyadic relationships and that they have greater emotional attachment within their friendships.

Adults who experience friendship based romantic jealousy typically report strong, but blended emotions (Bringle & Buunk, 1991; Parker, Low, Walker, & Gamm, 2005; Pfieffer & Wong, 1989; Sharpsteen, 1995; Salovey & Rodin, 1985). An extensive list compiled by Spitzberg and Cupach (1998) identified the emotional reactions commonly associated with jealousy as anger, rage, or even hatred toward the partner or rival (Shaver, Schwartz, Kirson & O'Connor, 1987; White & Mullen, 1989), as well as fear, anxiety, or panic over possible abandonment or relationship diminishment (Parrott & Smith, 1993; White & Mullen, 1989). Sadness or grief over actual or potential loss (White & Mullen, 1989) can occur as can, hurt over being betrayed (Baumgart, 1990; Smith, Kim, & Parrott, 1988), envy of the rival's relationship with the partner and/or

rival's positive characteristics (Clanton & Smith, 1977; White & Mullen, 1989), heightened sexual arousal or passion (Smith, et al., 1988), and in some cases positive affect, including love, appreciation, and pride toward the partner (Baumgart, 1990). These feelings and blended emotions are characteristic of jealousy and can be seen in both romantic relationships and those with a close or best friendship.

Relationship Factors

There are several factors within the friendship that may determine how a friend might react when his or her close friend enters a new dating relationship. The duration of the friendship, level of intimacy shared between the friends, gender, and sexual orientation of both friends may attenuate or intensify negative feelings of the "reacting" friend. In this literature review, the word "reacting" will be used to signify the friend who is left out as a result of his or her best friend entering a new dating relationship.

Duration and Intimacy of the Friendship

The duration and intimacy of the relationship between friends may moderate the effects of possible reactions once a close or best friend enters a new dating relationship. Researchers specializing in adult close relationships have identified four properties of interdependence which include frequency, diversity, strength of influence, and duration of interconnections between people in relationships (Adams, Laursen, & Wilder, 2001; Berscheid, Snyder & Omato, 1989). Frequency refers to the amount of social interaction. Diversity refers to the different types of social activities that friends engage in. Strength of influence refers to how exchanges between friends might affect the other and duration describes the amount of time the friends have maintained their relationship. Therefore, in close relationships, friends have frequent contact with each other, share a variety of

different activities with each other, and help to form each other's thoughts, opinions, and behaviors over a period of time. In addition to this, Weiss (1974) also proposed that people have several social needs (e.g., intimate attachment, social integration, reassurance of worth and advice/guidance) and that different social network members supply the social provisions that satisfy these needs (Carbery & Buhrmester, 1998). A close or best friend will fill most or all of these social needs.

According to developmental psychologists, adolescents start forming increasingly intimate relationships with peers as they begin to be decreasingly reliant on parents for support (Carbery & Buhrmester, 1998). Friendships provide an important outlet for self-disclosure which may lead both the discloser and the disclosed to experience higher self-esteem and a greater sense of belonging. During this phase, friends are reported as young adults' number one companions and confidants and are primary sources of all facets of social support (Carbery & Buhrmester, 1998). The importance of stable friendships during young adulthood is invaluable in a period of such considerable change in the composition and organization of social networks (Carbery & Buhrmester, 1998; Ginsberg & Gottman, 1986).

As adolescents move into adulthood, changes in role commitments, such as expectations of being in serious relationships, marriage, and parenthood, affect the amount of time and emotional energy available to invest in friendships. A new dating partner or spouse assumes top priority in an individual's life, and as a result may replace friends as the primary sources of intimacy, support, and guidance (Rubin, 1985). A study conducted by Larsen and Bradley (1998) confirms that the frequency of contact with friends declines after marriage and starting a family (Carbery & Buhrmester, 1998). The

present study focuses on college aged students and young adults ranging in age from 18 to 35, a developmental period when social networks are both needed and subject to change as individuals start school, move out of state, and establish careers.

As noted earlier, the commitment level of the friendship may also determine possible reactions towards the newly dating friend and may determine whether the friendship continues or dissipates. Past research has not provided concrete evidence regarding the relationship between intimacy and the duration of a friendship. Therefore, in the present study participants will be asked to imagine a close or best friend based on both their perceived closeness of the friendship and the length of their relationship.

Gender differences. Another influential factor shaping the intimacy of a friendship may be whether it is same-sex or opposite-sex in its composition. According to Floyd (1995), female same-sex friendships indicated that closeness was associated with shopping, hugging, caring, saying how much they like or love each other and how much personal information they know about each other. In contrast, men in same-sex friendships reported that closeness was manifested through drinking together, shaking hands, and talking about sexual issues (Floyd, 1995). Indicators of closeness in cross-sex friendships among men and women of any sexual orientation included hugging, talking about relationships, proclaiming affection for each other, doing things together, and studying together.

Rose (1984) found that in comparison to same-sex friendships, cross-sex friendships among straight men and women were less likely to report using maintenance strategies upon the arrival conflict (Oswald, Clark, & Kelley, 2004). Both male and female same-sex friendships reported greater levels of acceptance, effort, time,

commitment, and common interests than cross-sex friendships. Oswald, Clark, and Kelley (2004) found that compared to male same-sex friendships and cross sex relationships, female same-sex friendships reported more supportiveness and interaction. However, female cross-sex friendships reported more supportiveness and openness than male same-sex friendships (Oswald, Clark & Kelley, 2004). Parker and deVries (1993) found that men reported their cross-sex friendships as more reciprocal than their same-sex friendships.

As suggested by several researchers, cross-sex relationships may present a number of challenges to the friendship's dyad because of the ambiguity that can surround such a relationship (Afifi & Burgoon, 1998; Bevan, 2004; O'Meara, 1989; Rose, 1984). This ambiguity may be due to gender role socialization that leads men and women to primarily view one another in romantic or sexual terms rather than in terms of friendship alone (DeLucia-Waack, Gerrity, Taub, & Baldo, 2001). Additionally, many heterosexual love relationships begin as platonic relationships, thus promoting a view of cross-sex friendships as a stage of development in the coupling process, rather as a legitimate relationship in and of itself (Nardi, 1992). Rose (1985) found that most respondents reported difficulties in forming and maintaining cross-sex friendships because men were often motivated by sexual attraction to initiate a cross-sex friendship (DeLucia- Waack et al., 2001).

On the other hand, between same-sex friends, the reacting one might feel more threatened by the possibility of a heterosexual love relationship emerging for the friend, and the resulting realignment of time necessary for the close friend to spend with his or her new romantic interest (Nardi, 1992). According to Babchuck and Bates (1963),

though, same-sex relationships occur more frequently and have a longer longevity than cross-sex friendships (Nardi, 1992). Upon entering a new romantic relationship then, the newly dating individual may choose to sacrifice either their cross-sex friendships, or their same-sex friendships (Nardi, 1992).

Sexual Orientation. Researchers have closely examined jealousy in relation to sexual and emotional infidelity within intimate heterosexual relationships (e.g., dating, marriage), and have done some research on heterosexual friendships, but there has been limited research across sexual orientations within the context of friendships.

Evolutionary theorists have explained sexuality in terms of innate motivational patterns to maximize the longevity of each person's genes (Baumeister, 2000; Buss & Schmidt, 1993). Not only do heterosexual women experience more distress to a partner's emotional infidelity than to a partner's sexual infidelity, but so do lesbian women with their partners (Buss & Schmidt, 2003; Sheets & Wolfe, 2001). At a global level, Bailey and colleagues (1994) found considerable support for a general prediction that gender differences in mate selection are relatively independent of sexual orientation (Sheets & Wolfe, 2001). Results indicated that men, whether heterosexual or gay, showed more interest in noncommittal sex, in visual sexual stimuli, in physically attractive partners, and in younger partners, than do lesbian or straight women (Sheets & Wolfe, 2001). Yet, in contradiction to this, one study found that gay men also experienced more distress to a partner's emotional infidelity than to sexual infidelity (Sheets & Wolfe, 2001).

According to Nardi (1992), friendships among gay men often differ from those between other demographic groups based on gender and sexual orientation in that it is not uncommon for gay men to engage in both sexual and nonsexual acts of intimacy with

each other. Survey data indicates that 76.2% of gay men reported it was extremely important to talk to best friends about sex, and 80% of men said that they were attracted to their best friend. Approximately 60% said they had sex with their best friend in the past, and 20% continue to do so. About 57% were in love with their best friend in the past, and 48% still are. Consequently, attraction plays an important role in selection of a friend (Nardi, 1992) which may ultimately lead to sex and love. Nardi (1992) concludes that if the men continue to see each other, a friendship may develop, evolving from a casual one to a close one. This history of sexual intimacy and intensity may therefore make emotional infidelity more salient for gay men.

Nardi (1992) stated a possible explanation for this occurrence may be that gay men meet their potential friends in situations such as in bars and clubs where sexual attraction is a relevant factor for initiating interactions. However, other researchers have also proposed that gay men may meet in other capacities, such as the internet (Davis, Hart, Bolding, Sherr & Elford, 2006), camp (Vinke, Heeringen, 2002), and at other gay related activities and events (Barrett & Pollack, 2005). Many urban metropolitan areas or resorts are inhabited by the LGBTQ community due to greater diversity and acceptance (Barrett & Pollack, 2005).

Similar to gay relationships, lesbian friendships with ex-lovers provide the opportunity for historical perspectives. In an exploratory study, Stanley (1996) found that former partners may point out old relationship patterns (Weinstock & Rothblum, 1996), which at first glance sounds as though it would be annoying. A friend's familiarity with one's relationship history, however, can be beneficial to the partnered lesbian who is just beginning a new romantic relationship (Weinstock & Rothblum,

1996). While lesbians may have fewer overall sexual partners than gay men, they are more likely to continue to maintain a friendship with the ex-lovers they do have. Perhaps for lesbians, their romantic relationships were established first on a basis of intimacy, before moving onto sex (Nardi, 1992). In contrast, since gay men are stimulated visually, they may see sex as a way to intimacy. However, being members of the gay community, gay men are able to develop a strong emotional intimacy with other men (Nardi, 1992). Thus, gay men may still perpetuate the traditional masculine ideal which uses sex as a means to intimacy, but, at the same time, they subvert the norm of masculinity by showing that men can also be intimate with one another at an emotional, sharing level. From this research, it is hypothesized that lesbian women, gay men, and heterosexual women will experience heightened levels of emotional jealousy in their friendships, as compared to heterosexual men in their friendships with either other straight men, or women of any sexual orientation when one person in the friendship begins to romantically see someone new.

Gay men and lesbian women may also form close relationships with heterosexual men and women. However, there is still a surmountable stigma associated with heterosexual men being friends with gay men. As men, maintaining some social distance makes men feel safer with each other. Due to gender socialization, men in general do not often engage in touching or sharing of intimate thoughts and if the other potential friend is gay, a man who is straight might even fear others would assume that he too is gay (Nardi, 1992). Relationships between heterosexual women and relationships between a heterosexual woman and a lesbian woman also differ in levels of disclosure. Weinstock and Bond (2002) found that friendships between lesbians and heterosexual women

provided both negative and positive aspects attributed to their differing sexual orientations. Socio-emotional benefits, opportunities for learning, and societal benefits were considered to be positive aspects, whereas anxiety about sexuality, doubts regarding mutual understanding, clashes of perspective and experience, and societal stressors were considered to be negative aspects (Weinstock & Bond, 2002). O'Boyle (1996) also found that intimate relationship details are not discussed by heterosexual women in fear that it would trigger the stereotype of lesbians as "man-haters" (Weinstock & Rothblum, 1996).

Other difficulties may arise in friendships between either same-sex friends of different sexual orientations. Connor and Cohan (1996) found challenges to include frustration in not knowing how certain issues impact the lesbian and gay community, worrying about saying "the wrong thing" in situations related to sexual orientation, other people's perception of the relationship and issues of sexuality, and the emergence of physical attraction (Weinstock & Rothblum, 1996). Both heterosexual men and women have been found to be weary of their gay and lesbian friends, wondering whether they are going to cross the sexual line (Nardi, 1992; Nardi, 1995; Weinstock & Rothblum, 1996).

To date, little research has been done on friendships across sexual orientations. This study will explore how jealousy may affect given relationships between friends who are of the other sex and of a different sexual orientation when one person in the friendship begins to romantically see someone new.

Individual Factors

Several individual factors of the "reacting" friend are also investigated in the present study. The word "reacting" will be continued to be used here to signify the friend

who left out as a result of his or her best friend entering a new dating relationship.

Gender, sexual orientation, attachment style, and relationship status may attenuate or intensify negative feelings this friend might experience.

Gender Differences

In the prior discussion, the gender effects of same-sex vs. other-sex relationships were discussed. Now, the discussion turns to the individual factor of being male or female. While women's friendships are characterized by more talking and self-disclosure, men's friendships are characterized by activities shared with one another. Therefore, if the reacting friend is female in a same-sex relationship, she will be losing someone she has shared intimate details and discussions with, and as a result, may have a harder time finding someone to replace her best friend. If the reacting friend is male in a same-sex relationship, he may have to find an alternative friend to share activities with.

Researchers have found that there are also sex differences in jealousy (Buss, Larsen, Western, & Semmelroth, 1992). A man is more likely to become jealous in response to sexual infidelities, whereas a woman is more likely to become jealous in response to emotional infidelities. As noted earlier, according to the evolutionary theory, a woman chooses a partner on the basis of financial security and social standing (Buss et al., 1992), and thus emotional infidelity signals increased risk of losing the partner's resources. A man, on the other hand, tends to choose a partner who is younger and physically attractive because these attributes indicate fertility and reproductive fitness. Therefore, sexual infidelity signals an increased risk of wasting resources on another man's genes. Though studies in this area have primarily focused on romantic relationships, research findings can also be extended to friendships. A "reacting" friend

who is female may feel more jaded when her best female friend begins dating someone new because of the emotional investment she has made with this friend. A “reacting” friend who is male, however, may not be as affected with his male friend since sex does not typically occur between close or best male friends, gay men’s friendships perhaps being the exception. Because a female generally invests emotionally in fewer friends, compared to a male, this, too, might lead her to experience heightened levels of anger, rejection, and jealousy.

Attachment Style

The concept of attachment style is credited to Bowlby (1969). He stated that attachment developed between the caregiver and the infant in order to maintain proximity, to protect the child, to provide security, and to ensure safety. Furthermore, Bowlby (1969) suggested that people continue to form attachments as adults. Through parent-child interactions, the child develops mental representations of their relationships with their parents which influence their cognitions, affect, and behavior, which may later result in the similar representations of romantic relationships and friendships (Bowlby, 1973 as cited in Furman, Simon, Shaffer, Bouchey, 2002). Ainsworth (1978) further expanded upon Bowlby’s work through her “strange situation” study. In this study, children between the ages of 12 to 18 months responded to a situation in which they were left alone with a stranger and were then reunited with their mothers. From multiple observational studies, Ainsworth and colleagues (1978) concluded that there were three styles of attachment: secure, ambivalent-insecure, and avoidant-insecure. Main and Solomon (1986) later added a fourth attachment category known as disorganized-insecure attachment based on narratives of parent-child relationships (Furman, 2001).

Hazan and Shaver (1987) later assessed these attachment categories by developing a working model of adult romantic attachment. This model consisted of three categories that found support for similar attachment styles in adulthood. Secure adult attachment was characterized by a desire for closeness and trust. Avoidantly attached individuals expected their partners to be unresponsive and therefore reported discomfort with closeness. Individuals who are anxiously attached had a desire to merge with their partner but were characterized by neediness because they were uncertain of their partner's responsiveness.

Bartholomew and Horowitz (1991) later added the four-category model as an extension of Hazan and Shaver's work (1987). Bartholomew and Horowitz conceptualized peer attachment based on two internal working models of the self and of the other. The two internal working models were further divided into two components: a positive form and a negative form. The negative and positive views of self and other interact to form four distinct styles of attachment: secure, fearful-avoidant, preoccupied, and dismissing. Secure individuals experience greater feelings of empathy and are able to form long-lasting, committed, satisfying relationships (Bartholomew & Horowitz, 1991). They feel worthy of love and view others as trustworthy. Individuals with a fearful-avoidant attachment style have low-self-esteem and low trust, leading to a negative view of self and negative interpersonal relationships with others (Bartholomew & Horowitz, 1991). Preoccupied persons have low self-esteem and high trust. They desire close relationships yet feel unworthy of their partner (Bartholomew & Horowitz, 1991). The last category, dismissing, involves people with high self-esteem but low trust. Dismissing individuals feel as though they deserve close relationships but reject others in

order to avoid being rejected (Bartholomew & Horowitz, 1991; Furman, 2001). This research suggests that there are many common links between friendships and adult romantic relationships. Therefore, when an attachment bond is disrupted by a new dating partner, the excluded friend may cope according to his or her attachment style.

Gender differences. Attachment theory has also been applied to gender differences in intimacy. Several researchers have found that a woman displays greater emotional attachment to her friends and romantic relationships than does a man (Lansford & Parker, 1999; Maccoby, 1990). Girls are less experienced with and less comfortable in groups than boys (Maccoby; 1990; Prager, 1995), prefer interaction with one close or best friend, attach great importance to their friendships, and report intense emotional attachments to one another (Frith, 2004; Lansford & Parker, 1999). Peretti and Venton (1984) further stated that female participants described their relationships as intimate, accepting, caring and involving self-disclosure, trust, and enjoyment (Floyd, 1995). Boys, on the other hand, are more comfortable within a large group setting because they focus on issues of interpersonal status and dominance (Lansford & Parker, 1999; Maccoby, 1990). Though disclosure levels vary, a newer perspective on intimacy has suggested that a man's friendships are just as close as a woman's friendships (Camarena, Sarigiani, & Petersen, 1990).

Though intimacy involves different styles of interaction across genders, researchers have found that males and females did not differ on reports of emotional satisfaction in their relationships (Floyd, 1995; Roy, Benenson, & Lilly, 2000). Roy, Benenson, and Lilly (2000) supported this notion by stating that no sex differences have

been found on any global quantitative or qualitative dimensions of friendships. Therefore, it is incorrect to equate intimacy with the quality of friendship.

This body of research suggests that the attachment system works the same for a man and a woman. Infidelity, whether emotional or sexual, triggers the threatened loss of an attachment figure (Sharpsteen & Kirkpatrick, 1997). As noted earlier, studies have shown that women reported that the interference of third parties is a significant source of tension between friends and a primary basis for the breakup of friendships (Roth & Parker, 2001).

Diamond (2003) further examined attachment and developed a biobehavioral model of love and desire which posits sexual desire and affectional bonding are functionally independent. That is, one can fall in love without feeling sexual desire for the other. She also proposes that the processes underlying affectional bonding are not intrinsically oriented toward other-gender or same-gender partners. This suggests that individuals can fall in love with partners of either gender, regardless of sexual orientation. Finally, Diamond (2003) suggests that the biobehavioral links between love and desire are bi-directional, with the result that individuals can develop sexual desires that contradict their sexual orientations if they first fall in love with that person. If Diamond (2003) is correct, jealousy in threats to friendships may be even more complicated.

Sexual desire and romantic love are often experienced at the same time but are managed by different social-behavioral systems. The sexual mating system creates desire (Fisher, 1998) attachment or pair-bonding system creates romantic love or affectional bonding (Diamond, 2003; Hazan & Shaver, 1987). Because two systems exist,

individuals should be able to experience desire without love or love without desire. Secondly, people should be capable of experiencing romantic love for someone of another sexual orientation. In other words, heterosexuals should be capable of falling in love with same-gender partners, and lesbian or gay individuals should be capable of falling in love with other-gender partners (Diamond, 2003). Lastly, because attachment bonds exist within both systems, falling in love with person of another sexual orientation occur in relationships containing unusually high proximity or physical contact over sustained periods of time. The exploratory nature of this study will allow further investigation on whether there is a difference in emotional responses among men and women who are close or best friends with someone of the same sexual orientation or of another sexual orientation.

Sexual Orientation. Research on lesbian and bisexual women further supports a link between love and desire: As noted before, lesbian and bisexual women frequently report feeling emotional same-gender attractions before physical same gender attractions develop (Diamond, 2003; Regan & Berscheid, 1995). A woman is also more likely than a man to cross their primary sexual orientation (Diamond, 2003), and is likely to admit that she has become attracted to or has fallen in love with the person, and not the gender (Savin-Williams, 1998). This research suggests that a woman can more readily fall in love with someone of another sexual orientation. That is, a heterosexual woman may be romantically attracted to friend who is a woman, and a lesbian woman may be romantically attracted to a friend who is a man. This model developed by Diamond (2003) supports the hypothesis that women and men of differing sexual orientations may

fall in love with each other, which may also result in jealousy with the addition of a new dating partner.

Intimacy levels may also differ according to whether friends are of the same-sex or of the opposite-sex. Several researchers have found that cross-sex relationships may present a number of challenges to the friendship's dyad because of the ambiguity that can surround such a relationship (Afifi & Burgoon, 1998; Bevan, 2004; DeLucia et al, 2001; O'Meara, 1989; Rose, 1984). This ambiguity is assumed to be due to gender role socialization that leads a man and a woman to primarily view one another in romantic or sexual terms, rather than those of friendship alone (DeLucia et al., 2001). Additionally, many heterosexual love relationships begin as platonic relationships, thus promoting a view of cross sex friendships as a stage of development in the coupling process, rather as a legitimate relationship in and of itself (Nardi, 1992). Rose (1984) found that most respondents reported difficulties in forming and maintaining cross-sex friendships, because a man was often motivated initially by his sexual attraction to the female in the cross-sex friendship (DeLucia et al., 2001).

Upon entering a new relationship then, an individual may sacrifice cross-sex friendships and in some cases same-sex friendships in order to eliminate a perceived threat (Nardi, 1992).

Friend's Status

As Roth and Parker (2001) have suggested, existing friends, especially those who have not yet begun dating themselves, may regard feel lonely and neglected if an attachment with their best or close friend is threatened or actually severed. As dating relationships become more serious, the individuals in them are more likely to spend only

time with each other (Milardo, Johnson, & Huston, 1983), as acquaintances and friends gradually fade away (DePaulo & Morris, 2005). A dating individual may even perceive his or herself as less similar to the friend as a result of now being coupled. Of course, guilt over neglect of the old friend can also occur.

Because research has concentrated on the subject of couples in romantic relationships; limited research has been conducted on singles that are unattached. Leading researchers in the field, Paulo and Morris (2005) label this phenomenon as singlism in opposition to the ideology of marriage and family. According to the traditional beliefs, only sexual partners are regarded as primary. In addition, individuals who marry and have children are perceived by others to be better people, happier, less lonely, more mature, and are leading lives that are more meaningful and complete (DePaulo & Morris, 2005). Society has conditioned people to regard marriage as a rite of passage into adulthood. Unattached persons are not considered to be real adults because they are not married and do not have children, which frequently equates with being grown up and responsible. In contemporary American society, individuals who are unattached or single are often targets of stereotyping, prejudice, and discrimination (Crocker, Major, and Steele, 1998).

Every society has a system of social expectations regarding age-appropriate behavior. In compared to those who have followed society's social clock, people whose life courses have departed from the norm will therefore experience more social disapproval, feelings of personal adequacy, and stress (DePaulo & Morris, 2005). As a result, adults who are unmarried or who are late in marrying and having children are perceived more negatively than more conventional peers. Ages of participants in the

present study will range from 18 to 35. Older participants who are single may feel more threatened or left out by the possibility of marriage when a best or close friend than the younger participants who are still regarded as playing the field.

Gender. According to DePaulo and Morris (2005), single women are stigmatized more than single men. Female targets late in marrying and having children are perceived more negatively than their on-time counterparts. However, results from one study suggest that single women still have positive, enduring, and important interpersonal relationships which may help self-esteem levels. In lieu of this, Soons & Liebroer (2008) stated that women receive more social support than men from their friends. Single women may be discriminated against, but they still have emotional and social support to overcome distress. Therefore, when the attachment bond between two close women is disrupted due to a new dating relationship, women may experience greater pain and loneliness over the loss of a friend (Roth & Parker, 2001).

From this limited research, this study wishes to explore how jealousy may result, when the other friend is either single or unattached or is in a relationship or attached when one person in the friendship begins to romantically see someone new.

Rationale

The design of this experiment allows for exploration of how the combination of all these factors (e.g., gender differences, type of relationship, sexual orientation, attachment style, and relationship status) and what effects they have on influencing emotions of jealousy, when one person in the friendship begins to romantically see someone new.

This study will employ an experimental manipulation in the instructions of a questionnaire that asks individuals to imagine a close or a best friend of theirs who is either the same or the other sex. A scenario will be presented stating that the imagined close or best friend has begun dating someone new. A pool of participants equally divided among those who are male and female, and those who are heterosexual and gay or lesbian, will complete various questionnaires assessing their attachment style, feelings of jealousy aroused, type of behavioral aggression(s) they might engage in, the type of relationship between their best friend (cross-sex vs. same-sex), and their own relationship status (unattached/single vs. attached/in a relationship).

Past researchers have found that the addition of a third-party dating partner to an existing friendship is fraught with social consequences and complex negotiations of time (Larson & Richards, 1991; Roth & Parker, 2001). Activities once shared by close friends now must be moderated by the amount of time needed to spend with the new partner. This may lead to feelings of jealousy because one partner may feel that the new dating partner is a threat to the close relationship (Lazarus, 1991).

According to evolutionary theory, men in relationships are more likely to become jealous in response to sexual infidelities, as compared to women in relationships, who are more likely to become jealous in response to emotional infidelities (Buss et al., 1992). This gender difference can also be extended to friendships. Roth and Parker (2001) found that females had stronger reactions of anger, jealousy, and hurt over being left out by a friend than did males. Thus, the first goal of this research is to lend further support to the idea that women will experience more intense feelings of jealousy and negative

affect as compared to men within the context of friendships when one person in the friendship begins to romantically see someone new.

Negative feelings may be attenuated or intensified by the type of relationship: same sex or cross-sex. Rose (1984) found that in comparison to same-sex friendships, cross-sex friendships were less likely to report using maintenance strategies (i.e., calling, spending time with each other) upon the arrival of conflict. In addition to this, both male and female same-sex friendships reported greater levels of acceptance, effort, time, commitment, and common interests, than male and female cross-sex friendships. Thus, a second aim of the present study is support findings that men and women in same-sex friendships will experience more intense feelings of jealousy and negative affect compared to men and women in opposite-sex friendships when one person in the friendship begins to romantically see someone new.

Similarly, emotions and reactions may be affected by an individual's attachment style. According to attachment theorist, Bartholomew (1990), adult friendships and peer relationships primarily consist of four attachment styles: secure, preoccupied, fearful, and dismissive. For example, an individual with a secure attachment, who has a strong sense of personal self-worth may accept the changed status of the relationship and be supportive of the close or best friend dating someone new. But a preoccupied attachment style individual who feels worthless and rejected may dwell on the loss of the former friendship but at the same time, may not necessarily be angry at the friend for wanting to spend more time with someone else who holds romantic promise. Fearful individuals may similarly feel worthless but instead of focusing their bad feelings on themselves, they might direct their negative energy towards the friend who they perceive as

personally rejecting them. Finally, a dismissing attachment style friend who basically possesses a positive image of him or herself may react with feelings of anger and disappointment that their friend is seeing someone else (Bartholomew & Horowitz, 1991). Thus, the third goal of this research supports the hypothesis that individuals with a secure attachment style will experience less intense feelings of jealousy and negative affect as compared to individuals with a preoccupied, fearful, or dismissive attachment styles when one person in the friendship begins to romantically see someone new.

According to DePaulo and Morris (2005) single women are stigmatized more so than single men. Female targets late in marrying and having children are perceived more negatively than the on-time targets. If one partner is coupled, the friend without a partner will be left out and left alone. Empirical research has found that women display greater emotional attachment to their friends and romantic relationships than men (Lansford & Parker, 1999; Maccoby, 1990). Therefore, when the attachment bond between two close women is disrupted due to a new dating relationship, women may experience greater pain and loneliness over the loss of a friend (Roth & Parker, 2001). Thus, another goal of this research is to support the hypothesis that individuals who are unattached or single will experience more intense feelings of jealousy and negative affect, compared to individuals who themselves are already attached or in a relationship. More specifically, it is hypothesized that women who are unattached or single will experience more intense feelings of jealousy and negative affect compared to men who are unattached or single or are attached or in a relationship, when one person in the friendship begins to romantically see someone new.

Few researchers have studied sexual orientation and the moderating effects of jealousy within the context of friendships. The last major intention of the present research is to examine how differing sexual orientations may influence jealousy between friends.

Statement of Hypotheses or Research Questions

Hypothesis I. There will be a main effect for gender of participants such that women, compared to men, will experience more intense feelings of jealousy and negative affect, as measured by the Jealousy Response Inventory located within the questionnaire (Appendix D).

Hypothesis II. There will be a main effect for relationship type such that those in same-sex friendships, as compared to those in cross-sex friendships, will experience more intense feelings of jealousy and negative affect as compared to men and women in an opposite sex relationship.

Hypothesis III. Those with a secure attachment style, as compared to individuals with a preoccupied, fearful, or dismissive attachment style will experience less intense feelings of jealousy and negative affect regardless of gender, sexual orientation, and current relationship status as measured by the Attachment Inventory located within the questionnaire (Appendix D).

Hypothesis IV. Individuals who are unattached or single, compared to individuals who are attached or in a relationship, will experience more intense feelings of jealousy and negative affect.

Hypothesis V. Women who are unattached or single, compared to men who are single/unattached or attached/in a relationship, will experience more intense feelings of jealousy and negative affect.

Based on the participant pool, two exploratory questions will also be addressed in the current study. No hypothesis can be predicted based on limited research.

Research Question I. Will there be a difference in emotional responses among men and women of differing sexual orientations involved in cross-sex friendships?

Research Question II. Will there be a difference in emotional responses among men and women of differing sexual orientations?

CHAPTER II

METHOD

The following section will describe the methods that were used in this study. Sampling and recruitment strategies, experimental procedures and research materials are discussed.

Recruitment Strategies

In an attempt to obtain a diverse sample, participants were recruited through a variety of different methods. The strategies included sending emails and letters, posting flyers, making cold calls, and snowball sampling or word of mouth directed at DePaul students, community group members, and friends and acquaintances of the researcher.

More specifically, approximately 50 flyers indicating the web link of the online study, as well as the researcher's contact information were placed on bulletin boards throughout the DePaul campus. The study was also posted on DePaul University's online Experiment Management System where access is restricted to students taking Introductory Psychology courses.

The community recruitment strategy involved sending letters of introduction with a brief overview of the study, along with 500 flyers to 93 different community-based organizations (i.e., health centers, gay, lesbian, bisexual social, political, and spiritual organizations, etc.). Follow up emails and phone calls were made two weeks later. Of those sent, 14 envelopes were returned unopened. Approximately half (47%) of the original organizations were reached via phone and continued correspondence with the researcher. Only four support groups agreed to a site visit. Site visits were held with

facilitators and participants to establish the logistics of data collection and to allow participants to ask questions about the study. Additional flyers were also distributed to interested participants.

Lastly, 99 emails including a brief overview, a web link to the online study, and the researcher's contact information were sent to friends and acquaintances of the researcher. A web link to the study was also placed on the researcher's personal blog website, which only friends have access to.

Snowball sampling was used, as other researchers have found it to be an effective method for gathering data from hidden and hard to reach groups (e.g., gays, lesbians, bisexuals, transsexuals, and questioning) (Rubin & Babbie, 1997). This method allowed existing participants to recruit future participants from among their own friends and acquaintances.

Research Participants

The participants were asked to complete an online Demographic Questionnaire, and the information gathered from it was used to identify and code various characteristics of the sample. There were a total of 873 participants in the study who range in age from 18-35 years old, with a mean of 21.40 and a median of 20.00 (N=873). Of this total number, 612 students (70.1%) were from DePaul University in Chicago, 137 (15.7%) were friends of the experimenter, and 124 were community group members (14.2%) (see Appendix E, Table 1). An analysis of variance was conducted for the three groups. A significant difference was found, $F(2, 858) = .724, p < .05$. The three groups were combined into one larger sample in order to provide larger numbers for each cell.

There were 580 females (66%) and 293 males (33.5%) (see Appendix E, table 2) and four participants checked ‘other.’ (These individuals were noted but were not included within the data analysis due to the small sample size.) There were 716 (82%) participants who identified as straight and 157 (18%) who identified as lesbian, gay, or bisexual (see Appendix E, table 4). More specifically, there were 499 straight females, 36 lesbians, and 45 bisexual females. There were 222 straight males, 63 gays, and 8 bisexual men (see Appendix E, table 5). The current relationship status of the participants included 401 attached persons in relationships (45.9%) and 472 unattached or single persons (54.1%) (see Appendix E, Table 6).

The Demographic Questionnaire was also used to assess the participants’ attachment style. Four categories of attachment style, secure, preoccupied, fearful, and dismissive, were described, and participants were asked to self-identify which style best characterized their own relationships. Responses of participants included 335 who identified as secure (38.4%), 243 as preoccupied (27.8%), 157 as fearful (18%), and 136 as dismissive persons (15.6%) (see Appendix E, table 7).

Finally, the Demographic Questionnaire was also used to gather information regarding the gender of the participants’ best or close friend (male vs. female), sexual orientation of the participants’ best or close friend (heterosexual vs. lesbian, gay or bisexual), and relationship status of the participant’s best or close friend (attached/ in a relationship vs. unattached/single) (see Appendix D). The gender of the best or close friend included 426 females (48.8%) and 447 males (51.2%) (see Appendix E, Table 8). One person identified as ‘other’ was omitted from the analyses due to the small sample size. The sexual orientation of the participant’s best or close friend included 790

heterosexual (90.5%) and 83 lesbian, gay, and bisexual (9.5%) (see Appendix E, Table 9). The relationship status of the best or close friend included 496 attached persons in relationships (56.8 %) and 377 unattached or single persons (43.2%) (see Appendix E, Table 10).

Design and Procedure

The design of the study was a 2 (Gender: male vs. female) X 2 (Sexual Orientation: heterosexual vs. lesbian, gay, bisexual) X 2 (Type of Relationship: cross - sex vs. same - sex) X 4 (Attachment Style: secure vs. preoccupied vs. fearful vs. dismissing) X 2 (Relationship Status: unattached/single vs. attached/in a relationship) factorial. The only experimentally manipulated independent was Type of Relationship (cross-sex vs. same-sex) while the rest were subject variables.

The present study was an online web-based experiment created and developed by the researcher. This vehicle of data collection allowed voluntary participation by a diverse group of individuals, who could take their own time to complete the experiment. Upon entering the study's web link in the Internet location bar, participants were directed to the Consent Form (see Appendix A). They were given a brief description of the experiment as well as a summary of activities in which they would be engaging in. Participants were informed they would be reading a factitious scenario and that they would be given a series of questions regarding their perception of the scenario, as though they were the main character in the study. Additional information about confidentiality was also provided to address participants' rights and privacy. At the bottom of the web page, participants were given the option either to participate or quit. If they chose to participate, they were redirected to a page containing a scenario.

A random number generator was then used to assign each participant to one of the two Type of Relationship conditions. Thus, roughly half, or 413 participants (47.3%), were asked to imagine a best or close friend of the same sex, and roughly half, or 460 participants (52.7%) were asked to imagine a close or best friend of the opposite sex (see Appendix E, Table 6).

Instructions for the same-sex group asked participants to imagine a close or best friend of the same-sex. They were then instructed to read a fictitious scenario and were asked to imagine how they would feel while reading the following:

Your best/close friend has been dating someone seriously for the past five months. He/she is spending more time with his/her new partner and is spending less time with you. As a result of this, you don't see him/her as nearly as often as you used to. You've met your best/close friend's dating partner in a few social situations and others seem to find him/her very attractive and appealing (see Appendix B).

Instructions for the opposite-sex group asked participants to imagine a close or best friend of the opposite-sex. They were then instructed to read a fictitious scenario and were asked to imagine how they would feel while reading the following:

Your best/close friend has been dating someone seriously for the past five months. He/she is spending more time with his/her new partner and is spending less time with you. As a result of this, you don't see him/her as nearly as often as you used to. You've met your best/close friend's dating partner in a few social situations and others seem to find him/her very attractive and appealing (see Appendix C).

Following the scenario, participants were redirected to a questionnaire asking them about their feelings about the particular situation. At the end of the questionnaire, participants were asked if they had encountered a similar situation, the extent to which it was harmful to their friendship, and if the relationship ended as a result. They were then provided with a blank box so that they could write about their personal experience. Following the completion of the questionnaire, participants were asked to click on a “Submit” link. This action allowed the information to be sent directly to a Quick Data database and simultaneously redirected the participant to the Debriefing Sheet (See Appendix E). A thorough explanation of the study was given to each participant. Information to the DePaul University Counseling Center was also provided if additional distress was experienced due to participation in the study.

At the end of the Debriefing Sheet, participants were given the opportunity to enter a raffle to win \$25 and \$50 gift cards to *Target* and *Best Buy*. After clicking on the link, participants were redirected to yet another web page to ensure their anonymity and where they could submit their name and address. Nonetheless, a few people belonging to community groups emailed the researcher with concerns of confidentiality. Particularly, they were concerned that the information from the original experiment could be linked to the participants’ names and addresses. The researcher assured them that it was a detached survey and that the information submitted would be in a separate database. Furthermore, two group leaders called the researcher and requested Institutional Review Board (IRB) protocol approval numbers. In all cases, the researcher guaranteed the interested parties that no one else had access to participants’ personal contact

information. The researcher additionally provided them with IRB protocol approval numbers and with the IRB Coordinator's contact information.

Materials

The dependent variable of the study was collected from items on a questionnaire participants were asked to complete (See Appendix D). These questions pertained to themselves and the close or best friend that they had imagined for the scenario. An eleven – item assessment was derived from an extensive list compiled by Spitzburg and Capuch (1998) which identified the emotional reactions commonly associated with jealousy.

Jealousy was assessed by asking how much participants experienced each emotion as a result of their best or close friend being in a new dating relationship. Examples of items are “to what extent are you feeling anger, rage, and hatred towards your best or close friend?” and “to what extent are you feeling fear, anxiety, or panic over possible abandonment because of this situation?” These 11 items were assessed on a 7-point scale, ranging from 1 = “Not at all” to 7 = “Extremely” (see Appendix D).

The Jealousy Response Inventory which included 11 statements associated with jealousy was examined for internal consistency. Results support a high degree of internal consistency (Cronbach' s alpha = .809, N = 877) respectively, proving that this was a reliable scale. A principle components analysis (PCA) was also performed to assess the validity of these evaluative items. This analysis method uses multiple iterations of analysis to determine, based on number of sample and size, what is the minimum eigenvalue used to help determine the number of factors to use. The KMO measure was .847, which is greater than .5. This made it satisfactory for a factor analysis to proceed.

Bartlett's test of sphericity was also significant at $p < .001$. Furthermore, Cattell's Scree test was performed to determine the final number of factors to use (Kline, 1994).

Eight factors loaded onto component 1. These included: "To what extent are you feeling anger, rage, and hatred towards your best or close friend?" (.785), "To what extent are you feeling anger, rage, and hatred towards your best or close friend's dating partner?", (.828) "To what extent are you feeling envious of your best or close friend's relationship with his/her new dating partner?" (.707), "To what extent are you feeling fear, anxiety, or panic over possible abandonment because of this situation?" (.836), "To what extent are you feeling sadness or grief over the loss of the relationship with your best or close friend?" (.816), "To what extent are you feeling hurt or betrayed by your best or close friend?" (.840), "To what extent are you feeling envious about the overall personality and appeal of your best or close friend's dating partner?" (.695), and "To what extent are you feeling heightened sexual arousal or passion for your best or close friend?" (.521) Component one accounted for 43% of the total variance. There were three remaining factors. "To what extent are you feeling heightened sexual arousal or passion for YOUR BEST/CLOSE FRIEND'S DATING PARTNER?" (.504), "To what extent are you experiencing positive feelings including love and appreciation toward YOUR BEST/CLOSE FRIEND'S DATING PARTNER?" (.670) and "To what extent are you experiencing positive feelings including love and appreciation for YOUR BEST CLOSE FRIEND?" (.785) all loaded onto component 2. Component 2 accounted for 14% of the variance. All factors of component one (4.75) were retained with eigenvalues greater than 1. Based on these results, only the first 8 statements were used to compile the jealousy mean score.

Participants were asked to rate the 8 statements regarding emotions of jealousy on a 7-point scale, ranging from 1 = “Not at all” to 7 = “Extremely.” The scores of the statements were combined to form an overall score for jealousy. Scores ranged from 8.00 to 56.00 (out of a possible 56) with a mean of 26.21 and a standard deviation of 10.67. The scores were normally distributed among the sample. The higher the scores the more jealousy a participant felt; the lower the scores the less jealous a participant felt.

The Relationship Questionnaire designed by Bartholomew and Horowitz (1991) is a self-report measure of adult attachment patterns among peer and romantic relationships. It is a single item measure made up of four paragraphs, each characterizing one of the four attachment styles. An individual may rate themselves as being either secure, fearful, preoccupied, or dismissive. The original Relationship Questionnaire was paired with a likert scale in order to obtain continuous ratings. However, the present study only uses the Relationship Questionnaire categorically. Participants were asked to read a description of each attachment style and were then asked to choose the category that best described them. Validation results relied on ratings obtained from the original Relationship Questionnaire (Bartholomew & Horowitz, 1991).

CHAPTER III

RESULTS

Analyses of covariance (ANCOVAs) were conducted with Jealousy score as the dependent measure. The covariates were participants' perceived closeness of friendship, and whether or not the participant had actually encountered the situation. The two covariates were used together to see if there were possible effects of the dependent variable, jealousy score. The results are presented in order of the study's stated hypotheses.

Hypothesis I

Hypothesis I sought a main effect for gender of participants such that women, compared to men, would experience more intense feelings of jealousy and negative affect, as measured by the Jealousy Response Inventory. In order to test this hypothesis, a one-way analysis of covariance (ANCOVA) was conducted. The independent variable, gender, included two levels: male and female. The dependent variable was the jealousy score, and the covariates were participants' perceived closeness of friendship and whether or not the participant actually encountered a similar situation. A preliminary analysis evaluating the homogeneity-of-slopes assumption indicated that the relationship between the covariates and the dependent variable did not differ significantly as a function of the independent variable. The covariate of perceived closeness was not significant, $F(1, 858) = .323, p > .001$ nor was the covariate of actually encountered, $F(1, 858) = .390, p > .001$.

Hypothesis I was not supported. The ANCOVA analysis effect for gender was not significant, $F(2, 858) = .390, p > .001$. The mean score of male participants ($M = 25.40, SD = 10.79$) was not statistically significant from the mean score of female

participants ($M = 26.67$, $SD = 10.67$) (see Table 1) (see Appendix G). Jealousy scores were not influenced by gender. The strength of relationship between gender and jealousy was not very strong.

Table 1.

Hypothesis I. Gender Differences

Gender	Mean	Std. Dev.
Female	26.67 ^a	10.59
Male	25.40 ^a	10.79

Note: Main effect for gender was non-significant at $p \leq .05$.

Hypothesis II

Hypothesis II predicted a main effect for relationship type such that those in same-sex friendships, as compared to those in cross-sex friendships, would experience more intense feelings of jealousy and negative affect as compared to men and women in an opposite sex relationship. In order to answer this question, a one-way analysis of covariance (ANCOVA) was conducted. The independent variable, type of friendship, included two levels: same-sex friendships and opposite or cross-sex friendships. The dependent variable was the jealousy score, and the covariates were participants' perceived closeness of friendship and whether or not the participant actually encountered a similar situation. A preliminary analysis evaluating the homogeneity-of-slopes assumption indicated that the relationship between the covariates and the dependent variable did not differ significantly as a function of the independent variable. The

covariate of perceived closeness was not significant, $F(1, 858) = .795, p > .001$ nor was the covariate of actually encountered, $F(1, 858) = .835, p > .001$.

Hypothesis II was not supported. However, the ANCOVA analysis effect for type of friendship was significant, $F(1, 862) = .000, p < .05$. The mean score of participants in the same – sex condition ($M = 24.66, SD = 9.68$) was statistically significant from the mean of participants in the opposite – sex condition ($M = 27.65, SD = 11.31$) (see Table 2) (see Appendix G). Jealousy scores were influenced by the type of friendship in that cross-sex friendships scored higher than same-sex friendships.

Table 2.

Hypothesis II. Type of Friendship

Type of Friendship	Mean	Std. Dev.
Cross-sex	27.65 ^a	11.31
Same-sex	24.66 ^b	9.68

Note. Main effect for type of friendship was significant at $p \leq .05$.

Hypothesis II

A main effect for relationship type such that those in same-sex friendships, as compared to those in cross-sex friendships, would experience more intense feelings of jealousy and negative affect as compared to men and women in an opposite sex relationship was tested in Hypothesis III. A one-way analysis of covariance (ANCOVA) was conducted. The independent variable, attachment, included four levels: secure, preoccupied, fearful, and dismissive. The dependent variable was the jealousy score, and

the covariates were participants' perceived closeness of friendship and whether or not the participant actually encountered a similar situation. A preliminary analysis evaluating the homogeneity-of-slopes assumption indicated that the relationship between the covariates and the dependent variable did not differ significantly as a function of the independent variable. The covariate of perceived closeness was not significant, $F(1, 848) = .619$, $p > .001$ nor was the covariate of actually encountered, $F(1, 848) = .323$, $p > .001$.

Hypothesis III was partially confirmed. The ANCOVA analysis effect for attachment was significant, $F(3, 848) = .007$, $p < .05$, however, secure persons were followed by dismissive persons ($M = 23.90$, $SD = 10.92$) scored the lowest, next to secure persons ($M = 24.39$, $SD = 10.35$), followed by preoccupied persons ($M = 27.44$, $SD = 10.09$), and lastly fearful persons ($M = 30.14$, $SD = 10.67$) (see Table 3) (see Appendix G).

Follow-up analyses were conducted. Bonferroni's post hoc test consisted of pairwise comparisons among the four types of attachment. The procedure was used to control for Type I error and was chosen because of the unequal sample sizes. The results of this analysis indicate that there was no significant difference between secure and dismissive persons and no significant difference between fearful and preoccupied persons. However, secure and dismissive persons were less jealous than fearful and preoccupied persons. Attachment style had an effect on jealousy in that secure and dismissive persons, or persons with high self-esteem, scored higher than those with insecure attachment (e.g., preoccupied and fearful).

Table 3.

Hypothesis III. Participants' Attachment Style

Attachment Style	Mean	Std. Dev.
Fearful	30.14 ^a	10.67
Preoccupied	27.44 ^a	10.92
Secure	24.39 ^b	10.35
Dismissive	23.90 ^b	10.92

Note: Main effect for attachment style was significant at $p \leq .05$.

Hypothesis IV

Hypothesis IV posited differences in jealousy based on relationship status such that those individuals who were unattached or single would experience more intense feelings of jealousy and negative affect than who were not. A one-way analysis of covariance (ANOVA) was conducted to test this prediction. The independent variable included two levels: attached or in a relationship versus single or unattached. The dependent variable was the jealousy score, and the covariates were participants' perceived closeness of friendship and whether or not the participant actually encountered a similar situation. A preliminary analysis evaluating the homogeneity-of-slopes assumption indicated that the relationship between the covariates and the dependent variable did not differ significantly as a function of the independent variable. The covariate of perceived closeness was not significant, $F(1, 862) = .717, p > .001$ nor was the covariate of actually encountered, $F(1, 862) = .305, p > .001$.

Hypothesis IV was confirmed. The ANCOVA analysis effect for relationship status was significant, $F(1, 862) = .000, p < .05$. The mean score of persons who were

attached or in a relationship ($M = 25.34$, $SD = 10.62$) was significantly different from the mean score of persons who were single or not in a relationship ($M = 27.63$, $SD = 10.88$) (see Table 4) (see Appendix G). This indicates that persons who are single or unattached experience more jealousy than those who are attached or in a relationship.

Table 4.

Hypothesis IV. Participants' Current Relationship Status

Current Relationship Status	Mean	Std. Dev.
Unattached/Single	27.63 ^a	10.88
Attached/In a Relationship	25.34 ^b	10.62

Note: Main effect for relationship status was significant at .05.

Hypothesis V

The goal of Hypothesis V was to test if greater jealousy and negative affect would occur among women who were unattached or single, compared to men with the same relationship status. A two-way analysis of covariance was conducted. The first independent variable, gender, included two levels: male and female. The second independent variable, relationship status, included two levels: attached or in a relationship and single or unattached. The dependent variable was the jealousy score, and the covariates were participants' perceived closeness of friendship and whether or not the participant actually encountered a similar situation. A preliminary analysis evaluating the homogeneity-of-slopes assumption indicated that the relationship between the covariates and the dependent variable did not differ significantly as a function of the

independent variable. The covariate of perceived closeness was not significant, $F(1, 860) = .973, p > .001$ nor was the covariate of actually encountered, $F(1, 860) = .381, p > .001$.

Hypothesis V was confirmed. As reported earlier, no significant main effects for gender were found. However, an effect for relationship status was found to be significant, $F(1, 860) = .001, p < .05$. In addition to this, a significant two-way interaction was found for gender and relationship status, $F(1, 860) = .041, p < .05$. Single females ($M = 28.86, SD = 10.77$) scored the highest in jealousy, followed by single males ($M = 25.78, SD = 10.82$), attached females ($M = 24.54, SD = 9.99$), and lastly attached males ($M = 24.71, SD = 10.78$) (see Table 5) (see Appendix G).

Follow-up analyses were also conducted. Bonferroni's post hoc test consisted of pairwise comparisons among the different genders and relationship statuses. This procedure was used to control for Type I error and was chosen because of the unequal sample sizes. The results of this analysis indicate there is a significant difference between single women and the three latter groups: single males, attached females, and attached males. Results also found that there is a significant difference between single females and single males. However, there was no significant difference between single males, attached males, and attached females. The results revealed that single women were the most jealous.

Table 5.

Hypothesis V. Gender Differences X Relationship Status

Status	Gender	Mean	Std. Dev.
Unattached/Single	Female ^a	28.86	10.77

Unattached/Single	Male ^b	25.78	10.82
Attached/In a Relationship	Male ^b	24.71	10.78
Attached/In a Relationship	Female ^b	24.54	9.99

Note: No main effect for gender but main effect for relationship status was significant at $p \leq .05$.

Research Question I

The purpose of Research Question I was to find whether or not there were differences in emotional responses among men and women of differing sexual orientations who were involved in cross-sex friendships. A two-way analysis of covariance was conducted. The first independent variable, sexual orientation: heterosexual versus lesbian, gay, and bisexuals. The second independent variable, type of friendship, included two levels: opposite or cross-sex versus same-sex. The dependent variable was the jealousy score, and the covariates were participants' perceived closeness of friendship and whether or not the participant actually encountered a similar situation. A preliminary analysis evaluating the homogeneity-of-slopes assumption indicated that the relationship between the covariates and the dependent variable did not differ significantly as a function of the independent variable. The covariate of perceived closeness was not significant, $F(1, 860) = .270, p > .001$ nor was the covariate of actually encountered, $F(1, 860) = .166, p > .001$.

Research Question I was found to be significant. A two-way interaction was found for sexual orientation and type of friendship, $F(1, 860) = .007, p < .05$.

Heterosexual persons in opposite-sex conditions were found to be the most jealous ($M = 28.08, SD = 11.44$), followed by lesbian, gay, and bisexual persons in the same-sex

condition ($M = 26.66$, $SD = 10.08$), lesbian, gay, and bisexuals in opposite-sex conditions ($M = 25.72$, $SD = 10.53$), and lastly heterosexual persons in the same-sex ($M = 24.23$, $SD = 9.56$) were the least jealous (see Table 6) (see Appendix G). Follow-up analyses were also conducted. Bonferroni's post hoc test consisted of pairwise comparisons among the different sexual orientations and type of friendships. This procedure was used to control for Type I error and was chosen because of the unequal sample sizes. The results of this analysis indicate there is no difference between same-sex heterosexual persons, opposite-sex lesbian, gay, and bisexual persons, and same-sex lesbian, gay, and bisexual persons. However, there was a significant difference found in scores between same-sex heterosexual persons and opposite-sex heterosexual persons. Heterosexual persons in cross-sex relationships were the most jealous out of all groups.

Table 6.

Research Question I. Type of Relationship X Sexual Orientation

Type	Orientation	Mean	Std. Dev.
Opposite	Heterosexual	28.08 ^a	11.44
Same	Lesbian, Gay, Bisexual	26.66 ^b	10.08
Opposite	Lesbian, Gay, Bisexual	25.72 ^b	10.53
Same	Heterosexual	24.23 ^b	9.56

Note: An interaction for sexual orientation and type of relationship was significant at $p \leq .05$. An interaction for gender and relationship was significant at $p \leq .05$.

Research Question II

Research Question II was posed to see whether or not differences existed in emotional responses among men and women of differing attachment, relationship status, and sexual orientations involved in cross-sex friendships.

A three-way analysis of covariance was conducted. The first independent variables were gender, sexual orientation, and relationship status. Gender included two levels: male and female. Sexual Orientation included two levels: heterosexual and lesbian, gay, and bisexual. Lastly, relationships status included two levels: attached or in a relationship and single or unattached. The dependent variable was the jealousy score, and the covariates were participants' perceived closeness of friendship and whether or not the participant actually encountered a similar situation. A preliminary analysis evaluating the homogeneity-of-slopes assumption indicated that the relationship between the covariates and the dependent variable did not differ significantly as a function of the independent variable. The covariate of perceived closeness was not significant, $F(1, 856) = .958, p > .001$ nor was the covariate of actually encountered, $F(1, 856) = .382, p > .001$.

Research Question II was supported. A main effect was found for status, $F(1, 856) = .010, p < .05$. A two-way interaction between gender and relationship status was also significant, $F(1, 856) = .006, p < .05$, supporting Hypothesis V (see Table 5). The results revealed that single women were the most jealous.

Lastly, a significant three-way interaction was found for gender, sexual orientation, and relationship status, $F(1, 856) = .05, p < .05$. Single lesbian, bisexual females ($M = 30.76, SD = 9.62$) scored the highest in jealousy, followed by single heterosexual females ($M = 28.54, SD = 10.94$), single heterosexual males ($M = 26.49, SD = 10.80$), attached gay, bisexual males ($M = 26.38, SD = 10.80$), attached heterosexual

females ($M = 24.59$, $SD = 10.18$), attached lesbian, bisexual females ($M = 24.31$, $SD = 8.34$), attached heterosexual males ($M = 24.16$, $SD = 10.79$) and lastly single gay bisexual males ($M = 23.68$, $SD = 10.69$) (see Table 7) (see Appendix G).

Follow – up analyses were also conducted. Bonferroni’s post hoc test consisted of pairwise comparisons among the different sexual orientations and type of friendships. This procedure was used to control for Type I error and was chosen because of the unequal sample sizes. The results of this analysis revealed that there was no significant difference in jealousy between single lesbian, bisexual females and attached gay, bisexual males, single heterosexual males, attached lesbian, bisexual females, and single heterosexual females. However, there was a significant difference between single lesbian, bisexual females and attached heterosexual males, single gay, bisexual males, and attached heterosexual females.

Table 7.

Research Question II. Gender X Sexual Orientation X Relationship Status

Gender	Orientation	Status	Mean	Std. Dev.
Female	Lesbian, Bisexual	Single	30.76 ^a	9.62
Female	Heterosexual	Single	28.54 ^a	10.94
Male	Heterosexual	Single	26.49 ^a	10.80
Male	Gay, Bisexual	Attached	26.38 ^a	10.80
Female	Heterosexual	Attached	24.59 ^b	10.18
Female	Lesbian, Bisexual	Attached	24.31 ^a	8.93
Male	Heterosexual	Attached	24.16 ^b	10.79

Male	Gay, Bisexual	Single	23.68 ^b	10.69
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Note: Main effect for relationship status was significant at $p \leq .05$. An interaction for gender and relationship status was significant at $p \leq .05$. An interaction for gender, sexual orientation and relationship status was significant at $p \leq .05$.

CHAPTER IV

DISCUSSION

Numerous researchers in the field of social psychology have studied how and when sexual and emotional infidelity can lead to jealousy within romantic relationships. However, little research has addressed the occurrence of jealousy in the context of close relationships between friends. This exploratory study seeks to add the body of relationship literature by expanding understanding of the underlying personal and social factors which may influence jealousy within a friendship context. It further includes the factors of sexual orientation, attachment style, and relationship status on experiences of jealousy between friends.

Gender and Jealousy

Hypothesis I predicted that there would be a main effect for gender of participants such that women, compared to men, will experience more intense feelings of jealousy and negative affect, as measured by the Jealousy Response Inventory developed by the researcher. Contrary to the hypothesis, results revealed that the variable of gender alone did not significantly influence the intensity of experienced jealousy. However, results of later hypotheses and research questions conclude that gender has an effect when it is combined with other factors. Several models will be discussed in order to explain these findings. They will serve as a theoretical framework and were not tested by the present study.

Evolutionary psychologists have found that men are more jealous in the instance of sexual infidelity and women are more jealous in terms of emotional infidelity (Eagly & Wood, 1999; Buss & Schmitt, 1993). Harris (2000) revised Eagly and Wood's (1999)

with the “jealousy as a specific innate module” or J-SIM model, which claimed that jealousy is due to natural selection. If jealousy is specific, then each person is going to have a different reaction to a new dating partner. Harris (2000; 2003; 2004) found that both men and women are bothered by both emotional and sexual infidelity. The present study did not control for the type of jealousy or individual responses.

In addition to this, DeSteno and Salovey’s (1996) ‘double shot’ hypothesis may also lend support to the present study’s findings. The ‘double shot’ hypothesis states that when a man thinks about his partner being sexually involved with another person, he will also think that his partner is emotionally involved with that person. The opposite is found for women. Women believe that if their partner becomes emotionally involved with another person, they will also become sexually involved with that person as well. Because participants were asked to imagine the scenario without any specific constraints, they may have also alluded to cause or effect of such a scenario. With this being said, it makes sense that both men and women can experience emotional jealousy. However, women may still feel more intimidated by emotional infidelity and may experience more emotional jealousy than men when they feel that their friendship is being threatened.

It is important to note that the variable gender does not provide enough information by itself. Gender in combination with other variables such as sexual orientation (Heterosexual vs. LGBs) and relationship status (Unattached/Single vs. Attached/In a Relationship) provide an interaction effect.

Type of Friendship and Jealousy

Hypothesis II sought to claim that there would be a main effect for relationship type such that those in same-sex friendships, as compared to those in cross-sex

friendships, will experience more intense feelings of jealousy and negative affect as compared to men and women in an opposite sex relationship. The findings of the present study supported this claim as well as past researchers in the field of cross-sex friendships.

Rose (1984) found that there is a significant difference in jealousy levels between cross-sex friendships and same-sex friendships. Participants who imagined best or close friends of the opposite sex reported feeling higher levels of jealousy than those who imagined best or close friends of the same-sex. Cross-sex friends reported more arguments over friendship rule violations and communication breakdowns than same-sex friends did (Samter & Capuch, 1998 as cited in Galupo, 2007) and also experienced more ambiguity which could set the stage for jealous reactions (Galupo, 2007).

In a study conducted by Galupo (2007) three jealousy scenarios were examined: a romantic scenario, a friend scenario, and an activity scenario. Results of this study suggest that cross-sex friends experienced intimacy jealousy most intensely. If psychological or emotional resources are shared between best friends with the introduction of a new dating partner, friends may experience more intimacy jealousy within their relationship.

In addition, Bell (1981) stated that most cross-sex friendships are often initiated because of sexual attraction by men. Cultural scripts define cross-sex friendships as eventually leading to a sexual or romantic relationship (Bell, 1981). It may be possible that within the present study strong reactions of jealousy arose because some participants may have been romantically or sexually attracted to their cross-sex friends. A third-party dating partner could serve as a nuisance to any romantic possibilities between the dyad.

Attachment Style and Jealousy

Hypothesis III anticipated that those with a secure attachment style, as compared to individuals with a preoccupied, fearful, or dismissive attachment style, would experience less intense feelings of jealousy and negative affect. This hypothesis was partially confirmed as results revealed that there was no significant difference between both secure and dismissive persons. No difference was also found between preoccupied and fearful persons. However, secure and dismissive persons experienced less jealousy than preoccupied or fearful persons. The hypothesis may have been flawed but the results bore out what should have been predicted.

Empirical studies have shown that persons with insecure attachment styles (e.g., preoccupied and fearful persons) tend to experience much more jealousy than persons with secure attachment styles (Bartholomew, 1990; 1994; Bartholomew & Horowitz, 1991; Sharpsteen & Kirkpatrick, 1997). The findings of the present study support this claim. The insecure attachment styles of preoccupied and fearful scored much higher in jealousy than persons with secure attachment styles.

In lieu of this, Bartholomew and Horowitz (1991) suggested that self-esteem and sociability were both correlated with an individual's attachment style. They found that persons with secure and dismissive attachment styles were associated with higher self-esteem as compared to persons who were anxious and fearful in attachment. Specifically, dismissive persons are high in self-esteem, yet have low trust. Though these individuals may have high self-confidence they have negative attitudes towards other people. Dismissing persons protect themselves by avoiding close relationships and by maintaining a sense of independence (Bartholomew & Horowitz, 1991). A study conducted by Bartholomew and Horowitz (1991) found that dismissive persons scored

lower than the secure and preoccupied individuals on self-disclosure, intimacy, level of romantic involvements, capacity to rely on others, and use of others as a secure base. Though dismissive persons may be high in self-esteem and high in sociability, they may have more acquaintances than they have close friends. These persons may score lower in jealousy because they are emotionally distant others in order to guard themselves from disappointment.

In addition to this, Bartholomew and Horowitz (1991) found that those who had anxious-preoccupied or fearful-avoidant attachment styles experienced jealousy more often and viewed rivals as more threatening than those who were secure or dismissive in attachment. Within the present study preoccupied and fearful persons experienced the most amount of jealousy which is generally associated with lower self-esteem and lower levels of sociability. If someone fears forming attachments and bonds with others, they are more likely to have fewer friends. Therefore, persons with lower self – esteem, may not be quite as sociable and may solely rely on their best friend for companionship and intimacy. The presence of a new dating partner may pose as a severe threat to the friendship if the friend has low self- esteem, low sociability, and an insecure attachment style.

Relationship Status and Jealousy

Hypothesis IV predicted that individuals who are unattached or single, compared to individuals who are attached or in a relationship, would experience more intense feelings of jealousy and negative affect. The results of the present study supported this prediction. Single or unattached persons were found to experience more jealousy than persons who were attached or in a relationship.

Limited studies have been done on the subject matter of relationship status. A study conducted by DePaulo and Morris (2005) found that single men and women are just as happy and satisfied as those who are coupled and often relied more on family and close friends for love and support. If this is the case, an individual may experience more jealousy when he or she has to share emotional resources obtained by a best or close friend with the friend's new dating partner.

In addition to this, negative stereotypes are also attached to those who are single. Individuals who marry and have children are perceived by others to be better people, happier, less lonely, more mature, and are leading lives that are more meaningful and complete, whereas those who have not complied with social expectations will experience more social disapproval, feelings of personal adequacy, and stress (DePaulo & Morris, 2005). Single persons will experience both covert and overt discrimination and are denied raises, promotions, and fair housing (DePaulo & Morris, 2005). This stigmatization may cause feelings of loneliness for the remaining single friend, which may ultimately lead to negative feelings such as jealousy.

Relationship Status, Gender, and Jealousy

Hypothesis V forecasted that women who are unattached or single, compared to men who are single/unattached or attached/in a relationship, would experience more intense feelings of jealousy and negative affect. Throughout the study no main effect was found for gender. However, when pairing gender with relationship status, single males and females appear to differ. The results of this analysis indicate there is a significant difference between single women, and single males, attached females, and attached males. A significant difference was found between single females and single males, but

no such difference emerged between single males, attached males, and attached females. The results revealed that single women were the most jealous.

As mentioned earlier, singles in society are emotionally and socially tied to their best friends for companionship, intimacy, and love. The introduction of a third party could lead to major changes within the friendship. This change can be difficult for both men and women. According to research on romantic relationships from an evolutionary perspective, women are more upset when a partner has committed emotional infidelity and men are more upset when a partner has committed sexual infidelity (Buss & Schmitt, 1993). The romantic responses of jealousy may also be extended into friendship responses to jealousy. Despite the type of infidelity, both genders will experience jealousy.

In support of the present study, research has shown that more women as compared to men will turn to their best friends for emotional support (Burr & Klein, 1994). Shows on television such *Sex and the City*, which aired on cable from 1998 to 2004, and was released as a film in 2008, are transforming the view of the modern-day independent women. The show follows the lives of four best friends who rely on each other constantly for love and support. If friendship is considered to be this important, a single woman may be offended by the depletion of time spent socially and emotionally with her best friend.

Sexual Orientation, Type of Relationship, and Jealousy

Limited research has been done on the topic of sexual orientation in regard to jealousy. The present study sought out to explore these effects. Research Question I, was posed to see if there was a difference in jealousy responses among participants of

differing sexual orientations (heterosexual vs. lesbian, gay, bisexual) and in different types of friendships (opposite-sex vs. same-sex). The results of this analysis indicated there was no difference between same-sex heterosexual persons, opposite-sex lesbian, gay, bisexual persons, and same-sex lesbian, gay, bisexual persons. However, there was a significant difference found in scores between same-sex heterosexual persons and opposite-sex heterosexual persons. Heterosexual persons in cross-sex relationships were the most jealous out of all groups.

In support of the present findings Galupo (2007) found that cross-sex friends experienced more ambiguity which could set the stage for more jealous reactions and that cross-sex friends experienced the most intimacy jealousy as compared to romantic and family jealousy. In juxtaposition, evolutionary theory thrives on natural selection and survival of the fittest. Subconsciously, heterosexual men and women may gravitate towards each other because of an underlying romantic attraction. The group scoring most similarly to heterosexual cross-sex friends was lesbian, gay, bisexual persons in the same-sex condition. If straight men and women tend to be more jealous in cross-sex relationships because of romantic attraction, this may translate to gay, bisexual men and lesbian, bisexual women who are more jealous in the same-sex condition also due to desirability. Gay, bisexual men and lesbian, bisexual women in the same-sex condition may be similarly jealous because they may also be romantically attracted to their best friend, which also provides lines for ambiguity within the friendship. Conversely, lesbian, gay, bisexual friends in the opposite-sex condition and straight friends in the same-sex condition scored the lowest in jealousy. This may be due to the fact that there is little romantic attraction between friends.

Other researchers have also found similar results to the outcomes of the present study. In a study conducted by Bevan and Lannutti (2002) sexual orientation did not significantly influence an individual's cognitive and emotional jealousy. This finding is also consistent with Sheets and Wolfe (2001) in stating that both intensity of emotional jealousy was similar for both heterosexual and homosexual persons.

Cross-sex friendships among straight persons and same-sex friendships among lesbian, gay, bisexual persons do not differ in jealousy levels. This implies that sexual attraction serves as an important contributing factor to jealousy.

Gender, Sexual Orientation, Relationship Status, and Jealousy

The variables of gender and sexual orientation alone have been found to have no effect within the present study. These variables must work in conjunction with relationship status in order to produce an interaction. The present study found that single lesbian, bisexual females were the most jealous, followed by single heterosexual females and then single heterosexual males. Groups that fell into the middle range were attached gay, bisexual males, attached heterosexual females, attached lesbian, bisexual females, and attached heterosexual males. However, there was no significant difference between single lesbian, bisexual females and attached gay bisexual males, single heterosexual males, attached lesbian, bisexual females, and single heterosexual females. The findings of the study support both claims, the first being that single persons experienced more jealousy than coupled persons and secondly that women experienced more jealousy than most men. However, attached gay, bisexual men scored higher in jealousy than single gay, bisexual men. These findings may be spurious simply because of low cell numbers.

Implications

The present research provides evidence that each person's reaction to jealousy is unique depending on one's gender, sexual orientation, type of friendship, attachment style, and current relationship status. There are a number of implications of this exploratory study. First off, it is important to consider that as society changes, so does an individual's intensity of jealousy. With the rise of women's independence, focus is shifted towards career leading to the later development of personal romantic relationships. Therefore, these women are becoming more reliant on family and close friends for intimacy. The introduction of a third party could cause conflict and feelings of jealousy may arise. Men, on the other hand, are dealing with newer issues of intimacy. Men are becoming more sensitive and may also experience heightened emotions and jealousy, especially if the best friend is of the opposite-sex. The results of the present study found that straight or heterosexual participants in cross-sex friendships experienced the most amount of jealousy out of all groups. This implies that the lines of friendship and romanticism may be blurred due to physical attraction. In conditions of lesbian, gay, and bisexual same-sex friendships, these participants may also experience the similar levels of jealousy due to the underlying attraction. This has important implications for research, in the fact that few researchers have studied sexual orientation in conjunction with varying types of friendships.

Culture and Jealousy

Jealousy is a familiar experience in human relationships, and it has been reported in every culture (Buss, 2001). Cultures that believe in commitment and monogamy demonstrate higher levels of jealousy whereas other cultures (e.g., polygamists, swingers) that do not believe in monogamy experience less jealousy (DeStano & Salovey, 1996).

Geary and colleagues (1995) conducted a study in which American and Chinese participants were asked to “imagine their partner ‘forming a deep emotional relationship with another person and to indicate how hurt, angry, and jealous they would feel. Following this, participants were asked to imagine “their ‘partner enjoying passionate sexual intercourse with another person.’ ” American women reported more intense feelings of jealousy than American men to both emotional and sexual infidelity, with a greater difference in response to emotional infidelity. However, Chinese men reported more intense jealousy in response to sexual infidelity than Chinese women (Buss, 2001). This indicates that cultures may differ in their acceptance of jealousy, the expression of jealousy, and the extent of emotional display, but the existence of jealousy is experienced by people in almost all cultures (Erber & Erber, 2001).

The most extreme manifestation of jealousy is murder. Today, in countries throughout the world deadly crimes of passion are committed, primarily against women by men, in fits of a jealous rage. In this country, extreme expressions of jealousy are generally constricted by societal norms and the fear of being arrested, but physical violence and murder are not that uncommon. Sometimes the more violent expressions of jealousy are in response to a partner’s real or perceived infidelity, but other times, they can arise from simple relationship break ups or divorce. Sadly, even when restraining orders and other legal means are sought for protection against a jealous partner, the system can still fail to protect. According to the Federal Bureau of Investigation crime statistics, among all female murder victims in 1995, 26 percent were slain by husbands or boyfriends, some of whom were motivated by jealousy. In a 1995-1996 study conducted in the 50 States and the District of Columbia, nearly 25% of women were

raped and/or physically assaulted by a current or former spouse, cohabiting partner, or dating partner/acquaintance at some time in their lifetime. Beyond the violent acts actually committed, a surprising number of men and women fantasize about murdering a partner. In another study conducted by Buss (2001) of 5,000 people in six cultures, 84% of women and 91% of men admitted to having fantasized about killing sexual rivals.

. Jealousy then is a strong emotion that can vary from twinges of annoyance to murderous rage. It is important to note that the present study examines jealousy in a far more benign context.

Limitations

The present study adds to the limited body of empirical research on the study of friendship and jealousy. The results confirmed several hypotheses, but several limitations were apparent throughout the study. Though online recruitment and surveys are a convenient method of collecting data, it also presents two types of errors: coverage and sampling (Riggle, Rostosky, & Reedy, 2005). The sample for this study was comprised of 716 (82%) straight participants and only 157 (18%) non-straight participants. The original intent of this study was to identify the uniqueness of each specific group, but due to such small numbers, lesbian, gay and bisexual participants were combined into one category: lesbian, gay, bisexual persons. This problem could have been a result of coverage and the different recruitment techniques that were used.

To begin, there was sampling error. Due to convenience sampling, participants came from a variety of backgrounds. In turn, limited demographic information such as socioeconomic status, race, religion, and cultural backgrounds were not taken into account for the present study. These socio-cultural variables could have affected the

intensity of jealousy experienced or displayed by participants. For instance, many individuals throughout the community may not have online access. Those who participated in this online study may come from a different demographic than those who did not participate or have online access. This was demonstrated throughout the present study. A majority of the straight participants were recruited through DePaul University's Online Experiment Management System, which mandates Introductory Psychology students to manage and employ online and laboratory experiments through an online database. Most non-straight participants were recruited from the researcher's friends and community groups via emails, circulated flyers, and also online research websites. Research sampling with these participants may have been overrepresented to those who have a greater connection to the lesbian and gay community.

Perhaps the largest limitation of the present study is using the online survey method of data collection to evaluate jealousy. A major disadvantage of the survey method is the reliance on respondents' self-reports, which can be unreliable (Erber & Erber, 2001). Do single women report higher levels of jealousy because they are in touch with their emotions or do they really experience greater feelings of jealousy? Though past researchers have found gender effects for disclosure of feelings in that, women are more open than men, (Rubin, Hill, Peplau, & Dunkel-Schetter, 1980 as cited in Erber & Erber, 2001), the present research found no main effect for gender. However, when gender was paired with relationship status or other variables, interactions were found. Jealousy is a particularly challenging emotion to study because ultimately it is just an interpretation of threat arousal. Therefore, it is impossible to know why single women specifically experienced the most amount of jealousy.

Other researchers have used similar methods to study jealousy. In a majority of studies, participants were prompted with jealousy provoking scenarios and were later asked to respond to questions based on how they felt using either likert scales (Harris, 2000) or continuous scales (Sabini & Green, 2004). Buss and colleagues (1992) took it one step further and measured physiological responses using electrodermal activity (EDA) and electromyographic activity (EGA) to assess skin conductance, pulse rate, and brow reactions. On the whole, one must consider all background variables (i.e., type of relationship, relationship status, etc.) when interpreting the threat arousal response to jealousy.

Another limitation has to do with the self-reporting of sexual orientation. The acceptance of sexuality on a personal level and a societal level led to issues of confidentiality. The researcher was asked on numerous occasions how the data was collected, where it was stored, and who had access to it. Many LGB community group leaders wanted to protect and ensure the anonymity of their members. There was fear and concern regarding social stigma and discrimination if the identities of participants were exposed. Some leaders chose not to disburse the information to their clients and members even though they were assured by the researcher of the security protected measures. Issues of trust were also apparent throughout data collection. Other researchers in the field have stated that minority respondents do not fully trust investigators who have been acculturated to the dominant group enough to become a social scientist (Aguilar, 1981; Parades, 1977 as cited in LaSala, 2003). In addition to this, the sexual orientation of the experimenter was not revealed to participants. LaSala (2003) along with other researchers (Aguilar, 1981; Parades, 1977) stated that gay and

lesbian respondents were more likely to participate in research conducted by a lesbian or gay man because they believed the researcher was committed to deconstructing societal misconceptions about who they were. On three separate occasions, the researcher was harshly confronted by participants who asked her why she thought she could study “them” as “subjects.” The data entered through the online study also reflected some dismay among a couple of lesbian, gay, bisexual participants.

Future Directions

The present study found that straight participants in cross-sex friendships experienced the most amount of jealousy, more so than straight same-sex friendships and LGB participants in same-sex and cross-sex friendships. Straight men and women in cross-sex relationships may experience romantic attraction towards one another. The group scoring most similar in jealousy level was lesbian, gay, bisexual persons in the same-sex condition. These results suggest sexual attraction may play a key role in jealousy. It would be interesting to study bisexual persons. If bisexuals are attracted to both male and female, would they be just as jealous in both same-sex and cross-sex conditions? Other future studies should continue to research the effect romantic attraction could have on jealousy within the context of friendships. Besides this, little jealousy research has been done particularly in the area of cross-sexual orientation and cross-sex friendships. New directions in this field may help to uncover the development and formation of such relationships and the emotions experienced by the individuals within them. This has greater implications for treatment focusing on conflict between friends rather than individual or couples’ therapy.

The current research examines jealousy on the part of the threatened party. Alternative studies should be done evaluating parties experiencing the effects of jealousy from a close or best friend, the aftermath of such an experience from both sides, and the repercussions following the dissolution of the best friend's romantic relationship. In addition to this, the responses to jealousy can be further explored by employing other methods. A self-report measure and online data collection was used for the present study. Prior and newer jealousy response measures and physiological measures should be used to supplement the following research. Moreover, instead of using a jealousy-provoking scenario, data can be collected qualitatively using interviews, naturalistic observation, and diary methods to assess real life encounters with jealousy.

CHAPTER V

SUMMARY

The purpose of the present study was to explore jealousy in the context of friendships, taking into account gender (male vs. female) and type of friendship (same-sex versus cross-sex), as well as the individuals' sexual orientation (heterosexual vs. lesbian, gay, bisexual) and attachment style (secure vs. fearful vs. preoccupied vs. dismissing) and relationship status (unattached/single vs. attached/in relationship). Participants were asked to imagine a scenario in which their close or best friend began to date someone new, which ultimately imposed on the amount of time they spent with their friend. Results suggested that there was no difference between men and women in jealousy levels. However, friends in cross-sex friendships seemed to experience more intense jealousy than those in same-sex friendships. In terms of attachment, fearful and preoccupied persons were found to be more jealous than those with secure and dismissive attachment styles. Another substantial finding was that those who were single or unattached were found to be more jealous than those who were in relationships or attached. Particularly, single women were found to be more jealous than single men or attached men and women. Research questions were also posed regarding to see whether there were differences in jealousy as a function of sexual orientation. Analysis including this factor indicated there was no difference between same-sex heterosexual persons or same-sex lesbian, gay, bisexual persons. However, there was a significant difference found in jealousy scores between same-sex heterosexual persons and opposite-sex heterosexual persons. With the addition of relationship status, single lesbian, bisexual females were the most jealous, followed by single heterosexual females and then single

heterosexual males. These findings expand understanding of jealousy across multiple dimensions of different types of relationships, and have important implications for future research, especially in the realm of sexual orientation and its impact on jealousy.

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Appendix A - Consent Form

CONSENT TO PARTICIPATE IN RESEARCH Best/Close Friends in New Relationships

INFORMATION SHEET FOR PARTICIPATION IN RESEARCH STUDY

Best/Close Friends in New Relationships

We are asking you to be in a research study because we are trying to learn more about feelings which may arise once a best/close friend enters into a new dating relationship with someone else. This study will take about 1 hour of your time. If you agree to be in this study, you will be asked to read a scenario describing a situation involving you and your best/close friend and will be asked to imagine that you are experiencing it. Upon completion of the experiment, you will be asked to answer questions about your perception and emotions of the described situation/scenario. You can choose not to participate. There will be no negative consequences if you decide not to participate or change your mind later.

If you have questions about this study, please contact NgocAnna P.P. Huynh at nhuynh@depaul.edu. If you have questions about your rights as a research subject, you may contact Shay-Ann Heiser Singh, Coordinator of the DePaul University's Institutional Review Board at 312-362-7593 or by email at sheiser@depaul.edu.

You may keep this information for your records.

Appendix B - Instructions for Same-Sex Group

Please take a moment to think of someone of the same-sex that you consider or once considered as a best friend or one of your closest friends. Reflect about your relationship, how close you are (were), all of the good and bad experiences you have shared and how you feel (felt) when you are (were) with him/her.

Now with this friend of the same-sex in mind, please read the scenario and imagine how you would feel if:

Your best/close friend has been dating someone seriously for the past six months. He/she is spending more time with his/her new partner and is spending less time with you. As a result of this, you don't see him/her as nearly as often as you used to. You've met your best/close friend's dating partner in a few social situations and others seem to find him/her very attractive and appealing.

Now that you have this particular close/best friend of the same-sex and the situation described here in mind, please answer the following questions below.

Appendix C - Instructions for Opposite-Sex Group

Please take a moment to think of someone of the opposite-sex that you consider or once considered as a best friend or one of your closest friends. Reflect about your relationship, how close you are (were), all of the good and bad experiences you have shared and how you feel (felt) when you are (were) with him/her.

Now with this friend of the opposite-sex in mind, please read the scenario and imagine how you would feel if:

Your best/close friend has been dating someone seriously for the past six months. He/she is spending more time with his/her new partner and is spending less time with you. As a result of this, you don't see him/her as nearly as often as you used to. You've met your best/close friend's dating partner in a few social situations and others seem to find him/her very attractive and appealing.

Now that you have this particular close/best friend of the opposite-sex and the situation described here in mind, please answer the following questions below.

Appendix D - Questionnaire

I was assigned to the:

- Opposite-sex condition Same-sex condition

I am a _____ taking this questionnaire.

- DePaul Student A friend of the experimenter's A community member

I. How much do you feel each emotion(s) as a result of your best/close friend being in the relationship? Please circle a number below (1 being not at all and 7 being extremely).

- a. To what extent are you feeling anger, rage, and hatred towards your best/close friend?

not at all 1 2 3 4 5 6 7 extremely

- b. To what extent are you feeling anger, rage, and hatred towards your best/close friend's partner?

not at all 1 2 3 4 5 6 7 extremely

- c. To what extent are you feeling fear, anxiety, or panic over possible abandonment or because of this situation?

not at all 1 2 3 4 5 6 7 extremely

- d. To what extent are you feeling sadness or grief over the loss of the relationship with your best/close friend?

not at all 1 2 3 4 5 6 7 extremely

- e. To what extent are you feeling hurt or betrayed by your best/close friend?

not at all 1 2 3 4 5 6 7 extremely

- f. To what extent are you feeling envious of your best/close friend's relationship with his/her dating partner?

not at all 1 2 3 4 5 6 7 extremely

- g. To what extent are you feeling envious of your best/close friend's dating partner's overall personality and appeal?

not at all 1 2 3 4 5 6 7 extremely

Appendix D – Questionnaire

h. To what extent are you feeling heightened sexual arousal or passion for your best/close friend?

not at all 1 2 3 4 5 6 7 extremely

i. To what extent are you feeling heightened sexual arousal or passion for your best/close friend's dating partner?

not at all 1 2 3 4 5 6 7 extremely

j. To what extent are you feeling positive emotions including love and appreciation toward your best/close friend?

not at all 1 2 3 4 5 6 7 extremely

k. To what extent are you feeling positive feelings including love and appreciation toward your best/close friend's dating partner?

not at all 1 2 3 4 5 6 7 extremely

II. a. Questions About You

Please answer the following questions and mark which category best describes you.

1. Your Gender: Male Female Other

2. Your Age: _____

3. Your sexual/romantic orientation: Heterosexual Gay Lesbian Bisexual

Other _____

4. Your Current Relationship Status: Unattached/ Single Attached/ In relationship

5. To what extent are you happy/ satisfied with your current relationship status?

not at all 1 2 3 4 5 6 7 extremely

6. Please pick one of the following statements which best describes you.

_____ I find it relatively easy to get close to others and am comfortable depending on them and having them depend on me. I don't often worry about being abandoned or about someone getting too close to me.

Appendix D – Questionnaire

_____ I find that others are reluctant to get as close as I would like. I often worry that my partner doesn't really love me or won't stay with me. I want to merge completely with another person, and this desire sometimes scares people away.

_____ I am somewhat uncomfortable being close to others; I find it difficult to trust them completely, difficult to allow myself to depend on them. I am nervous when anyone gets too close, and often, love partners want me to be more intimate than I feel comfortable being.

II. b. Questions about your best/close friend that you thought about for this questionnaire.

Please answer the following questions and mark which category best describes your best/close friend that you thought about for this questionnaire.

1. Gender of your best/close friend: Male Female

2. Your best/close friend's sexual/romantic orientation that you thought about for this questionnaire:

Heterosexual Gay Lesbian Bisexual Other _____

3. Your best/close friend's current relationship status that you thought about for this questionnaire:

Unattached/ Single Attached/ In relationship

4. To what extent do you think your best/close friend is happy/ satisfied with his/her current relationship status?

not at all 1 2 3 4 5 6 7 extremely

5. Before the individual that you thought about for this questionnaire, became your close/best friend, was there ever a time that you were physically attracted to him/her?

not at all 1 2 3 4 5 6 7 extremely

6. Before the individual that you thought about for this questionnaire, became your close/best friend, was there ever a time that you were romantically/sexually involved with him/her?

Yes No Does not apply

Appendix D – Questionnaire

7. Are you currently physically attracted to your best/close friend that you thought about for this questionnaire?

not at all 1 2 3 4 5 6 7 extremely

III. Other questions

Please answer the following questions and mark which category best describes your best/close friend that you thought about for this questionnaire.

1. How close are you or were you to the best/close friend that you imagined for this scenario?

not at all 1 2 3 4 5 6 7 extremely

2. Duration of your friendships (in number of months or years) with the close/best friend that you thought about for this questionnaire (including if it ended or still continues):

3. To what extent were you able to successfully imagine a close/best friend in the situation/scenario of him/her dating someone else?

not at all 1 2 3 4 5 6 7 extremely

4. Have you ever actually encountered the situation/scenario described here with your best/close friend that you thought about for this questionnaire? Yes No

5. If yes, how harmful was this situation/scenario to the friendship with the close/best friend that you thought about for this questionnaire?

not at all 1 2 3 4 5 6 7 extremely

6. If yes, did your friendship with your close/best friend that you thought about for this questionnaire end because of a similar situation/scenario?

Yes No Does not apply

7. If yes, please describe the situation. If no, please write do not apply.

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Appendix E – Debriefing

Informational Feedback (Debriefing)

You have just participated in the experiment Best/Close Friends in New Relationships. Best/close friends in intimate relationships occasionally encounter situations that may cause bouts of jealousy. According to Lazarus (1991), jealousy results when individuals feel that a partner's relationship with someone else threatens their own existing relationship. Through this investigation, we will examine gender differences (male vs. female), type of relationship (same sex vs. cross sex), sexual orientation (heterosexual/straight vs. gay/lesbian vs. bisexual vs. questioning/not sure), attachment style (secure vs. fearful vs. preoccupied vs. dismissing) and relationship status (unattached/single vs. attached/in relationship) and how these factors might affect your emotions and behavioral reactions.

Previous research has shown that females report that the interference of third parties is a primary basis for the breakup of friendships. Roth and Parker (2001) found that females had stronger reactions of anger, jealousy, and hurt over being left out by a friend in comparison to males. These negative feelings may also increase or decrease due to the type of friendship (same sex vs. cross sex). Rose (1984) found that in comparison to same sex friendships, cross sex friendships were less likely to report using maintenance strategies upon the arrival of conflict. In addition to this, sexual orientation may also play a significant role in jealousy and aggression. Sheets and Wolfe (2001) stated that lesbians, gays, and heterosexual women experienced more distress to their partner's emotional infidelity than heterosexual men. Similarly, emotions and behavioral reactions may be affected by an individual's attachment style: secure, preoccupied, fearful, or dismissive (Bartholomew, 1990). Attachment style may affect a person's friendships and also relationship status (unattached/ single vs. attached/ in a relationship). We did not tell you about specifics of this study because it could have biased your responses.

You were first asked to think of a person that you consider or once considered as a best friend or one of your closest friends. By asking you to deeply reflect upon your relationship we were able to ensure that you were thinking about this individual throughout the duration of the experiment. Instructions to imagine that you are the target person in the scenario were also used in order to assess your thinking and feelings. Following this, you were asked to complete a series of questions pertaining to you, your best/close friend, and questions about your relationship with your best/close friend that you thought about for this questionnaire.

After collecting data from all participants, we will compare the answers for each condition. Specifically, we hypothesize that women will experience more intense feelings of jealousy and negative affect as compared to men. Our second hypothesis is that men and women in the same sex condition will experience more intense feelings of jealousy as compared to men and women in the opposite sex condition. Our third hypothesis is that individuals with a secure attachment style will experience less feelings of jealousy than individuals who are preoccupied, fearful or dismissive. Lastly, we hypothesize that best/close friends who are unattached/ single will experience more intense feelings of jealousy as compared to best/close friends who are attached/ in relationship. In addition to this, the design of this experiment will allow us to further explore the topic of jealousy in relation to sexual orientation and relationship status.

Please remember that the situation was fictional and was invented solely for the purpose of this study. If participating in this experiment has caused you additional distress, please contact the DePaul University Counseling Center at 773-325-7779. If you have any additional questions or comments about this experiment, please email me at nhuynh@depaul.edu.

Thank you for your participation.

Sincerely,
NgocAnna P.P. Huynh

Appendix F - Tables

Table 1

Participant's Sample Group

Group	Number	Percentage
DePaul Student	612	70.1
Friend of the Experimenter	124	14.2
Community Group Member	137	15.7

Table 2

Participants' Type of Relationship

Type of Relationship	Number	Percentage
Same	413	47.3
Opposite	460	52.7

Table 3

Participants' Gender

Gender	Number	Percentage
Female	579	66.3
Male	294	33.7

Table 4

Participants' Sexual Orientation

Sexual Orientation	Number	Percentage
Heterosexual	716	82.0
Lesbian, Gay, Bisexual	157	18.0

Table 5

Participants' Sexual Orientation Breakdown

		Orientation			
		Straight	Lesbian	Gay	Bisexual
Gender	Male	222	0	63	8
	Female	499	36	0	45

Table 6

Participants' Current Relationship Status

Current Relationship Status	Number	Percentage
Attached/ In a Relationship	401	45.9
Unattached/ Single	472	54.1

Table 7

Participants' Attachment Style

Attachment Style	Number	Percentage
Secure	335	38.4
Preoccupied	243	27.8
Fearful	157	18.0
Dismissive	136	15.6

Table 8

Best or Close Friend's Gender

Gender	Number	Percentage
Male	447	51.2
Female	426	48.8

Table 9

Best or Close Friend's Sexual Orientation

Sexual Orientation	Number	Percentage
Heterosexual	790	90.5
Lesbian, Gay, Bisexual	83	9.5

Table 10

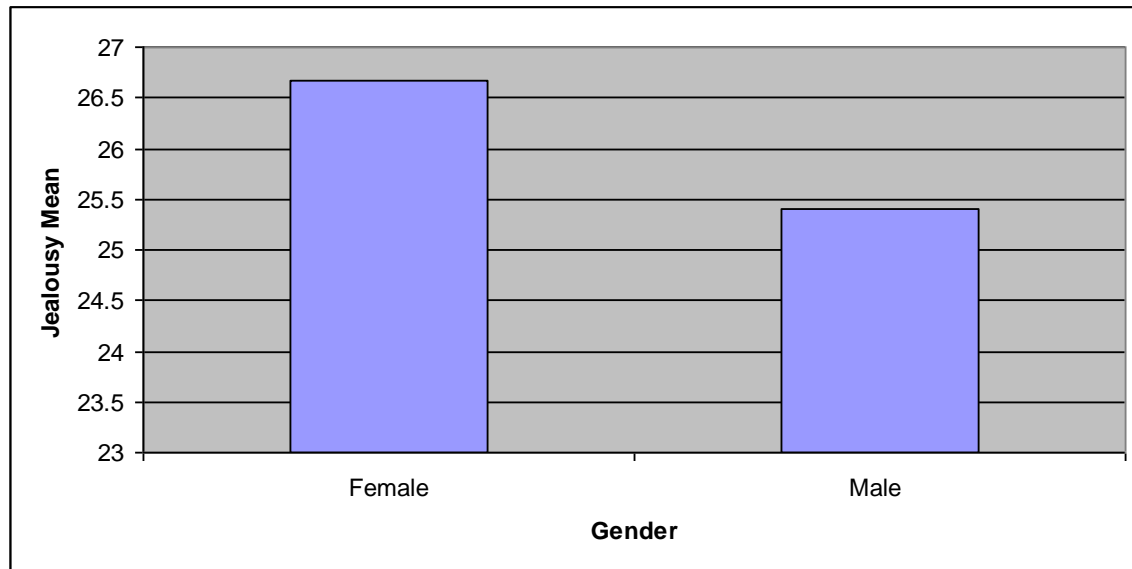
Best or Close Friend's Current Relationship Status

Current Relationship Status	Number	Percentage
Attached/ In a Relationship	496	56.8
Unattached/ In a Relationship	377	43.2

Appendix G - Figures

Figure 1.

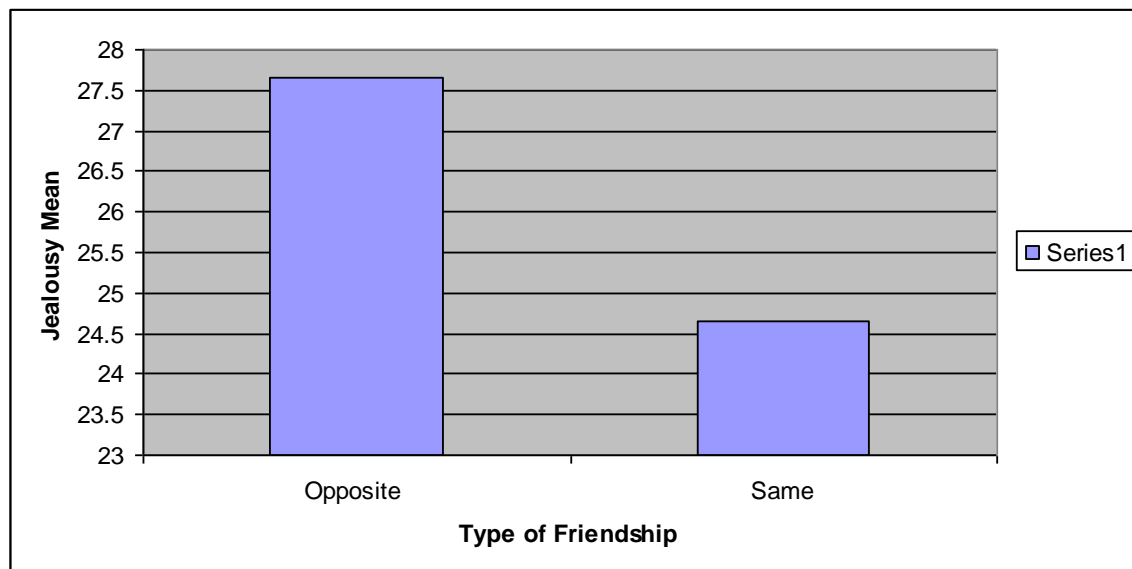
Hypothesis I. Gender Differences



Note: Main effect for gender was non-significant at $p \leq .05$.

Figure 2.

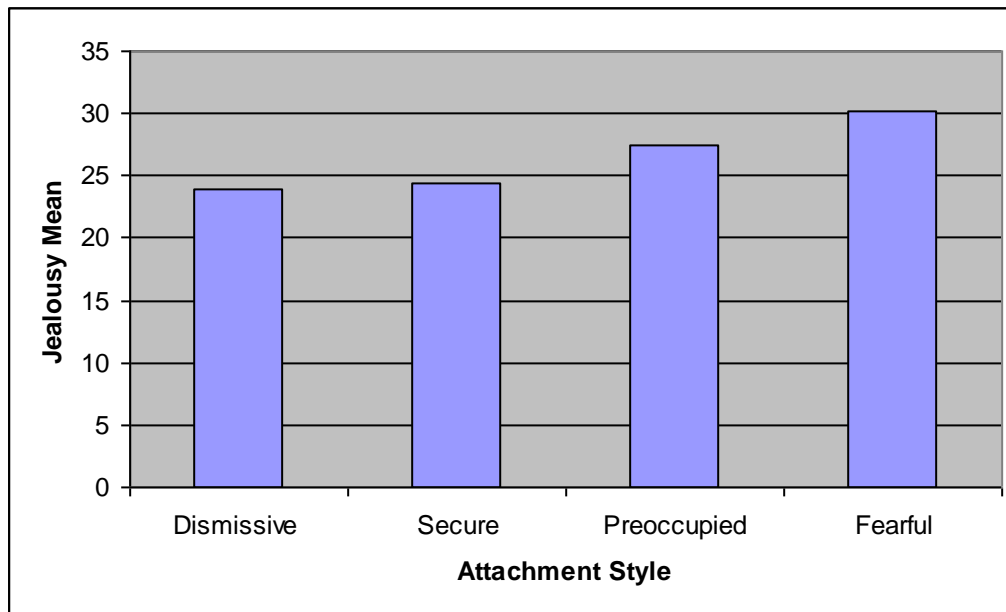
Hypothesis II. Type of Friendship



Note: Main effect for type of friendship was significant at $p \leq .05$.

Figure 3.

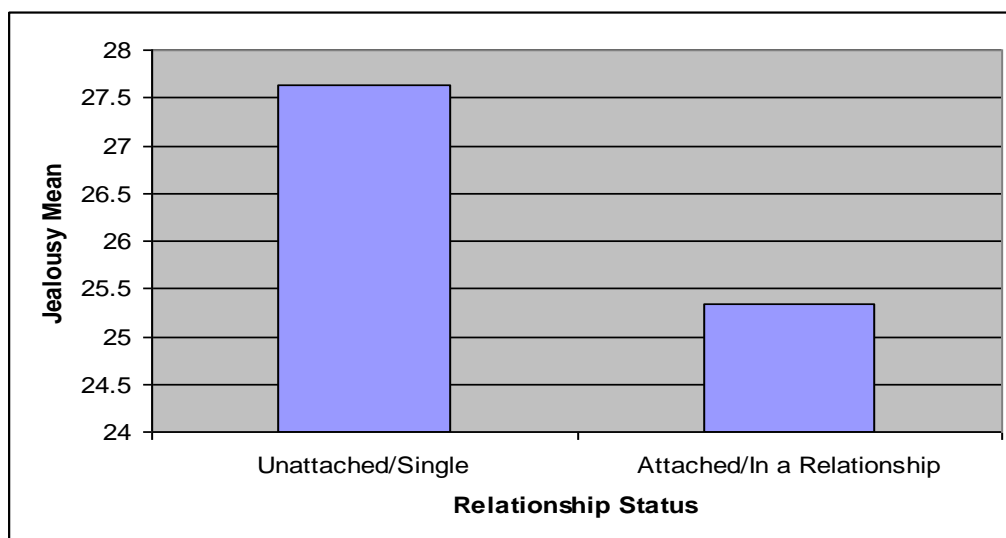
Hypothesis III. Participants' Attachment Style



Note: Main effect for attachment style was significant at $p \leq .05$.

Figure 4.

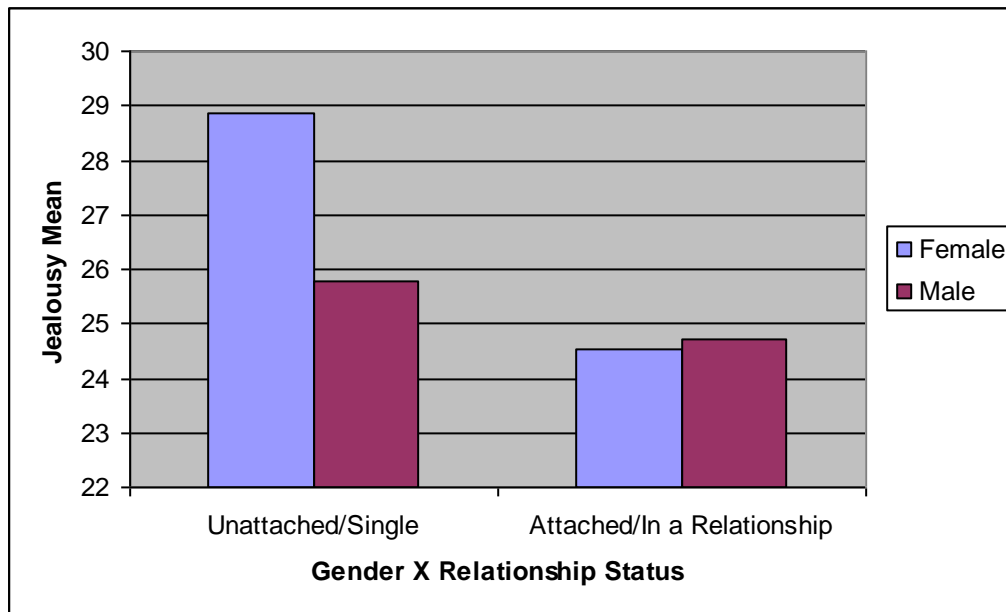
Hypothesis IV. Participants' Current Relationship Status



Note: Main effect for relationship status was significant at $p \leq .05$.

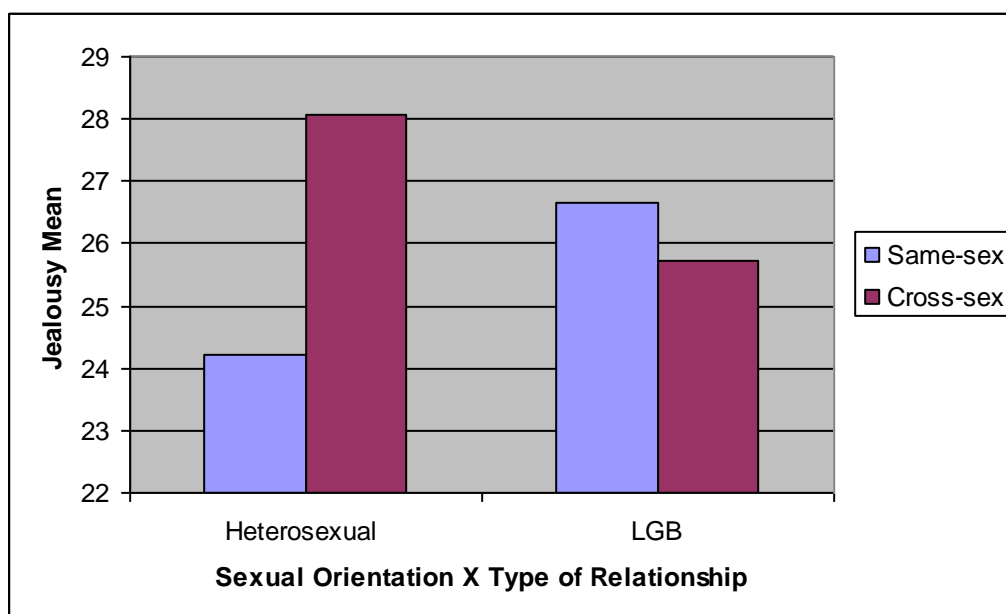
Figure 5.

Hypothesis V. Gender Differences X Relationship Status



Note: No main effect for gender but main effect for relationship status was significant at $\alpha = .05$. An interaction for gender and relationship was significant at $p \leq .05$.
Figure 6.

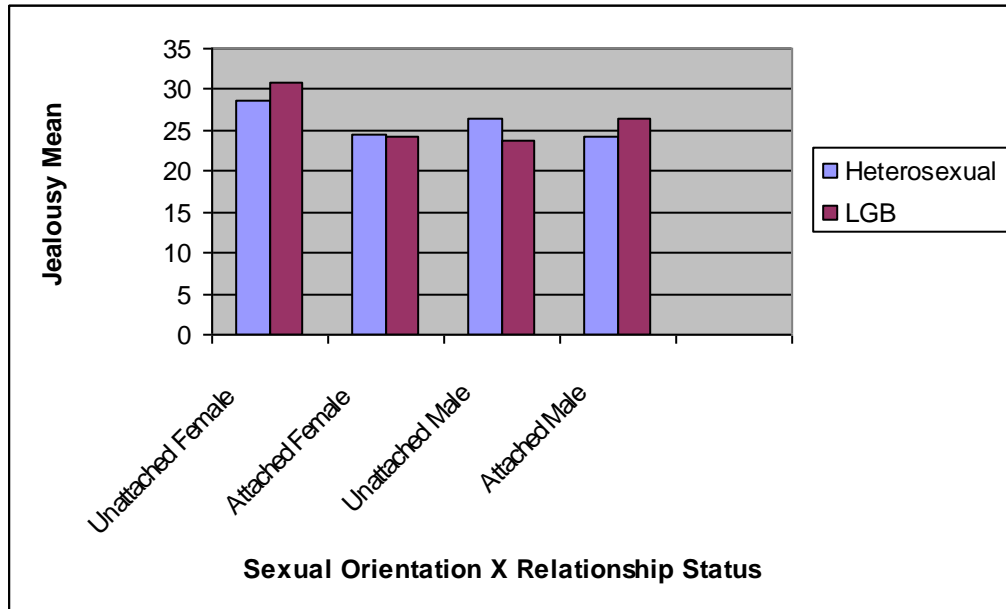
Research Question I.



Note: An interaction for sexual orientation and type of friendship was significant at $p \leq .05$. An interaction for gender and relationship was significant at $p \leq .05$.

Figure 7.

Research Question II.



Note: Main effect for relationship status was significant at $p \leq .05$. An interaction for gender and relationship status was significant at $p \leq .05$. An interaction for gender, sexual orientation and relationship status was significant at $p \leq .05$.