

ABSTRACT

Measurement of Event-Specific Capitalization in Couples

Chelsea N. Carson

Director: Keith Sanford, Ph. D.

Capitalization is a component of intimacy that consists of how a partner responds when the other discloses good news. Previous research has identified four capitalization patterns: active-constructive, passive-constructive, passive-destructive, and active-destructive. Since capitalization theoretically takes place in the moment, it would be beneficial to have a scale to measure it in an event-specific manner. However, current self-report measures for capitalization are global, creating a need for an event-specific self-report survey. I examined the validity of a new event-specific survey by testing the following hypotheses. Event-specific scales measuring the four response patterns should show convergent correlations with global scales measuring the same response pattern, and divergent correlations with global scales measuring the other patterns. The event-specific scales should be associated with a measure of perceived partner responsiveness, with the active-constructive scale having the strongest positive correlation, and passive-destructive having the strongest negative correlation. Event-specific scales should also correlate with coping, with the active-constructive scale correlating with positive but not negative coping interactions, and passive-destructive correlating with negative but not positive coping interactions. Finally, the event-specific scale should explain unique variance in the criterion variables above that explained by the global scale and relationship satisfaction. In this study, 223 married or cohabitating participants completed an online survey comprised of global and event-specific capitalization, responsiveness, relationship satisfaction, positive coping, negative coping, affect, and well-being measures. The results provided support for all the hypotheses. Therefore, it seems that the event-specific scales capture something important and distinct from each other and their global counterparts.

APPROVED BY DIRECTOR OF HONORS THESIS:

Dr. Keith Sanford, Department of Psychology and Neuroscience

APPROVED BY THE HONORS PROGRAM:

Dr. Andrew Wisley, Director

DATE: _____

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Chelsea N. Carson

Waco, Texas

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CHAPTER ONE

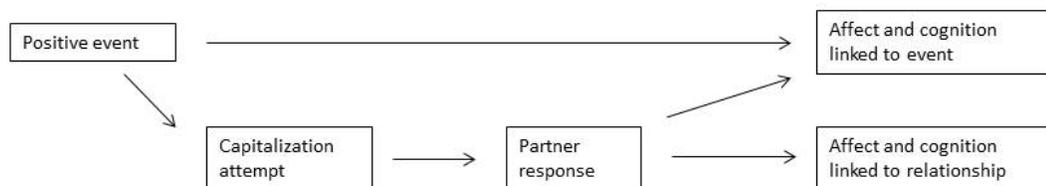
Introduction

The perception of receiving support from a partner is a critical aspect of intimate relationships. It can be an especially opportune time to display partner support when one partner relays positive, personally significant information to the other. Capitalization is the process of responding to a partner's disclosure of positive news (Gable & Reis, 2010). When such information is disclosed, the possible types of partner responses are active-constructive, in which a partner is emphatically supportive regarding the positive event, passive-constructive, in which a partner responds positively but doesn't show interest in contributing to conversation, active-destructive, in which a partner undercuts the positive event by emphasizing its negative aspects, and passive-destructive, in which a partner ignores the event completely and seems to be disinterested (Kashdan, Ferrisizidis, Farmer, Adams, & McKnight, 2013). The active-constructive category of capitalization has been shown to be related to positive outcomes including well-being, positive affect, and intimacy (Gable & Reis, 2010; Reis & Shaver, 1988). The fact that a partner's response to the disclosure of a positive event must be both active and constructive indicates that an individual must make their partner feel understood and listened to in addition to responding positively in order to foster intimacy (Gable, Reis, Impett, & Asher, 2004; Langston, 1994).

There are two conceptualizations of capitalization as outlined by Gable and Reis (2010): a self-enhancing process, and a relational process. Capitalization as a self-

enhancing process follows a model in which an individual undergoes a positive event, and then makes a capitalization attempt in which he/she discloses the event to someone else. If the partner responds amicably, this leads to both increased affect and cognition related to the positive event, which augments the existing positive thoughts and feelings about the incident. It also produces increased affect and cognition related to the relationship (Gable & Reis, 2010). This model is illustrated in Figure 1. Through this process, capitalization enhances positive affect and cognition in the self. Capitalization as a self-enhancing process relates to Festinger's social comparison theory (1954) in which person A's selective disclosure of a positive event to person B, who agrees with a positive view of the person A, leads to self-enhancement and increased self-esteem in person A. Capitalization is also especially relevant in reference to Leary's sociometer theory (2005), which proposes that self-esteem is an adaptive process serving as a monitor of social acceptance based on the appraisal of others. Consequently, the ability to communicate positive events and have a partner react positively has the potential to further enhance one's self-esteem.

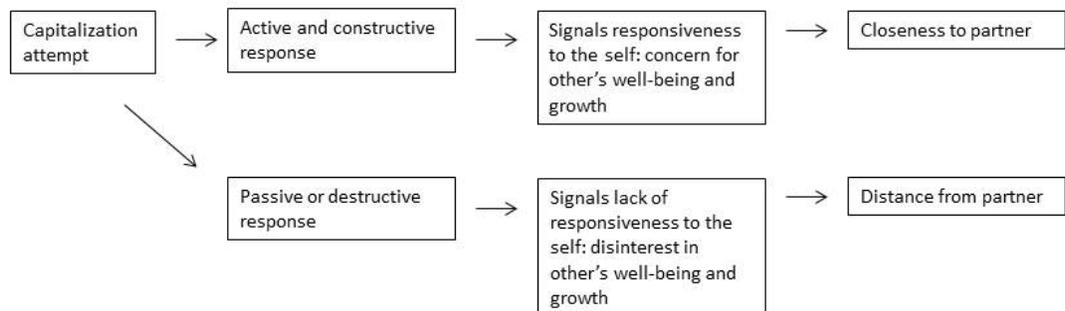
Figure 1. Capitalization as a self-enhancing process



Capitalization as a relational process begins by sharing positive news with a partner. If the partner's response is perceived to be active and constructive, it communicates that the partner understands the individual, and he/she is invested in the

relationship. This fosters closeness between the partners. However, if the perceived response to the capitalization attempt is passive or destructive, it communicates that the partner is disinterested in the other person and/or relationship, resulting in distance between the partners. This model is illustrated in Figure 2. This conceptualization is related to the intimacy process model, which discusses how intimacy can be maintained or hindered when someone discloses personally significant information to a partner (Reis & Shaver, 1988). The partner then interprets the disclosure through an interpretive filter, and when he/she responds, his/her partner interprets the response in reference to an interpretive filter as well. Whether the person who initially made the disclosure feels validated or not determines if intimacy has been promoted; this experience adds to both partners' interpretive filters, influencing their expectations for future intimacy communications (Laurenceau, Barrett, & Pietromonaco, 1998; Maisel & Gable, 2009). In light of Reis and Shaver's (1988) outline of intimacy as a process that involves both partner disclosure and partner responsiveness, it is logical to classify capitalization as an intimacy process.

Figure 2. Capitalization as a relational process



However, there is an issue with capitalization measurement techniques that needs to be addressed. Capitalization can be conceptualized as a global, trait-level event that measures how a partner typically responds over time. The Perceived Response to Capitalization Attempts (PRCA) scale is a commonly used trait-level measure of capitalization (Gable et al., 2004). This scale has been used to assess general capitalization in several contexts, and has reliably depicted a 4-factor structure in which active-constructive capitalization was linked to positive outcome variables, while passive-constructive, active-destructive, and passive-destructive were not (Pagani, Donato, & Iafrate, 2013).

Capitalization can also be seen as an event-specific measurement that evaluates how a partner responds to good news in a specific case. Current research in this area has involved measurement of specific events in context of daily diary studies (Langston, 1994; Reis et al., 2010). These studies typically involve questions inquiring what the most positive event of the day was, how significant it was, and the extent to which it was shared with anyone (Gable et al., 2004). While this measures whether a capitalization attempt occurred, it does not capture the relational aspects of capitalization, including a partner's perceived response pattern.

Event-specific capitalization has also been measured during in-lab discussions in which partners disclose good news to each other, and then later evaluate how their partner reacted (Gable, Gonzaga, & Strachman, 2006; Kashdan et al., 2013; Woods, Lambert, Brown, Fincham, & May, 2014). In these cases, observations are coded by impartial observers, or participants record their partner's perceived responsiveness through Reis' Perceived Responsiveness Scale (Bemis, 2009). While this is a good

measure of how understood a partner feels after disclosing an event, it does not fully capture the theory of capitalization in that it doesn't specifically measure the dimensions of active/passive, and constructive/destructive responses.

Importantly, the presence or absence of capitalization has the potential to produce relatively immediate thoughts and emotions in people; therefore, to best understand this process, it may be essential to measure capitalization at the event-specific level.

Although there are event-specific measures designed for use in observational lab studies, current self-report measures assess capitalization at the trait level. Event specific self-report scales could also potentially measure change before and after treatment in therapy situations. Thus, there is a need for a self-report measure that can be used to assess capitalization at the event-specific level. As a result, a self-report measure for event-specific capitalization has been created for this study to measure how one's partner responds to good news along the relational dimensions of active/passive, and constructive/destructive communication.

The relative effectiveness of global versus event-specific capitalization measures has not yet been investigated. While there have been studies in which both global and event-specific capitalization were measured, the only comparisons available involve a self-report measure of global capitalization, and an in-lab experiment focusing on event-specific capitalization, so it is not possible to make an equal comparison between the two forms of measurement based on the current data (Bemis, 2009). Therefore, this study will offer a self-report scale of both global and event-specific capitalization so an accurate comparison can be made.

Based on current research I have reason to believe that an active constructive method of capitalization leads to partner responsiveness and intimacy. Intimacy is the process in which couples feel closeness through communication as supported by the intimacy process model (Laurenceau, Barrett, & Rovine, 2005). Because communicating to a partner that you support him/her and are excited about his/her success generally results in validation in the disclosing partner, he/she is likely to have his/her needs met, fostering intimacy between the partners. Therefore, responding to a partner's good news in an active-constructive manner promotes intimacy and relationship satisfaction in a couple (Logan & Cobb, 2013).

It is also expected that capitalization leads to well-being based on the relationship between capitalization and intimacy, and the fact that stable relationships lead to global well-being (Musick & Bumpass, 2012). Sharing good news with people has been linked to increased daily quality of life and positive affect (Gable et al., 2004; Langston, 1994). The act of retelling a good event and having a responsive listener has also been shown to contribute to enhanced mood and meaningfulness of the event (Reis et al., 2010).

Current research suggests that capitalization is also related to coping skills in couples, and can actually be conceptualized as a form of positive coping (Gable & Reis, 2010). While coping is typically thought of as managing a stressful situation, capitalization can be considered a positive form of self-regulation, in which one decides how to respond to positive events. By reacting in an active-constructive manner to significant positive events, it is possible to positively impact well-being, as is done through coping with a negative event. Reaching out to a person who is expected to be responsive to a positive event can be interpreted as a form of seeking social support. As a

result, it is expected that couples that have effective capitalization skills will also have good coping skills.

The purpose of the present study is to examine the validity of an event-specific self-report measurement of capitalization. We were also interested in confirming the relationship between capitalization, responsiveness, relationship satisfaction, affect, and well-being, and establishing the relationship between capitalization and coping skills.

My specific hypotheses are outlined as follows:

1. Event-specific scales measuring each of the four partner response patterns should show convergent correlations with trait-level scales measuring the same construct, and weaker correlations with trait-level scales measuring other response patterns.
2. The event-specific capitalization measure should be associated with a measure of perceived partner responsiveness, with the active-constructive sub-scale having the strongest positive correlation, and the passive-destructive sub-scale having the strongest negative correlation.
3. The event-specific capitalization measure should correlate with scales measuring how partners interact when they encounter stressful life situations. Specifically, the active-constructive sub-scale should correlate with positive coping interactions, yet be mostly unrelated to negative coping. In contrast, the other three scales should correlate with negative coping interactions, yet be mostly unrelated to positive coping.

4. The event-specific capitalization scale should correlate with scales measuring well-being and positive mood. The active-constructive sub-scale should positively correlate with individual well-being and positive affect, yet be mostly unrelated to negative affect. The three negative scales should correlate with negative affect, yet be mostly unrelated to well-being and positive affect.
5. The event-specific capitalization scale should explain unique variance in the criterion variables above what can be explained by a trait-measure of capitalization and general relationship satisfaction.

CHAPTER TWO

Methods

Participants

Participants consisted of 223 individuals (31.4% men and 68.6% women) who were in long-term relationships. Ages ranged from 19 to 74 ($M = 38.89$, $SD = 12.08$). Of the participants in the study, 69.5% were married, and 30.5% were cohabitating or in a domestic partnership. The sexual orientation of the couples was 96.4% heterosexual, and 3.6% homosexual. The duration of time the participants had been living with their current partners ranged from less than 1 year to more than 50 years ($M = 11.44$, $SD = 10.56$). The ethnic composition of participants was 78.9% White (Not Hispanic), 9.4% Black/African American, 4.9% Hispanic/Latino(a), 4.0% Asian, 0.4% American Indian/Native American, and 2.2% Other. Average household income was approximately \$65,000 per year. Participants' partners were 65.0% men, 35.0% women, ranging from 21 to 74 years old ($M = 40.18$, $SD = 12.45$), and 76.6% White (not Hispanic), 9.0% Black/African American, 7.6% Hispanic/Latino(a), 5.8% Asian, and 0.9% other.

Procedure

Participants were recruited from Mechanical Turk, a crowdsourcing website in which employees are recruited by employers for the execution of tasks. A posting was placed at Mechanical Turk that invited participants to complete the screening questionnaire for a "psychology research study." It explained that the study involved

completing a survey that was expected to take fewer than 35 minutes, and would be compensated with \$1.00.

The screening survey asked participants to answer six questions in order to determine their eligibility for the study. The first three questions asked demographic information including their age, gender, and marital status. Participants were also asked if they had experienced a stressful life event in the last 5 years. Two additional unrelated questions on mind-altering medication and vocational status were also included to ensure that participants were not answering affirmatively to every question in hopes of qualifying for the full survey. In order to qualify, participants had to be over 18, be married or cohabitating with a partner, and have experienced a stressful life event in the last 5 years. They also could not have answered all questions affirmatively. Of the 698 subjects who began the screening questionnaire, 32.1% qualified for the full survey. Compensation for the full survey was \$1.00. The screening survey can be found in Appendix A.

Measures

Even-Specific Capitalization. The measure for event-specific capitalization was created specifically for this study. It asks a subset of questions from the PRCA, which is modified to refer to one event rather than habitual actions (ex: “After disclosing the positive event, my partner reacted to my good fortune enthusiastically” rather than “My partner reacts to my good fortune enthusiastically”). In order to keep the measure brief, two items were selected to represent each of the four factors found in the PRCA: active-constructive, active-destructive, passive-constructive, and passive-destructive. These items can be found in Table 1. The scale takes the format of Sanford’s resiliency scale

(found in Appendix H, and described below) in order to ask about a specific event with less potential for sentiment override.

Respondents were first reminded of the most positive event that they disclosed to their partner in the last month, which they supplied as part of the positive disclosure measure (found in Appendix D and described below). They were then asked to spend several minutes considering if the behaviors represented by the measure items listed in Table 1 took place after disclosing the positive event. Participants were then instructed to write a brief description of a memory of the behavior if it took place, or the word “none” if it did not. Once they finished, participants rated how well they remembered the event happening on a Likert-style scale. They were reminded of their responses from the previous step and asked if they were able to think of a specific example of the behavior occurring at the time of the disclosing the positive event to their partner for each of the eight items. They had the option to choose between answer choices: 1) No, this behavior did not happen, 2) No, although this behavior might have happened, I could not think of an example, 3) No, although this behavior certainly happened, I could not think of an example, 4) Yes, I was able to think of a specific example, 5) Yes, I was able to think of a specific example, and could easily think of one or two more, or 6) Yes, I was able to think of a specific example, and could easily think of several more.

The scale was measured by summing the two items for each sub-scale for the four partner response patterns. In this study, the internal consistency coefficients for the sub-scales are active-constructive = .51, passive-constructive = .66, passive-destructive = .76, and active-destructive = .72. The scale for event-specific capitalization can be found in Appendix B.

Table 1. Event-specific capitalization scale items

Capitalization Pattern	Item
Active-Constructive	1. At the time of disclosing your positive event, your partner reacted to your good fortune enthusiastically. 7. At the time of disclosing your positive event, your partner asked a lot of questions and showed genuine concern about the good event.
Passive-Constructive	2. At the time of disclosing your positive event, your partner said little, but you knew he/she was happy for you. 5. At the time of disclosing your positive event, your partner was silently supportive of the good things that occurred for you.
Passive-Destructive	3. At the time of disclosing your positive event, your partner didn't pay too much attention to you. 6. At the time of disclosing your positive event, you got the impression that your partner didn't care much.
Active-Destructive	4. At the time of disclosing your positive event, your partner pointed out the potential problems or down sides of the good event. 8. At the time of disclosing your positive event, your partner found a problem with your good news.

Global Capitalization. The Perceived Response to Capitalization Attempts scale (PRCA) is a 12 item scale that measures how a partner generally responds when the participant discloses good news (Gable et al., 2004). Three items are included for each of the four capitalization patterns. Participants were asked to answer regarding how true a set of statements is for their relationship on a 7-point Likert scale, ranging from 1 (Not at all true of our relationship / Never true) to 7 (Very true/ True all of the time) when they tell their spouse about something good that happens to them. Two examples of statements are: “My partner is silently supportive of the good things that occur to me,” and “My partner doesn’t pay much attention to me.” The four-factor model consisting of the factors: active-constructive, passive-constructive, active-destructive, and passive-destructive, as well as criterion validity for the scale have been supported in several analyses (Bemis, 2009; Gable & Reis, 2010; Pagani et al., 2013). The scale was measured by summing the three items for each of the four partner response patterns,

forming four sub-scales. In this study, the internal consistency coefficients for the PRCA subscales were active-constructive = .75, passive-constructive = .71, passive-destructive = .88, and active-destructive = .85. The scale used for global capitalization can be found in Appendix C.

Positive Disclosure. Participants were asked to briefly describe the most important positive event that occurred for them in the last month that they disclosed to their partner. They were told that this event could be something that happened today or in the past. This disclosed event served as the positive event that the event-specific capitalization scale investigated as a capitalization attempt. Participants were then asked to rate how positive, important, and discussed the event was on a 5-point scale between 1 (not at all) and 5 (very much). These are similar instructions given in Gable et al.'s (2004) daily diary study on capitalization, daily affect, and life satisfaction. In Gable et al.'s study, participants were asked to disclose the most positive event of the day and rate it on its stressfulness and how much they shared the event during that day, whereas in this study, the questions have been applied to a single positive disclosure in the past month. Participants were also asked if there were any other more positive events in the past month that they failed to disclose to their partner. The measure used for positive disclosure can be found in Appendix D.

Responsiveness/Intimacy. The Perceived Responsiveness Scale is a 10-question measure of how a partner responded to an event or disclosure (Reis, 2006). This measure was used to assess how responded to or understood the partner made the subject feel for the event previously discussed. This can be considered a measure of intimacy in the

sense that a partner's response must make the subject feel understood in order for intimacy to be fostered. This is similar to its use in other studies, with the current event in question being a recollection of a previous positive event rather than an in-lab capitalization event (Reis, Maniaci, Caprariello, Eastwick, & Finkel, 2011; Kashdan et al., 2013). Participants were asked to think of their partner's reaction after they disclosed the positive event, and rank the questions on a 7-point Likert scale ranging from 1 (Not at all true) to 7 (Completely true). Two examples of items include: "My partner saw the real me," and "My partner understood me." In this study, the internal consistency coefficient for the scale was .96. The scale used for responsiveness can be found in Appendix E.

Relationship Satisfaction. Couple Satisfaction Index (CSI) is a 16-item scale which measures relationship satisfaction in intimate couples (Funk & Rogge, 2007). The CSI has been shown to have high convergent and construct validity, as well as better discriminating power than other relationship satisfaction scales (Funk & Rogge, 2007). The internal consistency coefficient for the scale in the present study was .98. This scale can be found in Appendix F.

Affect. The Positive Affect and Negative Affect Scale (PANAS) is a 20-item scale measuring positive and negative affect (Watson, Clark, & Tellegen, 1988). A list of twenty adjectives such as strong, proud, and jittery were listed, and participants ranked the extent to which they generally felt that way on a 5-point Likert scale, ranging from 1 (Very slightly) to 5 (Extremely). It demonstrates good construct validity through high correlations with other measures of positive and negative affect, as well as external

validity through strong correlations of the negative scale with measures of distress and psychopathology such as the Beck Depression Inventory, and the Hopkins Symptoms Index (Watson et al., 1988). In the present study, the internal consistency coefficients were .92 and .91 for the positive and negative scales respectively. The scale for affect can be found in Appendix G.

Coping/Resiliency. A resiliency scale developed by Sanford was used to assess the participants' couple coping ability. The measure asked the participant to think of a stressful life event that took place while they were with their partner, and record a brief description of the event in a text box. They then were instructed to consider nine behaviors that resilient couples sometimes display, and take several minutes to try and remember if they engaged in those behavior during the time of the stressful event they provided earlier. If they could remember an example of that behavior, they were instructed to write a brief description of their memory. If they did not take part in that behavior, they were instructed to write "none." On the next page, respondents were reminded of their brief descriptions of the behaviors and asked to rate the extent to which they remember displaying each of the 9 behaviors. This was done with the same 6-point response scale used for the event-specific capitalization measure. Then, 9 behaviors that are detrimental to coping were displayed, and respondents were asked to once again use the 6-point response scale to rate if they remembered displaying each behavior. The internal consistency coefficient for the positive and negative scales respectively were .86 and .91. This measure can be found in Appendix H.

Well-Being. The WHO-5, a 5-item scale created by the World Health Organization, was used to measure well-being (Bech, Olsen, Kjoller, & Rasmussen, 2003). Participants were asked to indicate which number most closely represented how they had been feeling over the last two weeks, with higher numbers representing greater well-being. This scale has been shown to have a lower ceiling effect and higher ability to detect deterioration in health over the past year compared to other measures of health (Bech et al., 2003). Each item is measured on a 6-point Likert scale ranging from 5 (All of the time) to 0 (At no time). Examples of items include: “I have felt cheerful and in good spirits,” and “I have felt calm and relaxed.” The internal consistency coefficient for this measure in the present study was .91. The WHO-5 can be found in Appendix I.

CHAPTER THREE

Results

Table 1. Descriptive Statistics for Capitalization and Outcome Variables

Scale	<i>M</i>	<i>SD</i>
Global Capitalization Active-Constructive	4.91	1.37
Global Capitalization Passive-Constructive	3.69	1.44
Global Capitalization Passive-Destructive	2.26	1.39
Global Capitalization Active-Destructive	2.52	1.41
Event-Specific Capitalization Active-Constructive	3.87	1.28
Event-Specific Capitalization Passive-Constructive	2.56	1.46
Event-Specific Capitalization Passive-Destructive	1.79	1.29
Event-Specific Capitalization Active-Destructive	2.05	1.30
Responsiveness	5.53	1.28
Positive Resiliency	3.85	1.12
Negative Resiliency	1.90	1.07
Stressful Event Quality of Life	3.41	1.09
Relationship Satisfaction	4.83	1.01
Positive Affect	3.51	0.80
Negative Affect	1.60	0.67
Well-Being	3.91	1.11

As a first step in data analysis, descriptive statistics were calculated for each of the variables. These are reported in Table 1. For the global capitalization measure, on average participants scored moderate to high on active-constructive capitalization, and moderate to low on the other three types of capitalization. On the event specific capitalization scale for active-constructive capitalization, the modal response was that the participant recalled such behavior and could think of a specific example, while for the other types of capitalization, the modal response was that the type of communication might have happened but they couldn't recall an example, or said it certainly happened but they couldn't think of an example. On average, participants scored highly on the responsiveness, relationship satisfaction, positive affect, and well-being scales,

moderately on the stressful event quality of life scale, and low on the negative affect scale. Participants tended to be able to recall a specific example of the types of positive resiliency, and indicated that the negative ones might have happened, but they were not able to think of a specific example. Correlations between capitalization, the outcome variables, and demographic information were completed, and no large, significant findings were observed.

Table 2. Descriptive Statistics for Positive Event Disclosure

Item	Mean	SD	Range
How positive*	4.40	0.76	1-5
How important*	4.05	0.99	1-5
How talked about*	3.87	0.94	1-5
Any more positive events not discussed with partner**	1.90	0.30	1-2
If so, how many more positive events not discussed with partner	2.19	1.25	1-6

* 1 = Not at all, 5 = Very; **1 = yes, 2 = no

Descriptive statistics were also calculated for the type of positive disclosure that was discussed, as seen in Table 2. In general, participants discussed an event that was positive, important, and moderately discussed according to self-ratings. Positivity of the disclosed event had a significant positive correlation with global active-constructive capitalization ($r = .22, p = .001$), was negatively correlated with global passive-destructive capitalization ($r = -.16, p = .015$), and was negatively correlated with event-specific passive-destructive capitalization ($r = -.15, p = .028$). Importance of the discussed event was positively correlated with active-constructive capitalization ($r = .14, p = .037$). The extent to which the event was discussed was positively correlated with global and event-specific active-constructive capitalization ($r = .38, p < .001; r = .35, p < .001$), and negatively correlated with global and event-specific passive-destructive capitalization ($r = -.34, p < .001; r = -.22, p = .001$).

For a large majority of participants, there was not a more positive event that had occurred in the last month that they had refrained from discussing with their partner (90.1% no, 9.9% yes). Having a more positive event that was not discussed with the partner was negatively correlated with global and event-specific active-constructive capitalization ($r = -.15, p = .024$; $r = -.14, p = .031$), and positively correlated with global and event-specific passive destructive capitalization ($r = .26, p < .001$; $r = .30, p < .001$), and event-specific passive-constructive capitalization ($r = .16, p = .016$). Of the 9.9% of participants that had not discussed the most positive event that month with their partner, on average about two more positive events total had not been discussed with their partner. Having more events that weren't discussed with the partner was positively correlated with event-specific passive-constructive capitalization ($r = .52, p = .015$).

Bivariate correlations were calculated between the global and event-specific measures of capitalization, as seen in Table 3. There were medium to high significant correlations between the same factors of capitalization that were measured with different scales, indicating that the event-specific and global capitalization variables are indeed measuring similar constructs. Correlations between the different sub-scales in the event-specific measure were moderate to trivial, while in the global scale, correlations between subscales were large to moderate. This may suggest that the event-specific scale better distinguishes between the different partner response patterns of capitalization. The large correlation between global active-constructive and passive-destructive capitalization ($r = -.64, p < .001$) is especially noteworthy, and may suggest that active-constructive and passive-destructive are measuring a single “negative capitalization” dimension.

Table 3. Bivariate Correlations between Measures of Capitalization

	Event-Specific				Global			
	Active-Constructive	Passive-Constructive	Passive-Destructive	Active-Destructive	Active-Constructive	Passive-Constructive	Passive-Destructive	Active-Destructive
Event-Specific								
Active-Constructive	1.00							
Passive-Constructive	.06	1.00						
Passive-Destructive	-.26***	.37***	1.00					
Active-Destructive	-.00	.28***	.34***	1.00				
Global								
Active-Constructive	.44***	-.15**	-.39***	-.17*	1.00			
Passive-Constructive	-.10	.32***	.16*	.02	-.26***	1.00		
Passive-Destructive	-.34***	.08	.51***	.21**	-.64***	.34***	1.00	
Active-Destructive	-.09	.08	.19**	.30***	-.26***	.30***	.51***	1.00

* $p < .05$, ** $p < .01$, *** $p < .001$

Table 4. Bivariate Correlations between Global Capitalization and Outcome Measures

Outcome Measure	Event-Specific				Global			
	Active-Constructive	Passive-Constructive	Passive-Destructive	Active-Destructive	Active-Constructive	Passive-Constructive	Passive-Destructive	Active-Destructive
Responsiveness	.48***	-.02	-.52***	-.20**	.56***	-.03	-.59***	-.30***
Positive Resiliency	.44***	.23**	-.06	.03	.31***	-.05	-.27	-.30***
Negative Resiliency	-.06	.31***	.38***	.32***	-.16*	.02	.44***	.19**
Relationship Satisfaction	.35***	-.08	-.42***	-.14*	.51***	-.09	-.67***	-.33***
Positive Affect	.32***	.02	-.15*	.06	.39***	-.03	-.33***	-.03
Negative Affect	-.10	.08	.11	.20**	-.20**	.10	.48***	.23***
Well-being	.12	.06	.10	.12	.25***	-.12	-.32***	-.13

* $p < .05$, ** $p < .01$, *** $p < .001$

Bivariate correlations were also calculated between capitalization and the outcome variables. These results are reported in Table 4. Global capitalization was correlated with more outcome variables, with correlation coefficients generally ranging from .3 to .5. The event-specific measure was correlated with fewer outcome variables with coefficients also typically ranging from .3 to .5. However, the global passive-constructive sub-scale was not correlated with any of the outcome variables, while the event-specific passive-constructive sub-scale had small to medium correlations with positive and negative resiliency, supporting the validity of the event-specific passive-constructive sub-scale, but not its global counterpart. No sub-scales of event-specific capitalization were correlated with well-being, while the active-constructive and passive-destructive sub-scales of the global measure had small to medium correlations with well-being.

Table 5. Regression Predictions of Outcome Variables from Event-Specific Active-Constructive Capitalization when controlling for Global Active-Constructive Capitalization and Relationship Satisfaction

Outcome Measure	Standardized Betas			R ²
	Active-Constructive Event-Specific	Active-Constructive Global	Relationship Satisfaction	
Responsiveness	.22***	.24***	.45***	.53***
Positive Resiliency	.35***	.05	.20**	.24***
Negative Resiliency	.10	.06	-.52***	.22***
Positive Affect	.12	.12	.42***	.31***
Negative Affect	.05	-.02	-.41***	.16***
Well-being	-.05	.07	.40***	.18***

* $p < .05$, ** $p < .01$, *** $p < .001$

Regression analysis was utilized to predict the outcome variables by the different sub-scales of capitalization when controlling for relationship satisfaction. A set of regression analyses was conducted for each of the four sub-scales of capitalization

representing the different partner response patterns. For each sub-scale, six separate regression equations were estimated—one for each outcome variable. In every equation, the outcome was predicted by event-specific capitalization, global capitalization, and relationship satisfaction.

In the first set of analyses, the outcome measures—responsiveness, positive and negative resiliency, positive and negative affect, and well-being—were predicted by active-constructive (AC) event-specific and global capitalization, and relationship satisfaction. Standardized betas and R^2 values are reported in Table 5, and correlations are reported in Table 4. The three predictor variables explained a significant amount of variability for each of the outcome variables. There were moderate positive correlations between AC event-specific capitalization, responsiveness, and positive resiliency, and AC event-specific capitalization explained unique variation in each of the outcomes. Although positive affect was also correlated with AC event-specific capitalization, the effect became non-significant when controlling for other variables in the equation. There was a large positive correlation between AC global capitalization and responsiveness, and AC global capitalization explained unique variance in responsiveness after controlling for event-specific capitalization and relationship satisfaction. Although AC global capitalization had small to moderate positive correlations with all other outcome variables, the effect became non-significant after controlling for the other variables in the equation.

Table 6. Regression Predictions of Outcome Variables from Passive-Constructive Capitalization when controlling for Global Passive-Constructive Capitalization and Relationship Satisfaction

Outcome Measure	Standardized Betas			R ²
	Passive-Constructive Event-Specific	Passive-Constructive Global	Relationship Satisfaction	
Responsiveness	.02	.02	.65***	.42***
Positive Resiliency	.29***	-.10	.36***	.19***
Negative Resiliency	.31***	-.12*	-.44***	.30***
Positive Affect	.06	.00	.53***	.28***
Negative Affect	.04	.06	-.39***	.17***
Well-being	.00	-.09	.40***	.18***

* $p < .05$, ** $p < .01$, *** $p < .001$

In the second set of analyses, the outcome measures were additionally predicted by passive-constructive (PC) event-specific and global capitalization, and relationship satisfaction. Standardized betas and R² values are reported in Table 6, and correlations are reported in Table 4. The three predictor variables explained a significant amount of variability for each of the outcome variables. Interestingly, there were small to moderate positive correlations between PC event-specific capitalization and both positive and negative resiliency, and PC event-specific capitalization explained unique variation in each of the outcomes. Although negative resiliency did not initially have a significant correlation with PC global capitalization, in the regression analysis, PC global capitalization explained unique variance in negative resiliency. The suppressor effect for global resiliency is notably in the opposite direction of the effect for event-specific capitalization.

Table 7. Regression Predictions of Outcome Variables from Passive-Destructive Capitalization when controlling for Global Passive-Destructive Capitalization and Relationship Satisfaction

Outcome Measure	Standardized Betas			R ²
	Passive-Destructive Event-Specific	Passive-Destructive Global	Relationship Satisfaction	
Responsiveness	-.26***	-.18*	.42***	.51***
Positive Resiliency	.13	-.13	.32***	.14***
Negative Resiliency	.18**	.18*	-.27**	.27***
Positive Affect	.09	-.00	.56***	.28***
Negative Affect	-.07	.41***	-.16*	.24***
Well-being	.13	-.14	.38***	.19***

* $p < .05$, ** $p < .01$, *** $p < .001$

In the third set of analyses, outcome variables were predicted by passive-destructive (PD) event-specific and global capitalization, and relationship satisfaction. Standardized betas and R² values are reported in Table 7, and correlations are reported in Table 4. The three predictor variables explained a significant amount of variability for each of the outcome variables. There were small to large correlations between PD event-specific capitalization, responsiveness, and negative resiliency; PD event-specific capitalization explained unique variation in each of the outcomes. Although positive affect was also negatively correlated with PD event-specific capitalization, the effect became non-significant when controlling for other variables in the equation. There were moderate to large correlations between PD global capitalization and responsiveness, negative resiliency, and negative affect; PD global capitalization explained unique variance in these outcomes after controlling for PD event-specific capitalization and relationship satisfaction. Although PD global capitalization had moderate to large correlations with all other outcome variables except positive resiliency, the effects became non-significant after controlling for the other variables in the equation.

Table 8. Regression Predictions of Outcome Variables from Active-Destructive Capitalization when controlling for Global Active-Destructive Capitalization and Relationship Satisfaction

Outcome Measure	Standardized Betas			R ²
	Active-Destructive Event-Specific	Active-Destructive Global	Relationship Satisfaction	
Responsiveness	-.10	-.07	.61***	.44***
Positive Resiliency	.15*	-.25***	.28***	.18***
Negative Resiliency	.27***	-.03	-.43***	.28***
Positive Affect	.09	.13*	.58***	.31***
Negative Affect	.02	.11	-.36***	.17***
Well-being	-.08	.03	.41***	.18***

* $p < .05$, ** $p < .01$, *** $p < .001$

In the final set of analyses, outcome variables were predicted by active-destructive (AD) event-specific and global capitalization, and relationship satisfaction. Standardized betas and R² values are reported in Table 8, and correlations are reported in Table 4. The three predictor variables explained a significant amount of variability for each of the outcome variables. There were moderate positive correlations between AD event-specific capitalization and negative resiliency; AD event-specific capitalization explained unique variation in negative resiliency. Positive resiliency and AD event-specific capitalization were not initially correlated, but in regression analysis, AD event-specific capitalization explained unique variance in positive resiliency. Although responsiveness and negative affect were also correlated with AD event-specific capitalization, the effect became non-significant when controlling for other variables in the equation. There was a moderate positive correlation between AD global capitalization and positive resiliency, and AD global capitalization explained unique variance in responsiveness after controlling for AD event-specific capitalization and relationship satisfaction. Interestingly, AD global capitalization negatively predicted positive resiliency, while AD event-specific capitalization positively predicted positive

resiliency. Positive affect and global capitalization were not initially correlated, however in the regression analysis AD global capitalization explained unique variation in positive affect. Although AD global capitalization had small to moderate positive correlations with all other outcome variables, the effects became non-significant after controlling for the other variables in the equation.

Across the four subsets of capitalization, the trend was that although global capitalization was more correlated to the outcome variables, the regression analysis showed global capitalization did not predict more unique variance in the outcomes. The event-specific capitalization measure tended to have slightly larger standardized betas and for two of the sub-scales, it predicted one more outcome variable than the global measure. Because both the event-specific and global measures explain unique variance in the outcome variables, they are both useful tools for measuring capitalization, and could potentially be combined to create a more comprehensive measure for capitalization.

CHAPTER FOUR

Discussion and Conclusions

Based on this study, event-specific capitalization seems to be a valuable measure of capitalization that captures important and distinct information that distinguishes the four sub-scales representing partner response patterns from each other and those in the global scale. The event-specific sub-scales for partner response patterns did show convergent correlations with trait-level scales measuring the same construct, and weaker correlations with trait-level scales measuring the other response patterns as hypothesized. This supports the idea of capitalization consisting of distinct response patterns as has been observed in trait-based conceptualizations (Gable et al., 2004; Reis et al., 2010; Pagani et al., 2013). The event-specific capitalization measure was associated with outcome variables including responsiveness and resiliency, with the active-constructive sub-scale showing the strongest positive correlation, and the passive-destructive sub-scale displaying the strongest negative correlation as expected (Gable & Reis, 2010; Reis & Shaver, 1988). Additionally, the event-specific scale explained unique variance in outcomes above what can be explained by the trait measure of capitalization and relationship satisfaction. These findings indicate that the scale is distinct in some way that is valuable to our understanding of capitalization.

A notable finding from the study is that capitalization was found to be associated with coping. Although Gable and Reis (2010) had predicted that coping should conceptually be related to capitalization, they did not find a significant relationship

between capitalization and coping. In this study, the event-specific active-constructive sub-scale predicted positive coping, and the negative event-specific scales predicted negative coping. Some of the trait-based negative scales also slightly predicted positive and negative coping, but to a lesser extent. These findings suggest that active-constructive capitalization is related to positive coping. The event-specific scales exhibit larger correlations with coping than the global scale, and predict unique variance above and beyond the global capitalization and relationship satisfaction scales, supporting findings that event-specific scales may have stronger effect-sizes than trait-based scales (Blanchard, Hawkins, Baldwin, & Fawcett, 2009). Because event-specific scales most strongly show the relationship between capitalization and coping behaviors, it seems they capture some aspects of capitalization that the trait-based scales do not.

Interestingly, the passive-constructive event-specific capitalization sub-scale was found to be related to outcome measures, while the global counterpart was generally not. The global passive-constructive scale was not correlated with any of the outcome variables, while the event-specific scale was positively correlated with both positive and negative coping. Previous research involving the trait-based PRCA measure showed moderate relationships between trait-based passive-constructive capitalization and outcomes such as intimacy and relationship quality to the same extent as the other global capitalization sub-scales, contrary to our findings (Bemis, 2009). This may indicate that passive-constructive is not as stable of a response pattern as the other capitalization patterns, because there may be many reasons why a partner would be supportive, but relatively uninvolved in their communication. The fact that the event-specific scale was able to capture aspects of passive-constructive capitalization that the trait-based scale did

not indicates that the event-specific scale is a valuable tool in order to better understand capitalization.

In this study, the event-specific capitalization measure displayed more distinctness between partner response sub-scales than did the global scale. Previous research has stated that the four capitalization response patterns represent four distinct factors as found by factor analysis (Gable & Reis, 2010; Pagani et al., 2013). The fact that each event-specific sub-scale produced the strongest correlation with the corresponding global sub-scale and weaker correlations with all other global sub-scales supports the distinctiveness of each event-specific scale. The fact that event-specific sub-scales are not as highly correlated with each other also supports distinctiveness within the sub-scales. However, there were moderate to strong correlations between the different sub-scales within the global capitalization measure, indicating that the global capitalization scales demonstrate less evidence of distinctiveness. Additionally, there was a fairly consistent trend of the active-constructive sub-scale having the strongest positive relationship with positive outcome variables, and the passive-destructive sub-scale showing the strongest negative correlation with positive outcomes, especially for the global scale. This provides some support that, at least for the global measure, active-constructive and passive-destructive capitalization may be the two extremes of a continuous variable. While there is evidence that the event-specific sub-scales are distinct from each other, findings from this study suggest that the global sub-scales are not as distinct, and further research may be needed to understand the relationship between capitalization sub-scales.

Limitations of the present study include that more items should have been included in each of the event-specific capitalization sub-scales. Because there were only two questions in each sub-scale, reliability was fairly low, especially in the active-constructive scale. Increasing the reliability by adding more items would likely increase the effect-size of the results. Another limitation is that I only inquired about one event-specific capitalization attempt, but capitalization response patterns may not be completely stable over time. It would be interesting to conduct a longitudinal study to assess the stability of capitalization responses with the event-specific measure. An additional limitation is that I provided the survey to one member of each couple rather than obtaining paired samples of couples. In the future, it would be interesting to collect data with paired samples for the event-specific capitalization scale in order to observe the congruence between perceived received capitalization in one partner and perceived conveyed capitalization in the other. Finally, the sample was obtained through Mechanical Turk, which may not be representative of the population.

This study provides modest support that the event-specific capitalization scale is a valuable tool for the measurement of capitalization in couples. The event-specific scales explain unique variance in outcome variables for each of the four sub-scales when controlling for global capitalization and relationship satisfaction, indicating that the scales explain information above what is provided by the existing global scale. Additionally, there is evidence that the event-specific sub-scales are more distinct from each other than their global counterparts. More investigation needs to be done regarding why the two scales express unique variance from each other, since that is not currently

clear. Applications of this measure include use as measurement of change over time in couples capitalization interactions in a clinical couples counseling setting.

APPENDICES

APPENDIX A

Brief Screening Survey

Answer six questions to determine eligibility for participating in a psychology research study.

1. What is your age? _____
2. What is your gender?
 - a. Male
 - b. Female
3. What is your marital status?
 - a. Single, never married
 - b. Married
 - c. Cohabiting or domestic partnership
 - d. Widowed
 - e. Divorced
 - f. Separated
4. Are you currently taking a medication that is likely to make you feel drowsy or that may interfere with your ability to concentrate?
 - a. No, I am NOT currently taking such a medication
 - b. Yes, I am currently taking such a medication
5. In the last five years, have you worked in an occupation such as an auto body repair technician that involves sanding or blasting fiberglass or body fillers (such as Bondo), or mixing resins for fiberglass or body fillers?
 - a. No, I have NOT worked in such an occupation
 - b. Yes, I have worked in such an occupation
6. In the last five years, have you experienced a stressful life event such as any of the following events: loss of a job, death of someone who was close to you, financial hardship, either you or a family member being hospitalized or having a serious health problem, either you or a family member having a disability, having a legal problem, being the victim of a serious crime, fire or other disaster causing severe damage to your home?
 - a. No, I have NOT experienced a stressful life event in the last 5 years.
 - b. Yes, I have experienced a stressful life event in the last 5 years.

APPENDIX B

Event-Specific Capitalization

Consider Behavior 1: At the time of disclosing your positive event, your partner reacted to your good fortune enthusiastically.

If you have a specific example of Behavior 1 occurring, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 2: At the time of disclosing your positive event, your partner said little, but you knew he/she was happy for you.

If you have a specific example of Behavior 2 occurring, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 3: At the time of disclosing your positive event, your partner didn't pay too much attention to you.

If you have a specific example of Behavior 3 occurring, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 4: At the time of disclosing your positive event, your partner pointed out the potential problems or down sides of the good event.

If you have a specific example of Behavior 4 occurring, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 5: At the time of disclosing your positive event, your partner was silently supportive of the good things that occurred for you.

If you have a specific example of Behavior 5 occurring, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 6: At the time of disclosing your positive event, you got the impression that your partner didn't care much.

If you have a specific example of Behavior 6 occurring, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 7: At the time of disclosing your positive event, your partner asked a lot of questions and showed genuine concern about the good event.

If you have a specific example of Behavior 7 occurring, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 8: At the time of disclosing your positive event, your partner found a problem with your good news.

If you have a specific example of Behavior 8 occurring, please write between one and six words that describe something about your memory. If not, write the word "none."

Repeated for behaviors 1-8:

"Were you able to think of a specific example of the behavior occurring at the time of disclosing your positive event?"

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I could not think of an example.
- No, although this behavior certainly happened, I could not think of an example.
- Yes, I was able to think of a specific example.
- Yes, I was able to think of a specific example, and I can easily think of one or two more.
- Yes, I was able to think of a specific example, and I can easily think of several more."

APPENDIX C

Perceived Responsiveness to Capitalization Attempts (PRCA)

Please take a moment to consider how your partner responds when you tell him or her about something **good** that has happened to you. For example, imagine that you come home and tell your partner about receiving a promotion at work, having a great conversation with a family member, getting a raise, winning a prize, or doing well on an exam at school or a project at work.

Please consider to what extent your partner does the following things in response to your good fortune.

1	2	3	4	5	6	7
Not at All True of our Relationship/ Never True			Moderately True/ True Half of the Time			Very True/ True all of the Time

When I tell my spouse about something good that happened to me:

- 1. My partner reacts to my good fortune enthusiastically.
- 2. My partner is silently supportive of the good things that occur to me.
- 3. My partner doesn't pay much attention to me.
- 4. He/she points out the potential problems or down sides of the good event.
- 5. My partner tries not to make a big deal of it, but is happy for me.
- 6. My partner reminds me that most good things have their bad aspects as well.
- 7. I sometimes get the sense that my partner is even more happy and excited than I am.
- 8. My partner often seems disinterested.
- 9. My partner says little, but I know he/she is happy for me.
- 10. Sometimes I get the impression that he/she doesn't care much.
- 11. My partner often asks a lot of questions and shows genuine concern about the good event.
- 12. My partner often finds a problem with it.

APPENDIX D

Positive Disclosure

1. Please briefly describe the most positive event that you told your partner about in the last month. This can be something that happened today, or in the past. Examples include telling your partner about receiving a promotion at work, having a great conversation with a family member, getting a raise, winning a prize, or doing well on an exam at school or a project at work.
2. How positive was the event?
 1. Not at all positive
 2. Slightly positive
 3. Moderately positive
 4. Positive
 5. Very positive
3. How important was the event?
 1. Not at all important
 2. Slightly important
 3. Moderately important
 4. Important
 5. Very important
4. How much was the event discussed or talked about?
 1. Not at all discussed
 2. Slightly discussed
 3. Moderately discussed
 4. Discussed
 5. Very discussed
5. Were there other more positive events than the one you described that you didn't tell your partner about?
 1. Yes
 2. No
6. If there were other more positive events that you didn't tell your partner about, how many were there?
 1. None
 2. 1
 3. 2
 4. 3
 5. 4
 6. 5
 7. More than 5

APPENDIX E

Responsiveness/Intimacy

You identified the following positive event: (insert event from earlier)

Please answer the following questions in regards to how you felt after telling your partner about the positive event written above.

When I told my partner about the good event...

	Not at all true		Somewhat true		Very true		Completely true
My partner saw the real me.	1	2	3	4	5	6	7
My partner “got the facts right” about me.	1	2	3	4	5	6	7
My partner focused on the “best side” of me.	1	2	3	4	5	6	7
My partner was aware of what I was thinking and feeling.	1	2	3	4	5	6	7
My partner understood me.	1	2	3	4	5	6	7
My partner really listened to me.	1	2	3	4	5	6	7
My partner expressed liking and encouragement for me.	1	2	3	4	5	6	7
My partner valued my abilities and opinions.	1	2	3	4	5	6	7
My partner respected me.	1	2	3	4	5	6	7
My partner was responsive to my needs.	1	2	3	4	5	6	7

APPENDIX F

Couple Satisfaction Index (CSI)

1. Please indicate the degree of happiness, all things considered, of your relationship.

Extremely Unhappy	Fairly Unhappy	A Little Unhappy	Happy	Very Happy	Extremely Happy	Perfect
0	1	2	3	4	5	6

	All the Time	Most of the Time	More Often Than Not	Occasionally	Rarely	Never
2. In general, how often do you think that things between you and your partner are going well?	5	4	3	2	1	0

Indicate the extent to which each statement describes your relationship with your partner.

	Not at all True	A little True	Somewhat True	Mostly True	Almost Completely True	Completely True
3. Our relationship is strong	0	1	2	3	4	5
4. My relationship with my partner makes me happy	0	1	2	3	4	5
5. I have a warm and comfortable relationship with my partner	0	1	2	3	4	5
6. I really feel like part of a team with my partner	0	1	2	3	4	5

Indicate the extent to which each statement describes your relationship with your partner.

	Not at All	A little	Somewhat	Mostly	Almost completely	Completely
7. How rewarding is your relationship with your partner?	0	1	2	3	4	5
8. How well does your partner meet your needs?	0	1	2	3	4	5
9. To what extent has your relationship met your original expectations	0	1	2	3	4	5
10. In general, how satisfied are you with your relationship?	0	1	2	3	4	5

For each of the following items, select the answer that best describes how you feel about your relationship. Base your responses on your first impressions and immediate feelings about the item.

11.	INTERESTING	5	4	3	2	1	0	BORING
12.	BAD	0	1	2	3	4	5	GOOD
13.	FULL	5	4	3	2	1	0	EMPTY
14.	STURDY	5	4	3	2	1	0	FRAGILE
15.	DISCOURAGING	0	1	2	3	4	5	HOPEFUL
16.	ENJOYABLE	5	4	3	2	1	0	MISERABLE

APPENDIX G

Positive Affect and Negative Affect Scale (PANAS)

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you generally feel this way, that is, how you feel on the average. Use the following scale to record your answers.

1	2	3	4	5
Very slightly	A little	Moderately	Quite a bit	extremely

Interested	Irritable
Distressed	Alert
Excited	Ashamed
Upset	Inspired
Strong	Nervous
Guilty	Determined
Scared	Attentive
Hostile	jittery
Enthusiastic	Active
Proud	Afraid

APPENDIX H

Resiliency/Coping

Consider Behavior 1: At the time of your stressful event, either you or your partner helped the other view the situation from a good perspective.

If you have a specific example of Behavior 1 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 2: At the time of your stressful event, you and your partner laughed together or enjoyed humor together.

If you have a specific example of Behavior 2 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 3: At the time of your stressful event, you and your partner were clear and accurate in your communication.

If you have a specific example of Behavior 3 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 4: At the time of your stressful event, one partner helped the other (or both partners helped each other) by maintaining a positive attitude and being optimistic.

If you have a specific example of Behavior 4 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 5: At the time of your stressful event, either you or your partner were attentive to the other’s needs.

If you have a specific example of Behavior 5 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 6: At the time of your stressful event, you and your partner worked together like a team.

If you have a specific example of Behavior 6 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word “none.”

Consider Behavior 7: At the time of your stressful event, one partner helped the other (or both partners helped each other) by remaining calm, stable, and strong in the face of a difficult situation.

If you have a specific example of Behavior 7 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word "none."

Consider Behavior 8: At the time of your stressful event, you and your partner spent time together doing things as a couple.

If you have a specific example of Behavior 8 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word "none."

Consider Behavior 9: At the time of your stressful event, one partner helped the other (or both partners helped each other) by using special skills or abilities for addressing the situation.

If you have a specific example of Behavior 9 occurring in your relationship, please write between one and six words that describe something about your memory. If not, write the word "none."

Repeated for behaviors 1-9:

"Were you able to think of a specific example of the behavior occurring in your relationship?"

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I could not think of an example.
- No, although this behavior certainly happened, I could not think of an example.
- Yes, I was able to think of a specific example.
- Yes, I was able to think of a specific example, and I can easily think of one or two more.
- Yes, I was able to think of a specific example, and I can easily think of several more."

"Consider Behavior 10: At the time of your stressful event, either you or your partner withdrew from communication.

Are you able to think of a specific example of Behavior 10 occurring in your relationship?"

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.
- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.
- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

Consider Behavior 11: At the time of your stressful event, either you or your partner was abusive.

Are you able to think of a specific example of Behavior 11 occurring in your relationship?

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.
- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.
- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

Consider Behavior 12: At the time of your stressful event, either you or your partner made it difficult for the other by having a negative attitude and being pessimistic.

Are you able to think of a specific example of Behavior 12 occurring in your relationship?

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.
- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.
- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

Consider Behavior 13: At the time of your stressful event, either you or your partner failed to notice the other's needs.

Are you able to think of a specific example of Behavior 13 occurring in your relationship?

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.
- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.
- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

Consider Behavior 14: At the time of your stressful event, either you or your partner communicated in a way that denied, ignored, or downplayed the significance of the stressful event.

Are you able to think of a specific example of Behavior 14 occurring in your relationship?

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.
- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.

- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

Consider Behavior 15: At the time of your stressful event, either you or your partner communicated about the stressful event in a way that was confusing or misleading.

Are you able to think of a specific example of Behavior 15 occurring in your relationship?

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.
- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.
- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

Consider Behavior 16: At the time of your stressful event, either you or your partner were critical, or hostile, or blamed the other.

Are you able to think of a specific example of Behavior 16 occurring in your relationship?

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.
- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.
- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

Consider Behavior 17: At the time of your stressful event, either you or your partner decided it was best to avoid discussing the stressful event.

Are you able to think of a specific example of Behavior 17 occurring in your relationship?

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.
- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.
- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

Consider Behavior 18: At the time of your stressful event, either you or your partner made it difficult for the other by being overly emotional, unstable, or weak.

Are you able to think of a specific example of Behavior 18 occurring in your relationship?

- No, this behavior did NOT happen.
- No, although this behavior might have happened, I cannot think of an example.

- No, although this behavior certainly happened, I cannot think of an example.
- Yes, I am able to think of a specific example.
- Yes, I am able to think of a specific example, and I can easily think of one or two more.
- Yes, I am able to think of a specific example, and I can easily think of several more.

APPENDIX I

WHO-5

Please indicate for each of the five statements which is closest to how you have been feeling over the last two weeks. Notice that higher numbers mean better well-being.

Example: If you have felt cheerful and in good spirits more than half of the time during the last two weeks, put a tick in the box with the number 3 in the upper right corner.

	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
1. I have felt cheerful and in good spirits	5	4	3	2	1	0
2. I have felt calm and relaxed	5	4	3	2	1	0
3. I have felt active and vigorous	5	4	3	2	1	0
4. I woke up feeling fresh and rested	5	4	3	2	1	0
5. My daily life has been filled with things that interest me	5	4	3	2	1	0

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