General and Relationship-Based Perceptions of Social Support: Are Two Constructs Better Than One?

Gregory R. Pierce
Hamline College
Irwin G. Sarason and Barbara R. Sarason
University of Washington

Two hypotheses derived from a theory of perceived social support were investigated: (a) relationship-based perceptions of social support are distinct from general perceptions of support, and (b) measures of each construct contribute uniquely to the prediction of loneliness. Ninety-four male and 116 female undergraduates completed measures of loneliness and general perceived social support and the Quality of Relationships Inventory, a new instrument to assess relationship-based perceptions of social support. Conflict, and depth in specific relationships, general and relationship-based perceptions of social support were found to be related, but distinctly different. Conflict, relationship-based perceptions of support and conflict from writers and friends each added to the regression of loneliness after considering the contributions of general perceived social support. Implications of these findings for understanding the perceived social support construct are discussed.

Although statements that humans are basically social animals are axiomatic, important theoretical questions concern the ways in which people interpret and are influenced by their social interactions. Do social interactions produce a result that directs our overall thinking, our attributions, and expectations, or do these interactions—especially ones with significant people in our lives—also have specific effects? In all likelihood, the general (global) and specific effects of social ties combine in some way to influence behavior and thought. Research on social support may provide a path to empirical exploration of these social influence processes.

Research on social support suggests that people have a set of general expectations and attributions about social relationships. This set of beliefs includes the idea of how predictable and forthcoming people within the social environment are likely to be. It is possible that perceived social support is tapping, for example, numerous studies using measures such as the Social Support Questionnaire (SSQ), L. G. Sarason, Levine, Basham, & Sarason (1983), the Social Provisions Scale (SPS: Cutrona & Russell, 1987), and the Interpersonal Support Evaluation Inventory (ISEI: Cohen, Merriam, Kamarck, & Herbert, 1983) suggest that perceived social support measures such as these assess people's beliefs about whether others will be forthcoming, likely to provide assistance and emotional support when needed (B. R. Sarason, Shearman, Pierce, & Sarason, 1987). Research indicates that these generalized expectations are assessed by measures such as the SSQ, SPS, and ISEL. Researchers also note that these measures reflect the personality-dispositional characteristics (Cohen et al., 1985; Cutrona & Russell, 1987; B. R. Sarason et al., 1987). Evidence also suggests that general perceptions of available support may have their roots in early childhood relationships, particularly those with parents (L. G. Sarason, Sarason, & Shearman, 1986).

Pierce, Sarason, & Sarason (1990; L. G. Sarason, Pierce, & Sarason, 1990) recently proposed that, in addition to general perceptions of available support, people also develop specific expectations about the availability of social support for each of their specific significant relationships. According to this model, these relationship-specific expectations are not simply components in a larger schema of general perceptions of available support. Instead, these relationship-specific expectations emerge out of a history of experiences with specific others and reflect the unique ways in which a person has come to view each of these others. For example, John's supportive responses from Richard and David are likely to be different, and it seems reasonable to suggest that John's expectations for support from Richard and from David will reflect these differences. Each set of expectations for support from specific relationships thus remains distinct, not only from expectations for other relationships, but also from a person's general expectations for social support. A person can believe that others, in general, are likely to be supportive despite the fact that a particular friend is not especially helpful, or even that no one is currently available from whom to get social support. A person can move to a new community and maintain the belief that supportive relationships will develop despite the fact that no current supportive relationships exist. Thus, although a person's general and relationship-specific expectations for social support may be related, they reflect different aspects of perceived social support. In turn, these two classes of perceived available support may each play an important and unique role in loneliness.

In this article, we report a study to evaluate the hypotheses derived from the theoretical model proposed by Pierce et al. (1990). First, general and relationship-specific perceptions of
social support are hypothesized to be distinct. Although these two aspects of social support are unlikely to be totally unrelated, this is because people who anticipate that others are likely to be supportive in a general, supportive relationships they have positive expectations, whereas those with supportive relationships may be more likely to come to the conclusion that others, in general, are likely to be forthcoming because of their own experiences. In other words, these two aspects of perceived available support probably mutually influence each other. Second, general and relationship-specific perceptions of available support each are hypothesized to contribute uniquely to loneliness. For example, people may believe that others, in general, are likely to provide support (i.e., they may have a benign view of social relationships), but independently of this, whether or not they have developed specific supportive relationships will also have an impact on personal adjustment. In this study, subjects completed measures of both general and relationship-specific expectations for available support and a measure of loneliness, one important facet of the personal adjustment construct.

Despite the diversity of measures developed to assess perceived available support, a sizable number of them share the common feature that they focus on perceptions of available support as a property of the respondent's entire social network. The SSES (C. G. Sarason et al., 1983) is one example of this type of measure. The SSES yields a number score assessing the average number of persons perceived to be available to potential supporters across each of 27 situations and an overall satisfaction score assessing satisfaction with the support perceived to be available. Another example of a widely used perceived available support instrument is the SPS (Cutrona & Russell, 1987). The SPS uses a 6-point Likert scale to assess respondents' perceptions of the extent to which their social network provides a variety of support functions. Subjects in the present study completed both the SSES and the SPS to assess their general perceptions of available support so that we could increase the generalizability of the results and evaluate whether differences in the response format of the measures might influence the results.

In contrast to the large number of research findings that focus on general perceptions of available support, there is a much smaller body of literature that, although often not focusing directly on perceptions of available support stemming from specific relationships, suggests that specific relationships may make a contribution to personal adjustment. The major focus of this research has been on the role of contingent resources as sources of support (Brown, Bhrocha, & Harris, 1975; Hurnkian, Neff, Newburgh, & Moore, 1982; Pyke, Emmas, Fincher, & White, 1980; Verhagen, 1979). Research has also examined the availability of attachment figures (Henderson, Byrne, & Duncan-Jones, 1981; Henderson, Byrne, Duncan-Jones, Scott, & Acock, 1980) and perceptions of available support from parents, friends, and romantic partners (Cutrona, 1989).

Because the major thrust of research on social support has focused on general perceptions of available support, little attention has been given to the need to develop a valid, reliable index of relationship-specific perceptions of social support (for important exceptions, see Cutrona, 1989; House, 1981; Vaillant, 1983). To address this lack, we developed a self-report instrument to assess relationship-specific perceptions of available support. Subjects completed the Quality of Relationships Inventory (QRI), a 39-item measure to assess not only relationship-specific perceptions of available support, but also perceptions of interpersonal conflict and relationship depth for each of several significant relationships. Increasing evidence indicates that interpersonal conflict plays a substantial role in personal adjustment, especially loneliness, and that its impact may be independent of the contribution made by perceived social support (Hobart & London, 1986; Pologe, Ericks & Becker, 1987; Rock, 1984; Stephens, Kinsey, Norris, & Ritchie, 1987). Perceptions of depth (e.g., beliefs about commitment and security in a relationship) were believed to reflect the strength of the interpersonal bond between the two relationship participants and was derived from Bowers' and others' research on the nature of attachment bonds in infancy through adulthood (Bowers, 1980; Main, Kaplan, & Cassidy, 1985). Subjects also completed the Parental Bonding Instrument (PBI; Parker, Tucking, & Brown, 1979), a retrospective measure of the quality of early attachment bonds. This made it possible not only to obtain evidence of convergent validity for the QRI scales but also to explore associations between the quality of early and adult attachment bonds.

In summary, we investigated two specific hypotheses derived from the theoretical model developed by Pierce et al. (1990).

1. General perceptions of available support are distinct from (but related to) perceptions of available support from specific relationships.

2. The impacts on loneliness of general and relationship-specific perceptions of available support are additive rather than redundant.

In addition, we examined the extent to which other quality-specific features (i.e., interpersonal conflict and depth of specific relationships) would increase the precision of personal adjustment over and above the contributions made by perceptions of available support from these specific relationships, as well as general perceptions of available support.

Method

Subjests

The subjects were 34 male and 116 female undergraduates in an introductory psychology course who received extra credit for their participation.

Procedure

Subjects met with an experimenter in small groups of 10-20 to complete measures of the quality of past and current relationships, global perceived available social support, and loneliness.

Materials

Quality of Relationship Measures

Two measures were used to assess the quality of past and current relationships. Quality of current relationships was assessed by the QRI. The PBI was used to rate the quality of past relationships (Parker et al., 1979). QRI. The QRI was developed for this study by generating items to
assess the perceived availability of social support from specific relationship(s) (e.g., "To what extent can you turn to this person for advice about problems?"). Items were also developed to assess two other dimensions of specific relationships: the extent to which the relationship is perceived as being positive, important, and secure (e.g., "How significant is this relationship in your life?") and the extent to which the relationship is a source of conflict and ambivalence (e.g., "How often does this person make you feel angry?"). A total of 39 items were generated to assess these three aspects of specific relationships.

Subjects were asked to complete a QRI for each of the following relationships: mother, father, and up to four other relationships the subjects regarded as important, although not necessarily positive, in their lives. Subjects were instructed to rate responses for relationships that were important, rather than simply positive, to increase the likelihood that relationships that reflected instability or high levels of conflict might be included. These instructions were intended to make it possible to study negative as well as positive aspects of specific relationships by using the restricting subjects' responses only to those relationships that were perceived as primarily positive.

Because previous research indicated that mothers, fathers, and friends play an especially important role in personal adjustment (Kotch, 1985; Newcomb, Sarason, & Sarason, 1980; Proctor & Heller, 1985) and because friends were the most frequently nominated confidant category, only results pertaining to the QRI scales for the relationship categories of mother, father, and friend are reported here.

PBI The PBI (Parkers et al., 1979) is a retrospective measure that asks subjects to report the degree to which certain attitudes and behaviors were characteristic of each of their parents because the subjects were 17 years old and consisted of 50 items (25 items relating to each parent). The PBI yields two scales for each of the subject's parents: The Parental Care score indicates the degree to which the subject's mother or father was empathetic and caring versus cold and indifferent, and the Parental Overprotection scale assesses the extent to which each parent was intrusive and minimizing or, in contrast, independent in the subject's life.

General Perceived Available Social Support Measures: General perceptions of available social support were assessed with two measures: the SSQ and the SPS.

SSQ The SSQ (Sarason et al., 1983) asks subjects to list up to nine individuals to whom subjects feel they could turn for support (SSQ Number scale) in each of six different situations and to rate their satisfaction (SSQ Satisfaction scale) with available support for each of the six situations on a 6-point Likert scale. An extended version of the SSQ measures up to 20 relationships, the SSQ Number scale is a measure of the perceived availability of social support (L. R. Sarason et al., 1978; G. S. Sarason, Sarason, Sheanam, & Piers, 1978). For example, in a recent combination among several prominent general perceived available support measures, the SSQ Number scale was consistently related to several other measures of perceived available support and showed sizeable, consistent relations to a variety of dependent variables, including loneliness, depression, and anxiety (B. R. Sarason et al., 1987). In the present study, the focus was on global perceptions of available support and not on satisfaction with available support, which was assessed using the SSQ Number scale.

SPS The SPS (Cutrona & Russell, 1987) also provides a measure of the global perceived availability of social support by using a total score derived by summing together six subscales that are based on the aspects of social support described by Weiss (1974). Research using the SPS suggests that the total score yields a reliable, valid index of general perceptions of available support. For example, Cutrona and Russell performed a confirmatory factor analysis and found support for a general factor of perceived available support that accounts for the high intercorrelations among the six subscales of the SPS.

Loneliness

Subjects also completed the 20-item UCLA Loneliness Scale (Russell, Peplau, & Cutrona, 1980). This instrument has desirable psychometric properties, including convergent, concurrent, and discriminant validity. The UCLA Loneliness Scale has been shown to be consistently related to life satisfaction, physical health, and the major physical and mental illness measures that are related to loneliness. For example, loneliness is associated with self-reported physical health and psychological well-being (Penneau, 1989; Weiss, Michels, Peplau, & Brad, 1989).

Results

Analyses were conducted to explore two issues: (a) whether general and relationship-specific perceptions of available support reflect different aspects of the social support construct and (b) whether each aspect of perceived available support contributes uniquely to loneliness. Before reporting results of analyses to investigate these issues, the psychometric properties of the QRI will be described.

Psychometric Properties of the QRI

The distribution of each of the 19 QRI items was examined and several of the items were found to be severely skewed. Ten items were removed from the item pool because over 50% of subjects' responses to these items fell on one of the two extreme response options. These items appeared to tap two aspects of relationships: the extent to which the relationship is important in the individual's life (without reference to the quality of the relationship) and the extent to which the other person can be counted on in a crisis situation. This tactic, surprising, given that subjects were asked to complete QRI for individuals who had an important impact on their lives and suggests that the QRI instructions elicited appropriate relationships.

A principal factor analysis of the QRI items using orthogonal rotation with oblique rotation was performed on the 29 remaining items for all of the QRI's completed by all subjects (n=1,233 questionnaires from 211 subjects). The results of this analysis are presented in Table 1.

Table 1

<table>
<thead>
<tr>
<th>Factor</th>
<th>Items</th>
<th>R^2</th>
<th>F Value</th>
<th>p Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Factor 1</td>
<td>1, 2, 3, 4, 5, 6, 7, 8, 9, 10</td>
<td>0.60</td>
<td>147.25</td>
<td>0.0001</td>
</tr>
</tbody>
</table>

1 Recent evidence indicates that skewed item distributions can lead to erroneous factors when performing principal factor analyses (Abt, Leary, & Thrivitt, 1988). In the present analyses, skewed items were removed to provide a more rigorous assessment of the multidimensional structure of the QRI.

2 Allinian rotation was used because previous research suggested that the social and support dimensions might be moderately to strongly correlated, although the conflict dimension was hypothesized to be only moderately related to the other the depth of social support dimensions (Hirsch, 1979; Penneau, Sarason, & Sarason, 1989). Although preliminary analyses yielded four eigenvalues greater than 1 (i.e., 8.55, 4.64, 2.27, and 1.01), a three-factor solution was chosen because a four-factor solution did not indicate that there were more than three reliability (a) was consistent with the theoretical model underlying the development of the QRI and is a minimally adequate solution. It should be noted that the use of multiple questionnaires from each subject may have led to a violation of statistical independence among the observations (i.e., QRI). Separate principal factor
(reprinted in Table 1) confirmed the presence of three correlated dimensions of relationships that the instrument was intended to assess and accounted for 48.9% of the total variance. Items that correlated highly with the support dimension appeared to measure the extent to which the individual can rely on the other person for assistance in a variety of situations. Items that loaded strongly on the depth dimension appeared to assess the extent to which individuals believe they and the other relationship participant are committed to the relationship and positively value it. Items that loaded on the conflict dimension reflect the extent to which the individual experiences angry or ambivalent feelings regarding the other person. The substantial correlation between the support and depth dimensions suggests that although they reflect distinct aspects of specific relationships (as evidenced by the separate, but correlated dimensions revealed by the factor analysis), they are highly related features of specific relationships. However, the fact that perceptions of available support and depth correlate differently with reports of conflict suggests the need to distinguish between beliefs about whether someone is willing to provide help for us and feeling close to that person.

Items for each of the three scales were selected because they loaded strongly on one factor with only minimal overlap with other factors and because they contributed positively to the internal reliability of the assigned scale. A biserial coefficients for the QRI Support, Conflict, and Depth scales for mother (33), father (33), and friend (33) were .88, .88, and .86, respectively, and friend (33, .91, and .84, respectively) were satisfactory.

Separate QRI Support, Conflict, and Depth scale scores for the relationship categories of mother, father, and friend, were computed for each subject. QRI scores for the mother and father relationship categories each were necessarily computed from a single QRI assessing subjects' perceptions of their relationships with either their mother or father. Because we were interested in investigating the contribution of perceived available support from specific relationships rather than from groups of relationships (e.g., subjects' peer relationships), QRI scores for the friend relationship category were calculated by randomly selecting a single friend for each subject from among the varying number of friends reported across subjects and computing this subject's friend Support, Conflict, and Depth scores considering the subject's responses for this single friend.

The mean, standard deviation, skewness, and range for each of the QRI scores is reported in Table 2. In general, subjects described their relationships with their mothers, fathers, and friends as supportive, deep, and moderately low in conflict. However, as the standard deviations and ranges indicate, there was considerable variability in the degree to which these dimensions characterized subjects' relationships with their parents and friends.

The QRI PBI, general perceived available support scales, and loneliness measure for men and women combined well intercorrelated. The results are reported in Table 3. The correlations were inspected to assess the degree to which perceptions of specific relationships were distinct from perceptions of other specific relationships and whether they were distinct from general perceptions of available supports. We reasoned that stronger associations should be found among QRI scales assessing different facets of the same relationship than among QRI scales assessing different relationships or between the QRI scales and the general perceived available support measure.

Relationships Across QRI Scales

Associations within relationship categories. The QRI scales for Support, Conflict, and Depth showed moderate to strong associations within each relationship category. For example, mother support was strongly and positively related to mother depth (r = .726, p < .001) and negatively related to mother conflict (r = -.437, p < .001). These findings indicate that relationships that are perceived as a source of social support are also perceived as being positive and secure and relatively low in interpersonal conflict.

Associations across relationship categories. The QRI mother and QRI father scales were crosscorrelationally related to each other. For example, mother support was positively correlated with father support (r = .507, p < .001). The associations of the QRI scales for the relationship categories of either mother or father with the QRI friend categories were more modest. For example, while friend support was positively related to mother support (r = .227, p < .001) and to father support (r = .193, p < .001), these correlations were substantially lower than the correlations between mother support and father support reported above.

These results indicate that one's perceptions of a specific relationship are interrelated and form a coherent view and

1. The criteria to determine minimal overlap included the requirement that an item correlate .40 or more with one factor, while its correlations with other factors must be less than .29. This criteria ensured that each item retained for inclusion in a subscale contributed at least twice as much variance to that subscale as it contributed to either of the other two subscales.

2. The number of friends reported by each subject varied across the sample. Thirty-three subjects (17%) reported one friend, 102 subjects (48%) reported two friends, and 72 subjects (34.9%) reported three friends. Men and women did not differ in the number of friends they reported, x2(2) = 9.70, P > .40.

3. Although not a primary issue in this study, possible sex differences were evaluated in two ways. First, differences between correlations for men and women were compared for each of the QRI PBI, SSQ, SPS, and Loneliness scales using an alpha level of .11 because of the large number of comparisons. Second, mean differences between men and women for each variable were tested. Again, an alpha level of .01 was used to evaluate statistical significance of the comparisons. Because the number of comparisons made statistical significance was less than expected by chance and because no apparent pattern was revealed by the few statistically significant comparisons, the results will not be discussed further.
### Table 1

**Favor Loadings for Three-Factor Solution Using Oblique Rotation of Quality of Relationships Inventory (QRI)**

<table>
<thead>
<tr>
<th>QRI scales</th>
<th>Social Support</th>
<th>Conflict</th>
<th>Depth</th>
<th>Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.77</td>
<td>-0.4</td>
<td>0.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.74</td>
<td>-0.6</td>
<td>0.03</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.72</td>
<td>-0.2</td>
<td>-0.02</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.69</td>
<td>-0.6</td>
<td>-0.12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.68</td>
<td>0.01</td>
<td>0.01</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.66</td>
<td>-0.1</td>
<td>-0.18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.69</td>
<td>0.08</td>
<td>-0.09</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.66</td>
<td>0.12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.86</td>
<td>-0.09</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.69</td>
<td>-0.13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.79</td>
<td>0.00</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.81</td>
<td>0.27</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.66</td>
<td>-0.16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.81</td>
<td>-0.06</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.56</td>
<td>-0.05</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.58</td>
<td>-0.17</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.54</td>
<td>-0.23</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.86</td>
<td>-0.07</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.32</td>
<td>-0.18</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.34</td>
<td>-0.22</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.31</td>
<td>-0.22</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.17</td>
<td>-0.04</td>
<td>0.74</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.05</td>
<td>-0.13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.08</td>
<td>-0.25</td>
<td>-0.67</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.31</td>
<td>-0.20</td>
<td>0.17</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.30</td>
<td>0.14</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.38</td>
<td>-0.02</td>
<td>-0.17</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.33</td>
<td>-0.13</td>
<td>-0.44</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:** Factor correlations: Social Support X Conflict = -0.4; Social Support X Depth = 0.6; Conflict X Depth = -0.03.

* * * * *

**Quality of Past and Current Relationships**

The correlations between the QRI and PBI scales indicate a considerable amount of discriminant validity for the QRI scales as measures of distinct aspects of specific relationships (see Table 3). For example, compared with the QRI factor measures, the PBI mother measures were more strongly related to the PBI mother measures, e.g., mother support and mother care, r = 0.74, p < 0.001 vs. mother support and mother care, r = 0.46, p < 0.001. Conversely, the QRI father measures were more strongly related to the PBI father measures than were the QRI mother measures, e.g., father support and father care, r = 0.68, p < 0.001 vs. mother support and father care, r = 0.38, p < 0.001. The QRI friend measures were moderately and consistently related to the PBI mother and father measures.

The results also indicate a high degree of congruence between subjects' retrospective perceptions of the quality of their early parental relationships with their current perceptions of these relationships based on QRI responses. Subjects who currently experienced high levels of demand and available social support and low levels of interpersonal conflict in each of their parental relationships also reported these relationships to have been varying and affective and not overprotective during childhood.

**Relationships Between QRI and General Perceived Available Support Scales**

The QRI Support scale for each relationship category was consistently related to the general perceived available support scales. The average correlation between the QRI Support scales for money and father and the general perceived available support measures (SSO and SPS total) was 0.291. The blocked support scale showed the strongest relationship to the SSO Number scale and the SPS total score r = 0.34 and r = 0.44.
respectively, \( p < .001 \). These results indicate that subjects who perceive a high level of general available social support also perceive high levels of available support within specific relationships. However, the magnitude of these associations (which indicated that specific and general social support shares are only between 6.2% and 19.4% of their variance) is consistent with the hypothesis that relationship-specific perceptions of available support are distinct from general perceptions of available support.

A hierarchical multiple regression analysis was computed to determine the extent to which the QRI Support scales jointly predicted each of the general perceived available support scales. For each equation, a variable coded for subjects’ sex was entered first into the regression equation. In the second step, mother support, father support, and friend support were entered simultaneously into the regression equation. After controlling for sex differences, the QRI Support scales jointly accounted for 19.4% and 24.4% of the variance in SSQ number and SPS total scores, respectively. These results buttress the univariate results by indicating that the QRI Support scales are not strongly related to either of the general perceived available support measures.

The almost non-existent relationship between the QRI Conflict and Depth scales and the general perceived available support measures indicate that general perceptions of available support are also modestly related to feelings of greater security and possession and less interpersonal conflict within specific relationships. For example, mother death was positively related to both SSQ number (\( r = .300 \), \( p < .001 \)) and SPS total scores (\( r = .251 \), \( p < .001 \)).

In general, the correlations between QRI and friend and mother conflict were more strongly related to general perceptions of available support than were the father measures. For example, the association between SPS total score and conflict with friends (\( r = -.271 \), \( p < .001 \)) and mother conflict (\( r = -.247 \), \( p < .001 \)) were larger than the association between SPS total score and friend conflict (\( r = -.173 \), \( p < .05 \)).

The analyses of the QRI and comparisons with the two general support measures indicate three general findings. First, the QRI Support scales assess perceptions of social support related to specific relationships that is, in general, a general perception of social support. For example, the QRI Support scale for a specific relationship was much more strongly related to the Depth and Conflict scales for that relationship than it was to the QRI scales for other relationships. Second, the results also indicate that perceptions of available support within a specific relationship were strongly related to feelings of security and low levels of conflict and potentially to interpersonal conflict in that relationship. Finally, the findings support the view that relationship-specific perceptions of available support are distinct from general perceptions of available support. The QRI Support scales shared only moderate amounts (between 6.2% and 19.4%) of variance with the general perceived available support measures.

Relationship-Specific and General Perceived Available Support and Loneliness

The QRI scales and general perceived available support measures were consistently correlated to the loneliness measure (see Table 3). Subjects who perceived high levels of available support from their mother, father, and friend reported less loneliness than did other subjects. Among the QRI Support scales, perceptions of support from a friend were especially strongly related to loneliness (\( r = -.446 \), \( p < .001 \)). This association was significantly larger than the correlation between mother support and loneliness (\( r = -.230 \), \( p < .001 \)) and the correlation between father support and loneliness (\( r = -.193 \), \( p < .05 \)). Subjects who reported high levels of generally available support described themselves as less lonely than other subjects. SPS total scores showed the strongest relationship (\( r = -.641 \), \( p < .001 \)).

Other aspects of specific relationships were also related to loneliness. The QRI Conflict and Depth scales for mother and father, and not for friends, were related to loneliness scores. Subjects who had higher levels of conflict and low levels of depth in their maternal and paternal relationships described themselves as more lonely. With the exception of the QRI mother Conflict scale, the QRI friend Conflict and friend Depth scales were more strongly related to loneliness scores than were the corresponding QRI mother and father scores (\( p < .01 \)).

Perceived available support, measured either as a general perception or as a property of specific relationships, was related to loneliness. The relationship to loneliness was particularly strong for general perceptions of available support as measured by the SPS Total Score scale. Greater depth and less conflict in relationships with mothers and friends were also associated with less loneliness.

Predicting Loneliness From Perceived Available Support

A series of hierarchical multiple regression analyses was conducted to evaluate the incremental contributions to the prediction of loneliness made by perceived available support from specific relationships after considering the contribution made by general perceived available support. In these analyses, the incremental contributions of QRI Depth and Conflict scales
for each relationship were also evaluated after considering the contribution made by general perceived available support and perceptions of available support from specific relationships.

Loneliness scores were used as the dependent variable in both analyses. A variance coded for subject sex was entered into both regression equations to control for sex differences. In the first regression equation, IQ scores was entered next to evaluate the contribution of general perceived available support. The QRI scores were then entered into the following order: (a) mother support, (b) father support, (c) friend support, (d) mother conflict, (e) father conflict, (f) friend conflict, (g) mother depth, (h) father depth, and (i) friend depth. In the second regression equation, SPS total scores were entered after the sex variable was entered into the equation. The QRI scales were then entered in the equation in the same order that was used in the first equation. The results of these analyses are reported in Table 4.

The gender variable was not a significant predictor in either equation. When the SSO Number Scale was used to evaluate the contribution made by general perceived available support to the prediction of loneliness, it accounted for 13.9% of the variance in loneliness scores. Predictions of available support from mothers and friends made significant incremental contributions to the prediction of loneliness (11.7%, p < .05, and 10.3%, p < .001, respectively). The father Support Scale did not significantly contribute to the prediction of loneliness scores after the contribution made by mother support scores was considered. When the QRI Conflict scales were entered into the equation, both mother conflicts and friend conflict significantly increased the amount of variance predicted in loneliness scores (11.7%, p < .05, and 10.3%, p < .001, respectively). Neither the father Conflict Scale nor any of the QRI Depth scores made an incremental contribution to the prediction of loneliness. The total amount of variance accounted for by all of the independent variables was 34.0%, R² (11, 196) = .926, p < .001.

When SPS total scores were used to evaluate the contribution made by general perceptions of available support to the prediction of loneliness (after controlling for sex of the subjects), they accounted for 43.9% (p < .001) of the variance in loneliness scores. Neither mother support nor father support significantly contributed to the prediction of loneliness. However, friend support did make a significant incremental contribution (5.8%, p < .001). Of the QRI Conflict and QRI Depth scales, friend conflict made a significant incremental contribution to the

### Table 4

<table>
<thead>
<tr>
<th>Relationship</th>
<th>IQ Scores</th>
<th>Mother Support</th>
<th>Father Support</th>
<th>Friend Support</th>
<th>Mother Conflict</th>
<th>Father Conflict</th>
<th>Friend Conflict</th>
<th>Mother Depth</th>
<th>Father Depth</th>
<th>Friend Depth</th>
</tr>
</thead>
<tbody>
<tr>
<td>R²</td>
<td>.439</td>
<td>.117</td>
<td>.103</td>
<td>.041</td>
<td>.117</td>
<td>.103</td>
<td>.041</td>
<td>.117</td>
<td>.103</td>
<td>.041</td>
</tr>
</tbody>
</table>

The models that guided these analyses suggest that the impact of one’s mother’s primary care because of her long-term influence on child-rearing experiences and her continued role as a source of support throughout adolescence. The role of the father, although perhaps less influential than the mother’s because of his typically shorter involvement in childcare activities, is still significant because of the length of time during which the relationship has been maintained. The potential impact of peers is considered as the relative independence of the contributions made by parents because for many less adolescent years exist outside the social networks established by the parents i.e., extended family networks and related adolescent choices regarding peer-determined relationship partners. **Table familial relationships are largely inherited** (Ference & Heider, 1983).
### Table 4

<table>
<thead>
<tr>
<th>Independent variable</th>
<th>$b$</th>
<th>$t$</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex</td>
<td>.029</td>
<td>.003</td>
<td>.977</td>
</tr>
<tr>
<td>SSQ number</td>
<td>-.376</td>
<td>1.39</td>
<td>.169**</td>
</tr>
<tr>
<td>QRI mother support</td>
<td>-.178</td>
<td>1.45</td>
<td>.150**</td>
</tr>
<tr>
<td>QRI father support</td>
<td>-.013</td>
<td>.002</td>
<td>.991</td>
</tr>
<tr>
<td>QRI mother conflict</td>
<td>.122</td>
<td>.015</td>
<td>.994</td>
</tr>
<tr>
<td>QRI father conflict</td>
<td>.067</td>
<td>.007</td>
<td>.997</td>
</tr>
</tbody>
</table>

** $R^2 = .338$, $F(11, 189) = 9.25***$

<table>
<thead>
<tr>
<th>Dependent variable</th>
<th>$b$</th>
<th>$t$</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex</td>
<td>.039</td>
<td>.003</td>
<td>.733</td>
</tr>
<tr>
<td>SSQ total</td>
<td>-.662</td>
<td>4.39</td>
<td>157.00***</td>
</tr>
<tr>
<td>QRI mother support</td>
<td>-.023</td>
<td>.000</td>
<td>.980</td>
</tr>
<tr>
<td>QRI father support</td>
<td>-.023</td>
<td>.000</td>
<td>.980</td>
</tr>
<tr>
<td>QRI mother conflict</td>
<td>.208</td>
<td>.025</td>
<td>.042</td>
</tr>
<tr>
<td>QRI father conflict</td>
<td>.060</td>
<td>.003</td>
<td>.998</td>
</tr>
<tr>
<td>QRI friend conflict</td>
<td>.083</td>
<td>.000</td>
<td>.000</td>
</tr>
<tr>
<td>QRI friend depth</td>
<td>.154</td>
<td>.020</td>
<td>.948</td>
</tr>
<tr>
<td>QRI friend death</td>
<td>.070</td>
<td>.002</td>
<td>.977</td>
</tr>
<tr>
<td>QRI friend depth</td>
<td>.028</td>
<td>.000</td>
<td>.999</td>
</tr>
<tr>
<td>QRI friend depth</td>
<td>.017</td>
<td>.000</td>
<td>.998</td>
</tr>
</tbody>
</table>

** $R^2 = .501$, $F(11, 191) = 28.06***$

Note: Dependent variable = loneliness, $n = 110$. Sex = variable coded for students, with $0 = 0$ and $1 = 1$; QRI = Quality of Relationships Inventory; SSQ = Social Provision Scale; QRI = Social Support Questionnaire. $b$ = standardised regression coefficients of variables when entered into the equation; $R^2$ = the percentage of variance accounted for by variable when it entered into the regression equation at that step; $F$ = stepwise regression on QRI mothers score; $R^2$ = the total amount of variance predictable across by all of the independent variables entered into the regression equation. Variables were entered into the equation in the following order: (1) SSQ, (2) QRI mothers score, (3) QRI fathers score, (4) QRI mothers conflict score, (5) QRI fathers conflict score, (6) QRI friend conflict score, (7) QRI friend depth score, (8) QRI friend death score.

The results indicate that the QRI scales make a considerable contribution to the prediction of loneliness after considering the potential role of general perceived available support measured in two different ways. In particular, these results suggest that perceptions of available support and conflict from mothers and friends may be especially important.

The results of the regression analyses were consistent with the hypothesis that the QRI scales reflected variance that was not shared with the SSQ scales and that the QRI scales made unique contributions to the prediction of loneliness. The results of the multiple regression analyses strongly suggest that perceptions of available support from spe-

---

**Prediction of loneliness scores when SSQ total scores were used to assess general perceptions of social support (2.0% < $p < .01$).**

These results indicate that the QRI scales make a considerable contribution to the prediction of loneliness after considering the potential role of general perceived available support measured in two different ways. In particular, these results suggest that perceptions of available support and conflict from mothers and friends may be especially important.

Because the QRI mother and QRI father measures were entered after the QRI mother and QRI father measures, it is clear that the contributions made by the QRI friend measures are additional to those made by the QRI mother and QRI father measures. However, because the QRI mother measures were entered before the QRI father measures, it was not possible to determine from these analyses whether the contributions made by the QRI mother measures were additional to the contributions made by the QRI father measures, both of which are significant. The results of the multiple regression analyses described above were repeated, reversing the order of entry for mother and father variables.

When SSQ total scores were used to evaluate the contribution of general perceived available support, QRI father support scores did not contribute significantly to the amount of variance predictable across by all of the independent variables entered into the regression equation. In addition, the QRI mother support scores no longer predicted the loneliness scores when the QRI father support scores were entered before the QRI mother support scores. Because the order of entry of the mother and father scores did not have an impact on the evaluation of the contribution of the QRI friend scores, the contribution of QRI friend scores remained the same. Friend support made a significant contribution to the prediction of loneliness scores (.000, $p < .001$). The mother conflict score still contributed significantly (.13, $p < .05$) to the prediction of loneliness scores after father conflict which did not make a significant contribution was entered into the equation. As before, the friend conflict measure continued to add to the prediction of loneliness scores (.04, $p < .01$).

In the second equation, when the SSQ Total scale was used as the dependent variable instead of the SSQ Number scale, none of the QRI motherscore made a significant contribution to the prediction of loneliness after the respective QRI father score was entered first into the equation. This result is not surprising in the light of the fact that in the first series of hierarchical multiple regression analyses, the SSQ Total scale was used to account for the associations between the QRI mother scores and the Loneliness Scale. Because reversing the order of entry for the QRI father scores did not affect the order of entry for the QRI friend scores, friend support and friend conflict continued to contribute to the prediction of loneliness scores (.15, $p < .01$) and the SSQ scores or to variance shared between these scales and the QRI Depth scales. In both equations, a variable coded for subject sex was entered first in the equation to control for sex differences. In one equation, SSQ number scores were entered at the second step in the other, SSQ total scores were entered in the second step. For both equations, the QRI mother and QRI father measures were entered after the QRI friend measures.

The results of the hierarchical multiple regression analyses strongly suggest that perceptions of available support from spe-
of relationships continue to add to the prediction of loneliness after accounting for the contribution made by general perceived available support. This finding was strengthened by its replication with two different measures of general perceptions of available support. In their relationship to the loneliness scale, the QRS scores appear to support more variance in construct with the SPS total scale than with the SQS Number scale. The contribution to the predicton of loneliness made by perceptions of conflict, not perceived supportive, from mothers appears to be independent of the contribution made by fathers when the SQS Number scale is used to evaluate the association between loneliness and general perceived available support. When SPS total scores are used to evaluate the relationship between loneliness and general perceived available support, neither perceptions of available support nor conflict from either mother or from father significantly contribute to the prediction of loneliness. However, both ORI friend support and friend conflict make a significant contribution.

**Discussion**

This study provided strong support for two hypotheses derived from the perceived social support model proposed by Pierce et al. (1990): (a) perceptions of available support from specific relationships are distinct from general perceptions of available support and (b) these two aspects of perceptions of social support appear to have separate and distinct impact on personal adjustment. This conclusion rests on findings from two sources. First, correlations between each of the QRS support scales and the general perceived available support measures were only moderate, indicating that they do not reflect strongly related constructs. Second, results from multiple regression analyses showed that general perceptions of available support and perceptions of available support from specific relationships each made a significant, unique contribution to the prediction of personal adjustment. Results from these analyses also showed that several specific relationships each made a unique contribution to the estimation of loneliness, although multiple qualitative features, e.g., perceived available support and interpersonal conflict of each of these relationships.

**Perceived Social Support and Loneliness**

A major finding of the present study concerns the independent contributions made by each aspect of perceived available support to the prediction of a measure of loneliness. This finding was strengthened by the use of two different measures of general perceptions of available support. In each of two analyses, perceptions of available support from specific relationships independently predicted loneliness even after controlling for general perceptions of available support using either measure. This finding is particularly noteworthy given the high correlations between each of the measures of general perceived available support and the loneliness scale. In this sample, the correlation between the SQS and the loneliness scale was -0.77, which is a moderately strong scatter, typically observed in previous samples (see Pierce et al., 1998; B. R. Sarason et al., 1987). Among the QRS scales, friend support was the most consistent predictor of self-reported loneliness, a finding that parallel originates from Cutrona's (1982) longitudinal study of loneliness among college students.

One reason for some substantial associations may reside in the nature of the constructs being assessed. Several investigators have hypothesized that loneliness may reflect a personality characteristic (Prepola & Pertovaara, 1982; Staver, Turner, & Wohlrab, 1986, Ybarra, 1982). Recent research suggests that a coherent personality constellation that includes both feelings that one's social needs have gone unmet and lack of confidence in the availability of others to meet these needs in the future. Another explanation might be that the measures of general perceptions of available support and loneliness focus on global perceptions regarding the nature of one's social environment, whereas the ORI scale focuses instead on perceptions related to specific social ties. The typically smaller correlations between the OPI scales and the loneliness measure compared with the general perceived available support scales, therefore, may reflect differences in their emphasis on macro-versus micro-level perceptions of social relationships. Finally, these results may reflect the nature of the instructions given to subjects in completing the SPS. Subjects were asked to describe their relationships with others that were deemed to be important, but not necessarily present, to investigate the contribution of other qualitative features, e.g., interpersonal conflict of specific relationships. The contribution of the OPI scales may, therefore, have been greater had subjects been asked to complete OPIs only for relationships that were evaluated as presently supportive.

It is interesting to note that the relative contribution of the OPI scale to the prediction of loneliness is lower when the SPS total scale was used, in contrast with the SPS scale number was used. This may have occurred simply because there was less variance for the OPI scales to predict when the SPS total scores, compared with the SQS number scores, were used in the regression equation. This result may also reflect the greater similarity in the response format used by the OPI and SPS scales compared with the SQS. For the OPI and SPS scales, respondents rate the degree to which a specific person or interaction social network, respectively, is likely to provide a specific type of support. The only difference is in the specificity of the referent to which the judgments are made. In contrast, the SQS requires respondents to list individuals to whom they could turn for a specific type of support. Rather than beginning with a social referent and then making judgments about a specific type of support, as with the QRS and the SPS, subjects responding to the SQS items begin with a type of social support and then provide judgments concerning specific social referents.

Regardless of the reason for differences in the magnitude of the observed associations, the fact that the OPI scales contributed to predicting loneliness after paralyzing out variance associated with general perceptions of available support emphasizes the robust, independent link between relationship-based perceptions of available support and loneliness. These results suggest that previous studies establishing a link between general or relationship-based perceptions of available support and personal adjustment probably have underestimated the essential contribution of perceived available support by failing to
Consider simultaneously the contribution of both aspects of perceived available support.

General and Relationship-Based Perceptions of Support

Findings from the present study also emphasize that people's beliefs concerning the availability of support within specific relationships are distinct from their general perception of available support. For example, the two general perceived available support measures were only moderately related to the relationship-based measures of perceived available support. This direction of causality cannot be determined with the present cross-sectional data set. The associations probably reflect mutual, interactive effects and are consistent with several theoretical formulations emphasizing the role of working models in the development of current social ties (Bowby, 1980; Horney, 1950). However, this does not mean that relationships inevitably develop or fail to develop exactly as people's general working models might predict that they should. This point follows from the fact that one potential relationship participant's general working models are not the sole operative factor in the development and maintenance of his or her relationship with another person (Kenny, 1988; Park & Waters, 1988). Instead, the other person's working models also contribute to ongoing interactions. The relationship that unfolds is a product of both persons' working models and the fit that exists between their working models and their resulting social behavior. Given the multitudinous nature of dyadic relationships, it is not surprising, then, that perceptions of available support within specific relationships are distinct from general perceptions of available support.

These findings are consistent with the view that an individual's perceptions of support within a specific relationship reflect unique experiences with the other person that give rise to distinctive expectations regarding the likelihood of receiving support from that person (see also Gunton, 1989). Social interactions between the local person and the other person with whom the individual interacts lead to heterogeneous relationships that differ in their supportiveness. In the present study, results from multiple regression analyses indicated that these differences are accounted for by demonstrating that perceptions of support within each of several specific relationships independently contributed to the prediction of loneliness, even when either of two general perceived available support measures was considered first to control for the aspect of social support. Accumulating evidence buttresses the hypothesis that general perceptions of available support reflect a personality characteristic, or working model, which we call the sense of support (B. R. Sarason, Pierce, & Sarason, 1990). B. R. Sarason et al., 1991; I. G. Sarason, Sarason, & Pierce, 1990). The sense of support encompasses both the belief that one is loved, valued, and cared for, and that others would gladly do what they can to help regardless of personal circumstances (I. G. Sarason, Sarason, & Pierce, 1990). Findings from the present study linking retrospective accounts of early parental relationships to current working models concerning the nature of supportive relationships are consistent with Bowlby's (1980) hypothesis that people internalize relationships as children, experienced relationships with their parents that were caring, affectionate, and not overprotective developed working models of others as available to provide support. More studies, especially those using longitudinal designs, are needed to explore the developmental antecedents of working models related to social support.

Directions for Future Research

Results from this study point to several directions for research on social support. The present results establishing separate links between general and relationship-specific perceptions of available support to the one hand, and loneliness, on the other, provided a conservative test of our hypothesis concerning their independent contributions. Further research is needed to extend these results to other aspects of personal adjustment (e.g., depression and somatic symptomatology).

One practical implication of the present study concerns the need to operationalize perceptions of available support both as a general attribute and as a property of specific relationships. Although several reliable measures are available to assess general perceptions of available support (e.g., SSO and SPS), less effort has been directed toward developing psychometrically sound instruments to assess perceptions of available support from specific relationships. Results from the present study suggest that the QRI measures perceptions of available support, interpersonal conflict, and depth stemming from specific relationships. For many research purposes, the QRI may provide a convenient method for quantifying these properties of specific relationships. The results from multiple regression analyses suggesting that the QRI Depths scales did not account for additional variance in loneliness after the other QRI scales had been considered may indicate that this aspect of specific relationships may need further conceptual and theoretical development to establish its merit as a distinct feature of personal relationships.

The present findings also call attention to the need to consider both positive and negative aspects of personally supportive relationships. We found that interpersonal conflict was a frequently occurring feature of personally supportive relationships. This finding is consistent with other observations indicating that the nature of supportive relationships is distinct from positive features (Hirsch, 1979) and that interpersonal conflict may play an especially important role in personal adjustment (Hobfoll & London, 1986; Paged et al., 1987; Roole, 1984). These findings suggest that although two relationships may be equally supportive, they may differ substantially as sources of distress. A person may be confident that he or she could turn to either of two friends for support, but might feel ambivalent about asking one friend for support because of anticipated feelings of indebtedness or guilt, while feeling comfortably comfortable seeking support from the other friend. These results make clear that theories of social support must focus on relationships not only as sources of help and assistance but also on other important features of these relationships (e.g., interpersonal conflict that influence the impact of giving and getting support).

Theories of social support need to account both for the role of personality characteristics and personal relationships in perceptions of available support. We also hope to have shown more now about the link between personality characteristics and personal relationships and their impact on one another. Although a primary
aim of this study was to demonstrate that general and relationship-specific perceptions of available support are distinct, we feel it is important not to lose sight of the fact that they show moderate relations with one another and need to be considered as related aspects in a broader theory of social relationships. Further research is needed not only to explore the processes that shape the distinctiveness of specific interpersonal relationships, but also to investigate the mechanisms by which both aspects of perceived available support may influence each other.

Our findings also call attention to the need to explore the dimensions of perceived availability of support. Results from this study and others suggest that one important source of individual differences appears to be rooted in early social relationships, particularly with parents (Flaherty & Richman, 1986; B. R. Sarason et al., 1990; E. G. Sarason et al., 1986). Longitudinal studies are needed to clarify the nature of these associations and the mutual influences exerted by the child and his or her parents on the development of their relationships and the child's personality.

Perhaps the most important implication of the present study is that general perceptions of available support and relationship-based attributions concerning support may impact loneliness and, perhaps other facets of personal adjustment, through different pathways. Compensatory theories of social support are needed to specify causal pathways to account for these observed associations. In addition, experimental and observational studies are needed to clarify the nature of the causal effects and to determine the role of personality characteristics and specific relationships in promoting social support.

References


Call for Nominations for Psychology Public Policy, and Law

The Publications and Communications (P&C) Board has opened nominations for the editorship of Psychology, Public Policy, and Law. A new journal in development by APA, the journal will include articles that integrate and critically evaluate existing areas of research and original, large-scale empirical research with significant public policy and legal implications.

Candidates must be members of APA and should be available to start receiving manuscripts in the late summer of 1993. Please note that the P&C Board encourages self-nominations by members of underserved interest groups in the publication process and would particularly welcome such nominations. To nominate candidates, prepare a statement of one page or less in support of each candidate. Submissions should be sent to

Howard E. Ehrich
Department of Psychology
Johns Hopkins University
Charles & 14th Streets
Baltimore, Maryland 21218

Other members of the search committee are Shawn Diamond, J. Thomas Grissos, and Felice Levine. First review of nominations will be December 15, 1991.
Quality of Relationships (QRI)

Please use the scale below to describe your relationship with _______.

<table>
<thead>
<tr>
<th>Not at all</th>
<th>A little</th>
<th>Quite a bit</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
</tbody>
</table>

1. To what extent could you turn to this person for advice about problems?
2. How often do you need to work hard to avoid conflict with this person?
3. To what extent could you count on this person for help with a problem?
4. How upset does this person sometimes make you feel?
5. To what extent can you count on this person to give you honest feedback, even if you might not want to hear it?
6. How much does this person make you feel guilty?
7. How much do you have to "give in" in this relationship?
8. To what extent can you count on this person to help you if a family member very close to you died?
9. How much does this person want you to change?
10. How positive a role does this person play in your life?
11. How significant is this relationship in your life?
12. How close will your relationship be with this person in 10 years?
13. How much would you miss this person if the two of you could not see or talk with each other for a month?
14. How critical of you is this person?
15. If you wanted to go out and do something this evening, how confident are you that this person would be willing to do something with you?
16. How responsible do you feel for this person's well-being?
17. How much do you depend on this person?
18. To what extent can you count on this person to listen to you when you are very angry at someone else?
19. How much would you like this person to change?
20. How angry does this person make you feel?
21. How much do you argue with this person?
22. To what extent can you really count on this person to distract you from your worries when you feel under stress?
23. How often does this person make you feel angry?
24. How often do you try to control or influence your life?
25. How much more do you give than you get from this relationship?

QRI SCORING INSTRUCTIONS

Support Scale Items 1, 3, 5, 8, 15, 18, 22
Conflict Scale Items 2, 4, 6, 7, 9, 14, 19, 20, 21, 23, 24, 25
Depth Scale Items 10, 11, 12, 13, 16, 17

Scoring: Not at all = 1, A little = 2, Quite a bit = 3, Very much = 4

Sum scores for each scale separately and divide score total by the number of items in the scale.