

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/361664170>

# Communication and Emotion Regulation as Predictors of Relationship Satisfaction: A Comparative Analysis between Monogamous and Consensually Non-Monogamous Individuals

Thesis · September 2021

CITATIONS

0

READS

103

1 author:



[Annina Tonkov](#)

Medical School Berlin

1 PUBLICATION 0 CITATIONS

SEE PROFILE

**MSB Medical School Berlin**  
Hochschule für Gesundheit und Medizin

## MASTER'S THESIS

*Communication and Emotion Regulation as  
Predictors of Relationship Satisfaction:  
A Comparative Analysis between Monogamous  
and Consensually Non-Monogamous Individuals*

Name, Vorname:	Tonkov, Annina
Datum:	26.09.2021
Fakultät:	Naturwissenschaften
Studiengang:	Klinische Psychologie und Psychotherapie
Kurs:	WS-19-4
Modulnummer:	M16
Modulbezeichnung:	Masterarbeit mit Kolloquium
Erstgutachter:	Prof. Dr. Holger von der Lippe
Zweitgutachter:	Prof. Dr. Florian Klapproth

## **Abstract**

Much research has been done on explaining individual differences regarding relational satisfaction in traditional (i.e., monogamous) romantic relationships. While communication and emotion regulation in monogamous relationships have been previously confirmed to be important predictors of relationship satisfaction, no such study has been done on consensually non-monogamous (CNM) relationships. This study, of 261 Germany-based participants in at least one romantic relationship, aims to fill this gap. Overall  $N = 179$  monogamous participants and  $N = 82$  consensually non-monogamous (CNM) participants were asked to respond to an online survey regarding communication function, communication patterns, emotion regulation, and relationship satisfaction. The responses were analysed by means of t-tests and multiple regression. Significant results were found regarding higher destructive communication and aggressive externalisation scores in the monogamous sample compared to the CNM sample. Predictors of relationship satisfaction in the monogamous sample were partner communication function, emotional distraction, and expressive suppression, whereas predictors in the CNM sample were actor communication function, and mutual constructive communication. Therapeutic implications, limitations, and future directions are discussed.

## **Acknowledgements**

I would like to thank my main supervisor Prof. Dr. Holger von der Lippe to have agreed supervising and supporting me to write this thesis, even though the topic of consensual non-monogamy did not belong to his main research interests (yet!). By giving clear directions, being available with the right answers and making me believe I could finish this work without stress taking over my life, the process of this research project close to my heart was supported in the best way I could have imagined. Additionally, I would like to thank Prof. Dr. Florian Klapproth for agreeing on co-reviewing my thesis.

I also want to thank Gill Abarbanel for listening to me when I would be stuck in my head, inspiring me with thoughts, and above all proof-reading the whole thesis.

Further thanks go to Charlotte Weimann, Mascha Malburg, and Hilmi Al-Shakhshir for reviewing the whole survey in both German and English.

Finally, I am eternally grateful for Zara Vivianne-Witte and my family to provide me with a change of scenery and a comfortable space to write in and exchange thoughts.

# Table of Contents

<b>1</b>	<b>Introduction</b>	<b>1</b>
1.1	Overview	1
1.2.	Previous Research	2
1.2.1	Relationship Satisfaction	2
1.2.2	Communication in Romantic Relationships	3
1.2.3	Current State of Research on Relationship Satisfaction and Communication	6
1.2.4	Emotion Regulation	10
1.2.5	Current State of Research of Relationship Satisfaction and Emotion Regulation	11
1.2.6	Consensual Non-Monogamy	13
1.2.7	Current State of Research regarding Consensual Non-Monogamy in Combination with Communication and Emotion Regulation	15
1.3	Hypotheses	18
<b>2</b>	<b>Methods</b>	<b>20</b>
2.1	Sample	20
2.2	Instruments and Procedure	22
2.2.1	Communication	22
2.2.1.1	Communications Functions Questionnaire	22
2.2.1.2	Communication Patterns Questionnaire – Short Form	23
2.2.2	Emotion Regulation	24
2.2.3	The Relationship Assessment Scale	25
2.2.4	Confounding Variables	26
2.3	Analytical Procedure	28
<b>3</b>	<b>Results</b>	<b>30</b>
3.1	Descriptive Depiction of Results	30
3.1.1	Factor Analysis	31
3.1.2	Assumptions for Multiple Regression	31
3.2	Results	32
<b>4</b>	<b>Discussion</b>	<b>36</b>
4.1	Summary of Research and Results in Combination with Presented Literature	36
4.1.1	Relationship Satisfaction	37
4.1.2	Communication Functions	38
4.1.3	Communication Patterns	40
4.1.4	Emotion Regulation	41
4.1.5	Confounding Variables	44
4.1.6	Conclusion	45
4.2	Specific Limitations and Methodological Problems	47
4.3	Future Implications	50
	<b>References</b>	<b>52</b>
	<b>Appendices</b>	<b>65</b>
	Appendix 1: Predictor Correlations with Relationship Satisfaction	65
	Appendix 2: Multiple Regression Analysis without Confounders	66
	Appendix 3: Multiple Regression Analysis with Confounders	67

Appendix 4: Between Samples T-test for Affectively and Instrumental Oriented Actor and Partner  
Communication Skills ..... 68

Appendix 5: Multiple Regression Analysis with Communication Function Scores Split into Affectively and  
Instrumental Oriented Actor and Partner Communication Skills ..... 69

**Further Appendices** .....

Appendix 6: Einleitung Fragebogen (GER) .....

Appendix 7: Information zur Datenverarbeitung (GER) .....

Appendix 8: Fragebogen (GER) .....

Appendix 9: Introduction Questionnaire .....

Appendix 10: Information about Data Processing .....

Appendix 11: Questionnaire .....

# 1 Introduction

## 1.1 Overview

Relationship satisfaction is one of the most prevalent subjects of current psychological couples and relationship research. Relationship satisfaction – as assessed by several scales such as the Relationship Assessment Scale (RAS; Hendrick, 1998) and the Dyadic Adjustment Scale (Spanier, 1976) – developed to be the most common measure contributing to the improvement of therapeutic techniques (e.g., Wiebe et al., 2017). It typically aims at finding ideal solutions for both of the romantically involved individuals together and alone and thereby eventually increasing psychological well-being (see Demirtas & Tezer, 2012). However, corresponding research in the past decades has mostly focused on monogamous relationships (e.g., Andersen et al., 1995; Apt & Hurlbert, 1996; Carroll et al., 2013), reinforcing the marginalisation and stigmatisation of non-monogamous constellations.

Non-traditional familial and relationship configurations, while certainly not new, have recently seen a considerable increase in acceptance and visibility in the western world. In light of this development, the academic interest in emancipated non-monogamous relationship forms has been equally on the rise, as the increase in recent popular<sup>1</sup> and academic publications (e.g. Klesse, 2017) on non-monogamy suggests. Because a myriad of different models of non-monogamy have evolved (e.g. polyamory, open relationships, swingers), all based on mutual consent, the academic community has generated a collective term - “consensually non-monogamous” (CNM), also used throughout the present work.

The majority of individuals in Western societies have been raised in the context of quite a rigid and monolithic construct of love and romance (Zimmermann & Hofman, 2012). In order for a non-traditional relationship to function, constructs such as love and jealousy often need to be deconstructed. New definitions of sexual and romantic engagement need to be remoulded to accommodate the shifting needs, wishes, and norms. In addition, the

---

<sup>1</sup> Easton, D., & Hardy, J. W. (2009). *The ethical slut: A roadmap for relationship pioneers*.

Karig, F. (2018). *Wie wir lieben - Vom Ende der Monogamie*.

Veaux, F., & Rickert, E. (2014). *More than two: A practical guide to ethical polyamory*.

novelty of CNM requires a constant negotiation of interpersonal rules and limits, within and without the relationship, to ensure the protection of everybody's feelings involved. In other words, good communication seems to be inherent to functional CNM relationships, a view also to be reflected by public perception (Hutzler et al, 2016). In addition, CNM individuals often need to confront jealousy from a more realistic perspective, as their partner(s) actually engage romantically and/or sexually outside of the specific dyad. Regarding the management of these feelings, Mogilski et al. (2019) found higher cognitive, but lower emotional jealousy in CNM participants as compared to monogamous participants. This finding raises the question whether CNM individuals might be better at regulating not only jealousy, but negative emotions in general.

While the role of communication and emotion regulation in monogamous relationships has been studied before and has been shown to be important predictors of relationship satisfaction, no such study has thus far been conducted in the context of CNM relationships. Due to the nature of CNM relationships as stated above, this study deals with the role of communication behaviour and reported emotion regulation within CNM relationships as compared to that of monogamous relationships. The goal is to first ascertain which of the examined resources CNM and monogamous individuals possess, and second, which ones are helpful in order to navigate a satisfactory relationship. Therapeutic implications can be drawn from any pattern unique to either of the relationship models, which in turn may provide benefits concerning relationship satisfaction regardless of relationship type.

## **1.2. Previous Research**

### **1.2.1 Relationship Satisfaction**

Methodologically, relationship satisfaction is understood as an assessment metric comprising emotions, thoughts, and behaviour within a romantic relationship (Hendrick, 1988). By focusing on the subjective valuing of co-constructed relationship meanings, it allows for the study of both the subject inside of a relationship and the relationship itself through the prism of the subject (Hendrick et al., 1998). While early research refers to this construct mostly in association with marital relationships (e.g., Hendrick, 1988), societal



shifts permit considering unmarried partners to share a bond just as legitimate, at the very least (e.g., Demirtas & Tezer, 2012). This calls for an operationally equal inclusion of both marital and relationship satisfaction into a single measure for the purpose of this study.

The importance of this construct becomes clearer when considering its definition by Shackelford and Buss (1997). According to them, “marital satisfaction can be regarded as a psychological device that tracks the overall costs and benefits of a marriage [... while] marital dissatisfaction can serve the adaptive function of motivating the individual to attempt to change the existing relationship or seek another one that may be more propitious” (p. 10). In addition to behavioural implications, relationship satisfaction is to be taken as a predictor regarding overall human well-being (Demirtas & Tezer, 2012), while marital dysfunction can contribute to the development of physical and psychological health risks (Kiecolt-Glaser & Newton, 2001; Whisman, 2007).

### **1.2.2 Communication in Romantic Relationships**

Communication is a complex and constant process unfolding between living beings of all kinds. Although verbal communication is mostly reserved to human beings, Watzlawick and colleagues (1967) pointed out a myriad of communication tools beyond speech, as they stated the impossibility not to communicate. Due to this centrality of communication within every aspect of human life, a vast body of literature has developed which investigates the role of communication in a plethora of fields, such as corporate environments (e.g., Argenti, 1996), the health sector (e.g., Vermeir et al., 2015), and private relationships (e.g., Gottman, 1999), to name but a few.

According to Burleson’s typology (1992), communication can be grouped into message production skills, message reception skills, interaction skills, and social perception skills. As opposed to a dichotomy between only verbal and nonverbal communication, this typology considers the role of cognition and allows for communication problems to be located at either of these aspects. Message production entails the generation, articulation, and monitoring of message content (Kelly et al., 2003). For example, Yotovich and Rusbult (1994) noted that in response to a partner’s negative behaviour, partners often moderate their initially intended reactions, and settle for a more constructive response. This supports

the cognitive component human beings are capable to execute. Message reception refers to focusing attention on, comprehending, interpreting, and storing the messages of others (Burleson & Denton, 1997). Regarding this aspect of communication, attributions are a type of cognitive response to relational affairs that have been studied most extensively (Kelly et al., 2003). Interaction skills describe a “smooth and mutual transferral of information” (Burleson & Denton, 1997). Locked in a cycle of dysfunctional behaviour following one another, breaking out has been observed to be rather difficult (Gottman, 1994). This observation goes in line with two ideas of the Palo-Alto’s communication model: When communication occurs symmetrically, one negative interaction behaviour often provokes a similar reaction and so forth. Taking this further, a chain of negative responses might not only remain negative and dysfunctional but get aggravated through a positive feedback loop (Watzlawick et al., 1967) and may consequently result in the development of symptoms such as depression (e.g., Christensen & Shenk, 1991). Social perception in relationships means attention to or impressions of one’s partner. Research focused on this aspect of communication shows that both distressed and happy couples demonstrate significant differences in perceptions of their partner’s behaviour and marital happenings (Kelly et al., 2003). While partners in distressed relationships perceive each other’s actions more negatively than outside observers (Christensen et al., 1983), happy partners tend to see their respective counterparts even more positively than the partners see themselves (Murray et al., 1996). Future research might benefit from splitting these categories further into smaller subgroups, thus attaining better granularity. For instance, message production might be subdivided into the process employed (e.g., goal generation, prearticulatory editing) and the function of the message content (e.g., comforting, persuading, informing) (Burleson & Denton, 1997).

As a myriad of research about communication has been carried out throughout the years, a broad array of different foci has been established. With romantic relationships setting the framework for communication of the present work, two aspects constitute the main interest: 1) general communication patterns demonstrated within a romantic relationship and 2) communication patterns/skills employed during conflict with one’s partner.

Approaching conflict as an indicator of the functional level of a couple's communication is a widely used method and has thus been well researched (e.g., Christensen & Shenk, 1991), and researchers often distinguish between constructive and destructive management behaviours (Thomas, 1976). Elements of constructive conflict management behaviours can be self-soothing, clear sending, and empathy, whereas criticism, contempt, stonewalling, defensiveness, and flooding are considered to be destructive management behaviours (Busby et al., 2001). More specifically, conflict communication patterns have been grouped as demand/withdraw, mutual avoidance, and mutual constructive communication. Here, the demand/withdraw pattern can be understood as one partner demanding, criticising, and nagging while the other partner withdraws defensively or passively from the interaction (Christensen & Shenk, 1991).

Thus far, little research has been done on quotidian relational communication outside of conflict situations. While Navran (1967) examined communication in marriage by means of verbal and non-verbal items, Bienvenu (1970, 1971) has put effort into conceptualising interpersonal communication both within the marital context and outside of it. In his Marital Communication Inventory, good and poor communication is distinguished via the handling of anger and of differences, tone of voice, understanding, listening habits, and self-disclosure. As for the more broadly applicable Interpersonal Communication Inventory, the focus is on communication patterns, characteristics, and styles. Its categories are listening ability, empathy, understanding, handling of angry feelings, self-expression and conversational attributes.

Furthemore, Samter and Burleson (1990) have originally compiled an array of eight communication skills essential for the functioning of intimate relationships with two further skills added later on (see Jones, 2005). Communication skills are in this context defined as being capable of implementing communicative goals into action while taking into account social rules (Burleson & Denton, 1997). Two groups are distinguished: affectively oriented skills and instrumentally oriented skills. The first group refers to the regulation of emotions and includes "*comforting* (the ability to make others feel better when depressed, sad, or upset), *ego support* (the ability to make another feel good about him- or herself), *conflict management* (the ability to reach mutually satisfying solutions in

conflicts), *persuasion* (the ability to get people to modify their thoughts and behaviors)” (Samter & Burleson, 1990, p. 314). Later on, expressiveness skills (ability to share thoughts and emotions) and listening skills (ability to mindfully attend to others) (see Jones, 2005) were added. The second group refers to the regulation of behaviour and includes “*referential or informative skill* (the ability to convey information clearly and unambiguously), *regulative skill* (the ability to help someone who has violated a norm fix the mistake effectively), *narrative skill* (the ability to entertain through jokes, gossip, stories, etc.), and *conversational skill* (the ability to initiate, maintain, and terminate enjoyable casual conversations” (Samter & Burleson, 1990, p. 314).

Concerning the conceptualisation and operationalisation of communication, Burleson and Denton (1997) draw attention to the potential incongruence between motivation, skill, and behaviour, which consequently raises the need to distinguish between these. They give the example of distressed partners that have been found to possess adaptive communication skills but lack the motivation to employ the required effort for an appreciative interaction. In addition, the examined unit needs to be identified and differentiated. Whether the self, the partner, or a sum/average of both are being examined, might yield very different results, as perception is of a subjective nature. Burleson and Denton’s (1997) research, which demonstrates how the use of a couple as a basic unit of study might mask essential individual dissimilarities, further supports the advantage of employing individual-level methodologies in the study of relationships.

### **1.2.3 Current State of Research on Relationship Satisfaction and Communication**

Research on communication and its role in marital functioning dates back to the 70s at the latest (e.g., Kahn, 1970; Cunningham et al., 1982; Geiss & O’Leary, 1981; Hahlweg et al., 1984). In intimate, especially romantic relationships, communication skills and patterns were shown to be crucial for the quality and longevity of the established connection.

Kahn (1970) has early on focused on measuring the effects of non-verbal communication on marital satisfaction. By positioning conflict-prone subjects such as jealousy, money, sex, and home care in the purview of study, a predictive effect of conflict communication on the couples’ satisfaction based on the Marital Communication Scale could be found.

Another seminal finding regarding individual differences in relational satisfaction came from Gottman's research, who studied couples' interactions in 1994 by videotape. Based on his observations, four aspects detrimental to marriages were carved out and subsequently inverted into protective factors (Gottman, 1999).

According to the Gottman Method, the "four (apocalyptic) horsemen", which refer to destructive communicative behaviour regarding conflict, ought to be avoided in the pursuit of satisfactory relationships. These behaviours consist of criticism, contempt, defensiveness, and stonewalling. For more constructive communicative management of relational disputes, Gottman (1999) proposes to employ the corresponding "antidotes": 1) Instead of verbally attacking one's partner, the use of I-messages and the expression of own needs is encouraged; 2) A contemptuous attitude in a relationship might find relief through focusing on the other's positive qualities and embracing them; 3) It is advised to try to understand the partner's perspective and apologising responsibly for potential misdeeds in lieu of portraying oneself as the misunderstood victim; 4) Last but not least is the way one breaks away from active communication. Instead of avoiding conflict and thereby allowing distance between the partners to grow, Gottman (1994) suggests planning in time for self-soothing and regaining energy, before getting back to the discussed actions.

This evidence-based advice goes in line with Gottman's "5:1 theory", which emerged from research investigating relationship durability predicted by behaviour during conflict (Gottman & Gottman, 2015). The ratio refers to the balance of five positively coded to one negatively coded interactions predicting a rather long-lasting marriage, while a 0.8:1 ratio would predict a rather unstable marriage (Gottman & Levenson, 2002). In 1998, Gottman and colleagues found that the amount of positive affect during conflict did not only predict marital stability, but also marital happiness.

Later research started introducing self-report questionnaires assessing relationship satisfaction. Using this method, Meeks et al. (1998) also discovered several communication variables having an effect on relationship satisfaction. They measured perspective taking,

self-disclosure (strategies, cognizance), conflict tactics (integrative, distributive and avoidant) by self and one's partner, as well as relational competence (partner-perceived competence and effectiveness) as parts of the overall construct via self-report questionnaires. While integrative conflict tactics refer to the expression of thoughts and emotions without accusing one's partner, distributive conflict tactics include blaming and argumentative behaviour (Andersen et al., 1995). Based on the results of the final multiple regression, the variables *perceived partner perspective-taking* and one's own *distributive conflict tactics* were found to be significant predictors of relationship satisfaction, with the first correlating positively with relationship satisfaction and the latter negatively. These findings imply that certain communication skills and their perception might be valid anchors for increasing relationship satisfaction. In line with these results were also the findings of Carroll and colleagues (2013), who demonstrated that controlling for constructive and destructive communication patterns in the model decreased the correlation between work-family conflict and marital satisfaction. This implies the quality of relationship communication acts as a full mediator with constructive communication predicting marital satisfaction positively after having a work-family conflict and destructive communication accordingly predicting it negatively.

Eğeci & Gençöz (2006) also used self-report inventories in order to investigate the importance of communication skills for relationship satisfaction. After controlling for attachment style and problem-solving skills, the regression analysis revealed communication skills being significantly related to relationship satisfaction in students that have been or currently are involved in a romantic relationship. In line with these results, Litzinger & Gordon (2005) found independent predictive effects of communication and sexual satisfaction on relationship satisfaction. However, both predictors interacted with one another, resulting in a successful outcome regarding relationship satisfaction when either communication or sexual satisfaction were positive enough to compensate for their counterpart. Finally, Byers (2005) was also successful at finding a longitudinal predictive link between intimate communication and both marital and sexual communication.

Smith and colleagues (2008) were also successful in drawing a link between perceptions of conflict communication patterns and relationship satisfaction in cohabiting couples.

Specifically, the regression analysis yielded perceptions of avoidance and withholding being significant, negative predictors of relationship satisfaction.

Similarly, an investigation of the frequency of the previously introduced demand/withdraw-pattern in women and their male counterparts, respectively, showed a negative association with marital satisfaction (Christensen & Heavey, 1990). Furthermore, Roberts and Krokoff (1990) were able to draw a distinction between distressed and happy couples: In their study, male spouses' withdrawal could predict their female spouses' following hostility in distressed partners, while this was not the case for happy partners.

Connected to Burleson and Samter's (1990) role of emotional expressiveness, Brené Brown (2012) introduces her theory on emotional vulnerability in multiple areas such as leadership and education, and chiefly in the field of intimacy and connection. Based on her 12-years of interviews on vulnerability, she identified a vast number of individuals who are afraid of displaying emotional vulnerability for fear of possible negative consequences. By this, they mostly fail to recognise chances for the deepening of intimate connections which could enhance their relationship quality. In line with this, Cordova et al. (2005) found a predictive association between emotional skilfulness (ability to identify and communicate emotions) and self and partner marital satisfaction. Mirgain and Cordova (2007) were able to replicate this, drawing a link from emotion skills to intimacy, which in turn predicted marital satisfaction.

Taken together, a review from Kelly et al. (2003), focusing on multiple communication skill and pattern variables, concludes that spousal support, self-regulation, power distribution, acceptance, and connectedness contribute to explain the variance in marital satisfaction.<sup>2</sup>

Because the construct of communication is so broadly defined, research results are versatile and not all studies support the predictive effect of relational communication on relationship satisfaction. From a longitudinal point of view, Lavner et al. (2016) pointed out that although reliable communication-to-satisfaction and satisfaction-to-communication

---

<sup>2</sup> For reviews on the topic, see Boland & Follingstad (1987) and Kelly et al. (2003)

associations could be found, neither of these links were distinctly solid. Other factors such as demographic specifications, personality attributes, attachment style, relationship, couple's families, forgiveness and sacrifice, religion, emotional intelligence, personal health, and sexual relations might contribute more significantly to the variation in marital satisfaction (Tavakol et al., 2017). Burleson and Denton (1997) similarly argue that not the communication skills themselves, but rather other factors such as motivational or emotional difficulties, might determine the communication quality and in turn relationship satisfaction.

#### **1.2.4 Emotion Regulation**

In general, emotions have been defined as “responses to external or internal stimuli which are manifest at several levels” (Kappas, 1991). For the present research examining romantic relationships, the extended definition of emotions as an interpersonal phenomenon is of particular importance. It has been noted that emotions are crucial for social functioning on both small and large scales, such as reciprocity and contagion (e.g., Diamond & Aspinwall, 2003; Kappas, 1991; Keltner & Haidt, 2001), which led to the formulation of Butler's Temporal Interpersonal Emotion Systems (TIES; 2011). The TIES model refers in its essence to the idea that “the temporal flow of the subcomponents of emotion (experience, expressive behaviour, physiology, etc.) in one person is connected directly to a parallel stream of emotional components in another person or persons” (Butler, 2011, p. 367).

Previously, emotions have been thought of as an independent occurrence, which affect human beings outside of their conscious control (Solomon, 1976). However, research shows emotions unfolding in a process which offers the opportunity of deliberately intervening (Gross, 1998) and consequently allowing the improvement of both one's psychological well-being and of interpersonal relationships (Gross & John, 2003).

Emotion regulation is described as the alteration of developing emotions, the corresponding intrapsychic experience and (interpersonal) expression in their intensity, duration, or quality. This intervention process can be controlled and conscious or automatic and unconscious (Gross, 1998a).



In his process model of emotion, Gross (1998b) refers to five emotion regulation strategy families which are distinguished by their primary impact point in the emotion-generative process: situation selection (before the situation), situation modification (during the situation), attentional deployment (attention), cognitive change (appraisal) and response modulation (response).

Within this model, especially cognitive reappraisal (cognitive change), and expressive suppression (response modulation) have been studied in association with social consequences (Vater & Schröder–Abé, 2015). Cognitive reappraisal can be understood as attaching a differing meaning to an occurrence (Gross, 1998c) and happens early in the unfolding process of emotion. This implies that an intervention before the (often negative) emotion has fully developed (Gross, 1998b) and is therefore associated with rather positive social outcomes (Vater & Schröder–Abé, 2015). Expressive suppression refers to the inhibited expression of an emotion (Gross, 1998c) and happens only after the emotional response has developed. This kind of emotion intervention is associated with greater effort regarding the modulation of the emotional response (Gross, 1998c) and with rather negative social outcomes (Vater & Schröder–Abé, 2015), as the following section describes in more detail.

### **1.2.5 Current State of Research of Relationship Satisfaction and Emotion Regulation**

Gross and John (2003) have early contributed to the field of emotion regulation strategies and their corresponding effects in social relationships. Their study showed that individuals engaging in reappraisal of their emotions tend to experience and express more positive and less negative emotions in comparison to those who do less so. Consequently, “reappraisers” share their emotions more often and experience closer friendships and in which they tend to be liked more compared to people who reappraise less. Symmetrically, the authors report individuals intervening late in the regulative process only manage to suppress negative emotions instead of reappraising them. Following, “suppressers” tend to express less emotions of any valence in interpersonal relationships and engage in less close relationships.

Regarding romantic relationships, Bloch et al. (2014) carried out a 13-year-longitudinal study with middle-aged and older (40-50 and 60-70 y/o) long-term married couples, assessing the swiftness of downregulating negative emotion after negative events and its effect on marital satisfaction. Downregulation was hereby measured by means of emotional experience, behaviour, and physiological arousal. Results showed that wives' better downregulation regarding emotional experience and emotional behaviour was positively related to both wives' and husbands' concurrent marital satisfaction and the wives' long-term marital satisfaction, whereas the husbands' measurements had no significant effect on the dependent variable. Concerning the portrayed gender-difference, the authors discuss a possible socialisation process, with women's learnt interpersonal orientation (and the public perception thereof) leading to orchestrated emotional concerns in marriage.

Another study (Vater & Schröder–Abé, 2015) assessed spontaneous emotion regulation techniques in couples after engaging in a 10-minute discussion about a high conflict topic. Interestingly, they found predictive effects of emotion regulation strategies on interpersonal behaviour (communication), which in turn influenced the couple's relationship satisfaction. Specifically, results yielded a negative correlation between suppression and aggressive externalisation with positive interpersonal behaviour during a conflict discussion along with a positive correlation between perspective taking and positive interpersonal behaviour on the actor's side, followed by post-interactive relationship satisfaction on the actor's and partner's part. Previous work also succeeded in showing direct predictive effects of emotional suppression on relationship dissatisfaction (Impett et al. 2012). Hence, emotion regulation strategies threatening relationship quality can carry important therapeutic implications concerning couples seeking clinical help.

Within this context, Rick et al. (2017) investigated relationship satisfaction in association with emotion regulation strategies in couples seeking family therapy. Self-report questionnaires demonstrated that one's own perceived access to emotion regulation strategies is positively predictive of relationship satisfaction in both genders. Surprising to the authors, women's acceptance and men's awareness of emotions was negatively related to relationship satisfaction. Importantly, this effect needs to be considered in light of the

sample being clinical and the questionnaire focusing on negative emotions. Furthermore, as also discovered and discussed in Bloch et al. (2014), partner effects of impulse control were only evident in women, with higher control having a positive influence on their partner's relationship satisfaction.

### **1.2.6 Consensual Non-Monogamy**

Non-monogamy is used as an umbrella term to delineate alternative ways of living and designing love, sexuality, and family. Non-monogamous mating systems are widely present in mammals (Clutton-Brock, 1989) and are assumed to have been present in the hominin line (i.e., the phylogenetic group consisting of all modern humans, extinct human species, and our immediate ancestors) until the social evolution of monogamy (Schacht & Kramer, 2019). Ever since, many forms of non-monogamy have continued to exist in human cultures for most of human beings' existence, with polygyny (one male having multiple wives) being much more common across cultures than polyandry (one female having multiple husbands) (Thobejane & Flora, 2014).

The 1960s and 70s gave rise to popular and academic interest in consensual non-monogamous (CNM) constellations such as open relationships, polyamory, and swinging, which allowed for an existence beyond both monogamous and polygamous (polygynous and/or polyandrous) marriage (Finn et al., 2012). Efforts to challenge patriarchal and possessive structures dictating the most intimate dynamics came from queer, feminist, anarchist, and post-structuralist representatives (see Barker & Langdrige, 2010a). While favourable depictions of the matter from the social sciences emerged during that time (Finn et al., 2012), sex and relationship therapists were back then still pursuing a rather conservative view (Knapp, 1975). It was only the new millennium which was accompanied by a zeitgeist that involved acceptance and tolerance of non-heteronormative ways of loving along with the attempt to stop pathologizing them (Barker & Langdrige, 2010b; Finn et al., 2012). This is also visible in the scientific discourse: As a scientific term, consensual non-monogamy first emerged in the database Google Scholar in 2012 and was followed by 831 results as compared to 23 results in the ten years before. The term *consensual* attempts to shed light on the nature of this usually mutually chosen lifestyle and refers to honesty, transparency, and deliberate choice. Furthermore, it is distinguished from

infidelity, meaning extrarelational sexual and/or romantic endeavours that have not been negotiated with one's partner (Sheff, 2020).

As previously stated, the three most commonly recognised forms of consensual non-monogamy are polyamory, open relationships, and swinging. Polyamory usually refers to a sexually and/or romantically non-exclusive lifestyle, though it does not require both aspects to be present in every relationship (Moors et al., 2017). Out of the multitude of constellations which exist, we will here shed light on the most common ones. Among polyamorous people, some find it useful to label their partners according to their romantic and/or time investment as primary, secondary, and so on, while others reject the idea of applying a hierarchical system to their lovers. This can apply in a configuration of multiple partners being equally involved with each other or in a "V-shape", meaning one person being involved with two others, which are not likewise connected. Such arrangements can or cannot include polyfidelity, a scheme according to which a minimum of three mutually approved individuals opt for exclusivity with each other (Labriola, 2003, as cited by Barker & Langdridge, 2010a).

According to its use in research, open relationships can be understood as an umbrella term synonymous with CNM relationships (e.g., Kurdek & Schmitt, 1986). However, as other relationship models are defined in more detail, open relationships often refer to a framework which allows for outside independent sexual, but not romantic relations (Moors et al., 2017).

Swinging describes a recreational couple activity involving either swapping partners with one or several other couples or engaging in group sex (Buuk & van Driel, 1989; Jenks, 1885). While long-term friendships between swinging couples are not unusual, romantic attachments beyond the sexual focus are rather seldom (Kimberly & Hans, 2015).

Even though plenty of individuals might identify with the aforementioned CNM categories, research employing these should consider others being in the process of transitioning between models or constantly moving between them, designing and adapting corresponding rules to their current situation and needs (Domínguez et al., 2017).

Underlining this conceptualisation of relationship constructs, McDonald (2010) argues that “monogamy and non-monogamy feed off each other and are inextricably linked [...] the act of non-monogamy is designed to stimulate (among other emotional bonding factors) additional sexual activity, enhancing a bond with the primary partner, resulting in a more emotionally monogamous partnership” (p. 72). However, as the employment of clear-cut categories is frequently encountered for practical reasons, the following review will look at studies employing both general CNM and the different subcategories.

### **1.2.7 Current State of Research regarding Consensual Non-Monogamy in Combination with Communication and Emotion Regulation**

While the literature, as presented, already provides a mostly coherent body of evidence concerning communication and emotion regulation influencing relational satisfaction in traditional (i.e., monogamous) romantic relationships, the state of research within the context of non-traditional relationships is, to date, still scarce.

Next to studies focusing on the rather “spicy” aspects of CNM, such as jealousy (e.g., Mogilski et al., 2019) and sexual satisfaction (e.g., Muise et al., 2019), a small but established body of research regarding the present variables of interest does exist.

To begin with, attempting to fight the negative stigma against CNM relationships, contemporary research found no significant differences between relationship satisfaction in CNM and monogamous couples (Garner et al., 2019). Equally seeking to confront the public stigma, Hutzler and colleagues (2016) found a multitude of negative qualities that are attributed to the CNM lifestyle by the outside public. However, the results yielded polyamorous individuals to be perceived as possessing higher in communication skills as compared to monogamous individuals.

Looking further into the aspect of communication, consensus is established to be one of the most determining qualities of consensual non-monogamies. Previous research has specifically investigated the communication of agreements in non-monogamous couples (e.g., Martin, 2017). As the monogamous relationship model, also called compulsory monogamy (Emens, 2004; Heckert, 2010) has its ideals and features mostly mandated by

society (e.g., one single person supposed to fulfil all needs of another, jealousy being a proof of real love, Emens, 2004; Garcia, 2012), it leaves little space for the negotiation of idiosyncratic rules and awareness regarding one's wishes, needs and limits within the relationship rather untrained (Heckert, 2010). Based on accounts of "self-help" authors, organisations, websites, and support groups, Conley and Moors (2014) noted that one of the most distinguished features of polyamory is the exceptionally high degree of communication required. Within this context, they compare strategies recommended by polyamory-supporting authors such as Easton and Hardy (2009) to general relationship counselling programs such as the Prevention and Relationship Enhancement Program (PREP; Markman, Stanley, & Blumberg, 1994) and Compassionate and Accepting Relationship through Empathy (CARE; Rogge, Cobb, Johnson, Lawrence, & Bradbury, 2002). While these programs focus on functional strategies of joint conflict management, the "relationship excitement" intervention (Coulter & Malouff, 2013) features the idea of incorporating excitement into a relationship. While not directly inspired by CNM relationships, it does parallel a common feature of polyamorous relationships (Anapol, 2010), where, for example, the fantasy or introduction of new partners to an existing relationship usually entails a great level of thrill. Taking the prior information into account, Conley and Moors (2014) suggest an adaptation of beneficial polyamorous tenets for an "oxygenation" of monogamous relationships.

As an example of communication in romantic relationships, Martin (2017) found relationship agreements and patterns of communication about them corresponded to relationship type in a sample with both monogamous and CNM participants. Specifically, in comparison to monogamous individuals, CNM individuals reported explicitly communicating about agreements more frequently, and to a smaller extent also implicitly. Furthermore, 71% of CNM individuals agreed with the following statement: *'being allowed to have sex and romantic relationships with whomever you want, but there must be no secrets between you'*. Martin's (2017) results confirm previous accounts on the functioning of CNM, which indicate high degrees of communication and 'total honesty', when compared to the monogamous framework (McDonald, 2010; Conley et al., 2012; Wosick-Correa, 2010; Klesse, 2006; Klesse, 2014; Matstick et al., 2013). Based on this observation, Wosick-Correa (2010) introduces the concept of 'agentic fidelity', which indicates an

understanding of faithfulness as grounded in total honesty and transparency between partners instead of in the confinement of sexual and romantic connections within the dyad.

Taking this further, Martin (2017) argues that communication in CNM relationships might contribute to higher intimacy and relationship closeness. As multiple studies show, higher degrees of closeness in romantic relationships were found to be predictive of relationship satisfaction (e.g., Tolstedt & Stokes, 1983; Schreurs & Buunk, 1996; Greeff & Malherbe, 2001; Mirgain & Cordova, 2007). Hence, the aforementioned findings could imply higher relationship satisfaction in CNM individuals, given a more transparent communication, which in turn creates more relational intimacy.

These findings can be related to a literature review from Moors and colleagues (2017), who investigated benefits both unique to CNM and shared between CNM and monogamous relationships. While communication (meaningfulness) itself was perceived to benefit equally from either relationship model, an advantage unique to CNM relationships appeared to be individual growth and development. Accordingly, Peabody (1982) defined privacy, honest communication, equality of power, trust, and separate identities as the basic components of CNM relationships which foster personal and interpersonal growth in a way barely achievable within monogamous relationships. Similarly, Finn (2012) introduced the 'transformative possibility' as a facet of CNM relationships.

Having carried out semi-structured interviews, Kimberly and Hans (2017) also confirmed the essential importance of explicit and implicit communication for marital and sexual satisfaction in swinging couples. Interestingly, interviewees reported open sexual communication also influencing more honest conversation about other aspects of their marital life and a felt overall increase in empathy.

While there seems to be plenty of academic interest in the role of communication in CNM relationships and individuals, results on emotion regulation are, to date, rather scarce. However, the management of jealousy might be a challenging task, which every CNM individual is, to a degree, faced with. Regarding that, Mogilski and colleagues (2019) showed that CNM members demonstrated less emotional jealousy, but more cognitive

jealousy in regard to both primary and secondary partners compared with monogamous members. As cognitive jealousy is measured by the frequency of processing and appraising one's partner's actions, the authors argue that the higher degree of cognitive jealousy might result from CNM individuals' rationalisation of jealous feelings, decreasing the prevalence of emotional jealousy. These notions are supported by Maldonado and colleagues (2015), who examined college students' reported jealousy after being exposed to a jealousy-evoking situation. Students who were instructed to reappraise the situation less negatively behaved verbally less aggressively with regard to their partner compared to those who were instructed to suppress their emotions or received no instructions. Taken together, these results might suggest that CNM individuals have, in addition to frequent communication about agreements and transparency, well-trained emotion regulation skills, at least in association with jealousy. However, it should be noted that some CNM individuals may have low jealousy levels to begin with, partly as a function of putting effort towards deconstructing patriarchy- and monogamy-related terms such as jealousy (Jackson & Scott, 2004), and adapted different ones instead (e.g., compersion, Ritchie & Barker, 2006). The term compersion is often understood as a joyful or pleasurable feeling in regard to the extradyadic sexual and/or emotional involvement of a partner and is therefore also discussed to be the opposite reaction of jealousy (Mogilski et al., 2019).

### **1.3 Hypotheses**

As the predictive relationship between communication and emotion regulation regarding relationship satisfaction in monogamous couples has been extensively featured in literature, this work seeks to determine whether monogamous and CNM individuals differ in their overall and conflict-related communication and emotion regulation behaviour concerning the examined relationship and whether these potential differences consequently reflect on their relationship satisfaction.

Based on the reviewed literature, the following hypotheses were drawn:

- H1. CNM individuals were expected to report a relationship satisfaction at least equal to monogamous individuals, attempting to replicate the results of Garner et al. (2019).



H2. Due to an enormous groundwork addressing communication to be inherently associated with CNM, we hypothesised that CNM individuals would report higher communication function levels (of both (a) actor and (b) partner) compared to monogamous individuals.

H3. Equally in line with that research, higher scores of (a) mutual constructive communication and lower scores of (b) mutual destructive communication and (c) demand/withdraw interactions were expected.

H4. Because the existing research on emotion regulation in CNM individuals is very scarce and rather specific, we hypothesised CNM individuals to report adaptive emotion regulation skills (i.e., (a) reappraisal and (b) perspective taking) at least equal to monogamous individuals and maladaptive emotion regulation skills (i.e., (c) expressive suppression and (d) aggressive externalisation) less than or equal to monogamous individuals.

H5. We predicted that communication functions scores (of both (a) actor and (b) partner) would influence relationship satisfaction positively in both the monogamous and the CNM sample.

H6. We hypothesised mutual constructive communication to predict relationship satisfaction positively and mutual destructive and demand/withdraw-patterns to predict relationship satisfaction negatively in both samples<sup>3</sup>.

H7. The above-mentioned adaptive emotion regulation scores (i.e., reappraisal and perspective taking) were expected to predict relationship satisfaction positively compared to a negative prediction of maladaptive strategies (i.e., expressive suppression and aggressive externalisation) in both the monogamous and the CNM sample.

H8. We hypothesised that hypotheses 5, 6, and 7 would still hold true after including the potential confounders in the model - general life satisfaction, social relationship acceptance, attachment style, and the impact of corona on relationship satisfaction.

---

<sup>3</sup> Due to a broad range of sexual orientations and a lacking indication regarding the gender of participants' concerned partner, we were not in the position to replicate gender-related demand/withdraw positions as in Heavey et al. (1993).

## 2 Methods

### 2.1 Sample

Both monogamous and non-monogamous participants were recruited through the university-owned SONA system and posts on social media platforms including Instagram and Facebook. In order to allow for adequate representation of CNM participants, additional targeted posts on Twitter and a Facebook group for polyamorous individuals were published. The survey was advertised under the slogan “What makes us happy in romantic relationships?” and requirements entailed participants to be at least 18 years old, living in Germany, and to be involved in at least one romantic relationship for at least six months. Furthermore, they were informed that the average time to complete the survey would take roughly 15-20 minutes, should be completed without their partner’s consultation, and data collection happens anonymously and cannot be traced back to the individual. Finally, participants were provided with specific information relevant to the relationship model they identified with (see Appendix 6 in German and 9 in English). For CNM participants, this entailed the instruction to refer to only one partner of their choice throughout the entire survey, so as to insure comparability with monogamous relationships. Before starting the survey, participants gave their informed consent about proceeding and were furthermore notified that they could leave the questionnaire at any time.

The overall sample yielded a completion quota of 61.27%, with a total of  $N = 261$  participants having completed the survey and  $N = 166$  participants having dropped-out by not completing the survey. Out of these, 253 (98.1%) participants completed the survey in German, while only 5 (1.9%) did so in English. 179 (68.6%) participants reported being in a monogamous relationship whereas 82 (31.4%) said to be in a consensually non-monogamous one. Of the CNM participants, 4 (1.5%) reported to be swingers, 32 (12.3%) said they were in an open relationship, 37 (14.2%) indicated polyamory to be their chosen relationship model, and 9 (3.4%) opted for “other” as relationship type. Corresponding entries often mentioned relationship anarchy, monogamy and polyamory in combination (see polyfidelity in section 1.2.6), switching between monogamous and polyamorous, and solo-polyamory (i.e., pursuing a non-monogamous lifestyle while preferring not depending

on a primary partner (Cohen & Wilson, 2016)). Participants' age ranged from 18 to 72, with a median of  $\bar{x} = 25$ . Gender frequencies reflected female with 200 (76.6%) participants, male with 46 (17.6%) participants, other with 12 (4.6%), and no indication with 3 (1.1%) participants. Sexual orientation was distributed as follows: 165 (63.2%) participants reported to be heterosexual, 7 (2.7%) lesbian, 3 (1.1%) gay, 49 (18.8%) bisexual, 23 (8.8%) pansexual, 3 (1.1%) asexual, 10 (3.8%) "other", and 1 (0.4%) did not want to indicate. Answers referring to "other" often featured being heteroflexible, polysexual, queer, without identification, or combinations differentiating between sexual and romantic orientation. While 229 (87%) individuals reported being currently involved in one romantic relationship (including sexuality, but not necessarily), 24 (9.2%) in two, 4 (1.5%) in three, and 1 (0.4%) in fourteen relationships. 3 (1.1%) participants indicated not being involved in any romantic relationship at the moment and were therefore excluded from the analysis. In regard to primary sexual relationships, participants were asked how many steady relationships they were currently involved in. Each relationship already mentioned in the romantic category was not supposed to be mentioned again. 214 (82%) individuals reported being engaged in zero primarily sexual relationships, 31 (11.9%) in one, 8 (3.1%) in two, 5 (1.9%) in three, 1 (0.4%) in four, and 2 (0.8%) in five primarily sexual relationships. Relationship length ranged from 8 months to 34 years and 4 months. Reported household constellations were 64 (24.5%) participants living alone, 119 (45.6%) with a partner, 10 (3.8%) with partner/s and an/other individual/s, 47 (17.6%) with an/other individual/s and 22 (8.4%) "other". By choosing "other", participants mostly specified already given constellations by mentioning parents and/or siblings or children (and a partner). Regarding how many children participants were (also) responsible for, 211 (80.8%) participants indicated zero, 29 (11.1%) one, 13 (5%) two, and 8 (3.1%) three or more. Finally, 42 (16.1%) participants said their relationship was legally recognised, either by marriage or civil union, leaving 219 (83.9%) individuals to indicate this was not the case for them.

Not unexpectedly, most of the demographic variables were dominated by individuals adhering to a hetero- and mononormative standards, thereby approaching an adequate representation of Western society. However, as both the sample sizes were above the minimum threshold of 25 (see Jenkins & Quintana-Ascencio, 2020), statistical analyses including a comparison between monogamous and CNM individuals could be carried out

without obstacles. This applied likewise to the generalisation of results regarding adults living in Germany and being involved in at least one romantic relationship lasting for a minimum of half a year. However, more caution needed to be exercised when examining results of the CNM sample. A considerably smaller sample size and a make-up consisting of three much smaller subsamples could be less powerful in making valid conclusions.

## **2.2 Instruments and Procedure**

While dyadic communication with experimental conditions is often investigated by means of video recording with instructions from the experimenter for the content to be discussed by the participants (e.g., Gottman, 1994, Heavey et al., 1993), the present correlational research made use of online questionnaires filled out independently by individuals currently involved in romantic relationships. Four previously validated questionnaires and various confounding variables were used to compile the questionnaire used, which was subsequently launched via the survey-platform Unipark.

### **2.2.1 Communication**

Communication in romantic relationships was measured via reported general affective and instrumental communication skills (Communication Functions Questionnaire, CFQ; Samter and Burleson, 1990) and communication skills applied during conflict (Communication Patterns Questionnaire – Short Form, CPQ-SF; Heavey et al., 1993).

#### **2.2.1.1 Communications Functions Questionnaire**

Participants' general affective and instrumental communication skills were measured using an adapted version of Samter and Burleson's (1990) Communication Functions Questionnaire. Originally employing a set of 31 items, a total of 8 skills were described, divided into two categories:

- Affective skill orientation:
  - Ego support
  - Regulative skill
  - Conflict management
  - Comforting

- Instrumental skill orientation
  - Referential ability
  - Conversational skill
  - Narrative ability
  - Persuasive skill

In subsequent analyses one item has been removed and two further affectively oriented skills (*listening ability* and *expressiveness*) have been added, yielding a total of 30 items testing 10 skills (Bodie, 2017; Burleson, Kunkel, Samter, and Werking, 1996; Jones, 2005). The questionnaire was originally developed in order to measure how important the skills were for individuals, as associations between importance ratings of communication skills and positive experience in social relationships (e.g., social sympathy and acceptance, less loneliness and relationship satisfaction) were demonstrated (Samter and Burleson, 1990; Samter, 1992; Burleson et al., 1992; Burleson et al., 1994). Sample items are: “*Comforts me when I am feeling sad or depressed*” or “*Explains things clearly.*” Accordingly, answer options ranged from 1 = *somewhat important* to 5 = *extremely important*. Internal reliabilities regarding the subscales are reported to be generally higher than .75 and often higher than .80 (Bodie, 2017). After yielding the previously mentioned two factors, Burleson and Samter (1990) reported a Cronbach’s alpha of .83 for the affectively oriented factor, and one of .74 for the instrumental (originally: *nonaffectively*) oriented factor.

The present work employed the same items, but instead of a contextless personal valuation of one’s skills, we asked: “*How often did you, in regard to your partner, show the following skills over the past 6 months in your relationship?*”. In addition, all the items were repeated under the context of: “*How often did your partner show the following skills over the past 6 months in your relationship?*”. This way, both actor and partner effects could be examined. Participants were given the choice to answer on a 5-point Likert scale from 1 = *never* to 5 = *always*. For the main analysis, both the affectively and the instrumental oriented skills were summed into overall communication functions scores.

#### **2.2.1.2 Communication Patterns Questionnaire – Short Form**

Communication patterns during conflict situations were measured using the Communication Patterns Questionnaire – Short Form (CPQ-SF, Heavey et al., 1993), an

adapted short version of the Communication Patterns Questionnaire (Christensen, 1987, 1988; Christensen & Sullaway, 1984). As this questionnaire is usually administered in experimental sessions after couples are asked to re-engage in a previously conflictual discussion, they are consequently asked how likely it is for them to engage in the presented communication behaviours (11 items) when the discussed problem arises or is discussed (1 = *very unlikely* until 9 = *very likely*). With relation to the actual problematic situation as it arises, response options refer to either mutual avoidance, mutual discussion, or opposing patterns, with respectively one partner demonstrating avoidance and the other initiating discussion. As for during the conflict itself, offers answer options including mutual expression, mutual blame, and mutual negotiation. Contrary behaviours entail demand/withdraw (Christensen & Shenk, 1991) and criticize/defend patterns. Reliability and validity of the CPQ-SF was shown previously (Christensen, 1987, 1988; Christensen & Heavey, 1990). Based on averages of both spouses' reports, Cronbach's alpha for the subscales positive communication, husband-demand/wife-withdraw and wife-demand/husband-withdraw yielded .87, .66, and .71, respectively. Hence, internal consistency on all subscales present to a moderate to relatively great extent.

Since the present version was merely based on self-report, participants were asked how they and their partner normally deal with problems in their relationship, specifically in the past six months. Answers were clustered into "*when an issue or problem arises*" and "*during a discussion of an issue or problem*". A 5-point Likert scale ranged accordingly from 1 = *never* till 5 = *always*. The scale was adapted in an attempt to create the main questionnaires as comparable as possible, and no loss of information was anticipated.

### **2.2.2 Emotion Regulation**

As usual for the administration of the Communication Patterns Questionnaire, the "spontaneous emotion regulation questionnaire" was equally developed in order to be administered after a laboratory-solicited conflict session (Vater & Schröder-Abé, 2015). The four subscales are cognitive reappraisal (two items), perspective taking (two items), expressive suppression (four items), and aggressive externalisation (four items) totalling 12 items. Example items from each subscale, respectively, are: "*I tried to experience less negative emotions by changing the way I was thinking.*", "*I tried to control*

*my emotions by not expressing them.*“, “I tried to understand what my partner might be thinking”, and “*I blamed my partner for my emotions.*“ With the instruction “*How did you cope with your emotions during the situation?*“, answer ratings originally ranged from 1 = *not at all* to 5 = *totally* on a Likert scale. Based on the groundwork featuring the respective trait measures (Benecke et al., 2008; Gross & John, 2003), the employed items measuring spontaneous emotion regulation were previously checked in a pilot study (Haase, 2009). Internal consistencies yielded good results for the subscales with .86 for cognitive reappraisal, .77 for expressive suppression, .84 for perspective taking, and .84 for aggressive externalisation.

As previously discussed, the current study operated with online questionnaires only. This required adjusting the instruction asking for an indication to what extent a participant used the following emotion regulation strategies during conflict discussions in their relationship over the past 6 months (instead of referring to a recent, specific situation). The Likert scale was accordingly adjusted to 1 = *never* to 5 = *always*. For the purpose of our later discussion, reappraisal and perspective taking were grouped as functional, as both could previously demonstrate positive effects on relationship satisfaction. With opposing effects, expressive suppression and aggressive externalisation were classified as dysfunctional (see Vater & Schröder–Abé, 2015; Gross & John, 2003).

### **2.2.3 The Relationship Assessment Scale**

Relationship Satisfaction was measured by means of the Relationship Assessment Scale (RAS; Hendrick, 1988). The generic measure contains 7 items such as: “In general, how satisfied are you with your relationship?”. When originally tested with individuals involved in romantic relationships at the time, participants could indicate their satisfaction level on a Likert scale from 1 = *low satisfaction* to 5 = *high satisfaction*. A corresponding unifactorial internal consistency of .86 was reported. Hendrick (1988) concluded for the scale to be a shorter, but generic measure of relationship satisfaction, as compared to the longer Dyadic Adjustment Scale (Spanier, 1976), with which it correlated .80.

Because we considered the original Likert scale descriptions to not adequately correspond to the posed questions, a scale described with 1= -- to 5 = ++ seemed to be clearer and was therefore adjusted for the current study.

English items were mostly adopted from the original version of the measures. Translation to German was carried out by the native speaking author and reviewed by three further native speakers including her supervisor. Only the Vater & Schröder-Abé questionnaire (2015) has been already translated by the authors themselves. Changes in German involved adopting gender-neutral language by employing the gender-star (\*). Importantly, the four main questionnaires, as well as their items were administered at random in order to counteract cognitive bias effects such as fatigue.

#### **2.2.4 Confounding Variables**

To control for variance resulting from factors beyond the set focus, an array of confounding variables was added to the beginning of the administered questionnaire.

First, we controlled for *general life satisfaction*, as relationship satisfaction has been shown to influence life satisfaction significantly (Apt & Hurlbert, 1996; Demirtas & Tezer, 2012). Likewise, both psychological distress and positive life events affecting general life satisfaction, have the tendency to impact different life areas (Kumar, 2016; Zautra & Reich, 1981) such as relationship satisfaction (e.g., Randall & Bodenmann, 2017). To measure general life satisfaction, we used the single item scale according to Beierlein et al. (2014) asking: “*The next question is about your general satisfaction with life: All things considered, how satisfied are you with your life these days?*”. Participants could choose on a 10-point Likert scale from “*not at all satisfied*” till “*completely satisfied*”.

Second, CNM relationships face a social stigma (Hutzler et al., 2016), which might, when demonstrated by the closer social environment, have a negative impact on relationship satisfaction (Sommanico et al., 2020). This is why we controlled for *social relationship acceptance* by asking “*Is/Are your current relationship/s accepted by your social environment (family, friends, colleagues etc.)?*” Answer options included “*Yes, is accepted.*”, “*Partially accepted.*”, “*No, is not accepted.*”, and “*Unknown*”.



Furthermore, positive associations between attachment style and relationship satisfaction have been found (Hirschberger et al., 2009; Chung, 2014). Attachment styles refer to an individual's expectations, needs, and behaviours regarding availability and responsiveness from an intimately connected person. When emotional and behavioural reactions are demonstrated in response to stressful events, comfort and security are usually sought for, based on how attachment was manifested early on (Feeney, 1999). Dating back to early experiences with primary caretakers, which first transform into cognitive representations, they subsequently develop into internal working models of the self and attachment representatives (Bowlby, 1977), which then persist to a great extent into adulthood (Marchand, 2004). We distinguish between four adult attachment styles, which are rarely mutually exclusive (Davila & Bradbury, 2001): secure, preoccupied/anxious, ambivalent-avoidant, and fearful-avoidant. While securely attached people experience both low anxiety and attachment avoidance, preoccupied-anxious people struggle with high anxiety and low attachment avoidance. Low anxiety and high attachment avoidance characterise the ambivalent-avoidant attachment style, leaving the fearful-avoidant style to be defined by high anxiety and high attachment avoidance (Mikulincer & Shaver, 2007).

Individuals with a secure attachment style have learned to confidently depend on others and are certain of the love and support they receive (Collins, 1996). Furthermore, they tend to have higher self-efficacy, sense of control, and optimistic attitudes when compared to individuals with other attachment styles (e.g., Bartholomew & Horowitz, 1991; Collins & Read, 1990; Shaver & Hazan, 1993). Hence, it can be expected that both partners displaying greater communication skills (Pearce, 2005), cohesion, as well as a stronger degree of adaptability (flexibility) (Finzi-Dottan et al., 2003), will result in higher overall marital satisfaction (Hollist & Miller, 2005).

According to Bowlby's early findings, once a child has established a safe relationship with their primary caretakers, they are set to explore a world beyond it (Bowlby, 1977). Paralleling that, one can assume that people in CNM relationships require a relatively high level of attachment security in order to feel fit exploring one's own and a partner's sexual and/or romantic connections outside of an existing relationship.

In contrast, research has shown that individuals with preoccupied or fearful avoidant attachment styles experience less satisfying relationships (Chung, 2014). Anxiously attached people struggle with rather negative self-views, but see their romantic partners, though cautiously, through rose-tinted glasses (Collins, 1996; Hazan & Shaver, 1987). Resulting emotional and behavioural vigilance might suffocate their partner (Shaver et al., 2005) and lead to substantial emotional turbulence, especially when both partners are affected (Schen & Shiver, 2009). Both ambivalent- and fearful-avoidant individuals feel discomfort about getting too intimate with others in the first place (Collins, 1996). As a consequence of not trusting others, they suffer from social isolation and tend to lack social support (Collins & Feeney, 2000; Lawrence et al., 2008). However, when involved in close relationships regardless, isolation in response to dyadic distress can lead to interpersonal hostility, hence contributing to increased marital dissatisfaction (Gordon et al., 2009).

Attachment style was measured with the adapted Relationship Questionnaire, based on the attachment measure established by Hazan & Shaver (1987). Containing four self-report items regarding attachment style prototypes (see Appendix 8 in German and 11 in English), participants could choose how much they agreed with either of them on a 7-point Likert scale.

After completing the questionnaire, participants were asked how much the Covid-19 pandemic has influenced their relationship satisfaction, as a negative link was previously established between the pandemic and relationship satisfaction for individuals with specific characteristics (Overall et al., 2021; Vigl et al., 2021). Finally, participants answered questions to ensure proper understanding, truthful responding, and the provision of feedback regarding unclear wording. Corresponding entries were used to discuss shortcomings of the questionnaire featured in the sections regarding limitations and future directions.

### **2.3 Analytical Procedure**

Based on the results of the online survey, the posited hypotheses were tested using the statistical analysis software IBM SPSS Statistics 24 (IBM SPSS, 2017).

As the current study focused on relationship satisfaction in romantic relationships, 3 participants, who reported to be involved in zero romantic relationships had to be excluded prior to the analysis. Subsequently, concerned items were reverse coded and medians of variable-matching items were computed in order to create the investigated variables. For a better interpretation of the results, variables measured with Likert scales were analysed metrically.

To generate a first overview of the data distribution, descriptive statistics were calculated. Resulting means and standard deviations of the dependent variable and predictors are reported in Table 1 and descriptive statistics for included confounders can be reviewed in Table 2. As the means for aggressive externalisation were unexpectedly high, a factor analysis was run to guarantee valid measurement. Corresponding values were reported and subsequently used in all consecutive analyses.

In order to test hypotheses regarding mean differences of relationship satisfaction, communication functions (actor and partner scores), communication patterns, and emotion regulation, t-tests were administered between samples.

Next, to find predictive effects of our independent variables (communication functions, communication patterns, and emotion regulation) on relationship satisfaction, multiple regression analyses (including correlations) with and without controlling for confounding variables (life satisfaction, social relationship acceptance, attachment style, and the impact of corona on relationship satisfaction) were performed. For this analysis, the data set was split by relationship type.

The following section displays descriptive frequencies and statistics of the dependent, independent, and confounding variables. Assumptions for the multiple regression are discussed and finally, results of the independent samples t-tests and of the regression analyses are reported.

### 3 Results

#### 3.1 Descriptive Depiction of Results

**Tab. 1: Descriptive Statistics of Main Variables**

	Mean		SD	
	Monogamous	CNM	Monogamous	CNM
Relationship Satisfaction	4.37	4.38	.76	.79
Actor Communication Functions	4.15	4.08	.63	.61
Partner Communication Functions	4.20	4.15	.68	.61
Mutual Constructiveness	3.95	4.15	.93	.74
Mutual Destructiveness	2.10	1.87	.70	.63
Demand/Withdraw	2.04	1.92	.76	.68
Reappraisal	3.09	3.18	.90	.90
Perspective Taking	4.21	4.31	.70	.61
Expressive Suppression	2.46	2.29	.74	.76
Aggressive Externalisation old	3.10	3.07	.57	.48
Aggressive Externalisation new	2.03	1.82	.74	.71

**Tab. 2: Descriptive Statistics of Confounding Variables**

	Mean		SD	
	Monogamous	CNM	Monogamous	CNM
Life Satisfaction	7.54	7.48	1.52	1.67
Secure Attachment Style	4.72	4.77	1.65	1.43
Preoccupied Attachment style	2.93	3.33	1.73	1.63
Dismissing-avoidant Attachment Style	2.95	3.03	1.62	1.57
Fearful-avoidant Attachment Style	3.03	3.03	1.81	1.87
Impact of Corona on Relationship Satisfaction	2.12	2.03	1.21	1.15

Social relationship acceptance was mostly existent, with 164 (91.6%) monogamous participants and 56 (70.9%) CNM participants reporting “Yes, is accepted”. Partially accepted relationships were reported by 11 (6.1%) monogamous and 17 (21.5%) CNM participants. While nobody in the monogamous sample reported their relationship not to be accepted, only 1 (1.3%) CNM participant did so. Lastly, 4 (2.2%) monogamous and 5 (6.3%) CNM participants indicated that they were not aware of their greater cohort’s acceptance of their relationship.

Based on computed histograms, data looked mostly normally distributed, which is why we proceeded to a necessary factor analysis and checking the assumptions of a multiple regression analysis. Due to the employment of the 5-point Likert scale, reporting outliers would not have contributed to a more meaningful analysis.

### **3.1.1 Factor Analysis**

Four questions previously used to measure aggressive externalisation (Vater & Schröder-Abé, 2015) were factor-analysed using principal components analysis with varimax rotation. Kaiser-Meyer-Olkin measure of sampling adequacy was  $KMO = .52$ , above the commonly recommended threshold of .5, and Bartlett’s test of sphericity was significant ( $\chi^2(6) = 238.77, p < .001$ ). Using both the scree plot and eigenvalues  $> 1$  to determine the underlying components, the analysis yielded two factors explaining a total of 79.66 % of the variance in the data. Factor 1 was labelled ‘aggressive externalisation’ because of the high loadings by the following items: “*I tried to start a fight with my partner*” and “*I tried to act out my emotions on my partner*”. This first factor explained 42.01% of the variance after rotation and was subsequently used for further analyses, whereas the second factor was neglected for present purposes. Means for the old and new aggressive externalisation variable are reported in Table 1.

### **3.1.2 Assumptions for Multiple Regression**

First, our dependent variable was measured on a quantitative scale. Second, linearity, referring to the fact that each combination of predictors must be related linearly to the

dependent variable, could be confirmed by means of scatter plots for all the independent variables. Next, collinearity was tested, confirming that all independent variables were not considerably correlated as no correlations between predictors were higher than 0.8. This could also be confirmed by the collinearity statistics with tolerance scores far higher than 0.2 and VIF scores well below 10.

Then, independent residuals could be confirmed by 1) the research design, as this study worked with independent subjects, and 2) the Durbin-Watson test yielding a result just above 2.

Homoscedasticity, referring to the assumption that variation in the residuals is equal at each point across the model, showed fairly randomly distributed residuals by looking at the corresponding plot. Hence, this assumption could be confirmed.

Likewise, the values of the residuals should be normally distributed. A normality probability plot could demonstrate very good results for the monogamous sample. The residuals of the CNM sample looked a little less clearly normally distributed and should therefore be interpreted with more caution.

Last, it was ruled out that influential cases would bias the model. Cook's Distance statistic revealed no values over one, meeting the last assumption.

For the following regression, including overall life satisfaction, social relationship acceptance coded as dummy variables, the four different attachment styles, and the impact of corona on relationship satisfaction, all assumptions were still met. This time, the normal distribution of residuals in the CNM sample was given with a higher probability than in the first run. Because both examined samples had quite varying p-values, we decided to not remove further variables from the model.

### **3.2 Results**

H1 stated that CNM individuals would be at least as satisfied in their relationships as monogamous individuals and could be confirmed with a mean of  $M = 4.37$  ( $SD = .76$ ) for

monogamous and  $M = 4.38$  ( $SD = .79$ ) for CNM participants. Levene's test was accepted with  $p = .72$ , meeting the assumption of equal variances for the independent samples t-test. Its null-hypothesis was accepted with a double-sided significance of  $p = .96$  and confidence interval regarding the difference with values between  $CI = -.20$  and  $.21$ .

H2 referred to higher communication functions scores of CNM participants compared to monogamous participants and was not confirmed regarding both actor and partner effects. Descriptive statistics for actor effects in the monogamous sample were  $M = 4.15$  ( $SD = .63$ ) and in the CNM sample  $M = 4.08$  ( $SD = .61$ ). Levene's test of equal variances was not significant ( $p = .49$ ), which allowed us to proceed with interpreting the results of the independent samples t-test. Mean differences were not significant ( $p = .44$ ;  $CI = -.23$  and  $.1$ ). Regarding partner effects, results yielded a mean of  $M = 4.20$  ( $SD = .68$ ) for the monogamous participants and  $M = 4.15$  ( $SD = .61$ ) for the CNM participants. Levene's test was not significant ( $p = .15$ ), meeting the assumption of equal variances. However, mean differences were not significant with  $p = .63$  and  $CI = -.22$  and  $.13$ .

H3 dealt with higher (a) mutual constructive communication and both (b) lower mutual destructive communication and (c) demand/withdraw behaviour in CNM participants in comparison to monogamous participants. (a) Means for mutual constructive communication were  $M = 3.95$  ( $SD = .93$ ) for the monogamous sample and  $M = 4.15$  ( $SD = .74$ ) for the CNM sample. Equal variances could be confirmed with  $p = .09$  in Levene's test. Even though the CNM sample yielded a slightly higher score, the mean difference of  $.2$  accounted only for a significant difference by tendency ( $p = .09$ ;  $CI = -.03$  and  $.43$ ). (b) For mutual destructive communication, the monogamous sample reached a mean of  $M = 2.10$  ( $SD = .70$ ) and the CNM sample a slightly lower of  $M = 1.87$  ( $SD = .63$ ). Levene's test of equal variances generated a p-value of  $p = .58$ , allowing to proceed with the between samples t-test. Here, the null-hypothesis of equal means was rejected, yielding a mean difference of  $-.22$  ( $p = .02$ ;  $CI = -.40$  and  $-.044$ ). (c) Finally, the demand/withdraw pattern demonstrated the following frequencies in monogamous and CNM participants, respectively:  $M = 2.04$  ( $SD = .75$ )  $M = 1.92$  ( $SD = .68$ ). Levene's test demonstrated equal variances ( $p = .37$ ) and statistics of the between samples t-test accepted equal means ( $p = .24$ ;  $CI = -.31$  and  $.08$ ). Even though only destructive communication was proven to be significantly lower in CNM

couples than in monogamous ones, a trend regarding higher constructive communication patterns in the CNM sample compared to the monogamous sample was observed.

H4 claimed CNM individuals to report at least equal adaptive emotion regulation strategies (i.e., (a) reappraisal and (b) perspective taking) compared to monogamous individuals and less than or equal maladaptive emotion regulation skills (i.e., (c) expressive suppression and (d) aggressive externalisation) compared to monogamous individuals. (a) Reappraisal yielded a mean of  $M = 3.10$  ( $SD = .90$ ) in the monogamous sample and one of  $M = 3.18$  ( $SD = .90$ ) in the CNM sample. With Levene's test yielding equal variances ( $p = .51$ ), the between samples t-test did not find a significant mean difference ( $p = .50$ ;  $CI = -.16$  and  $.32$ ). (b) While the mean of perspective taking in the monogamous group was  $M = 4.21$  ( $SD = .69$ ), the CNM group showed one of  $M = 4.31$  ( $SD = .61$ ). The assumption of equal variances was met with Levene's test yielding a p-value of  $p = .30$  and the hypothesis of equal means had to be accepted ( $p = .27$ ;  $CI = -.08$  and  $.28$ ). (c) Next, monogamous participants reached a mean of  $M = 2.46$  ( $SD = .74$ ) regarding expressive suppression, while CNM participants reached one of  $M = 2.29$  ( $SD = .76$ ). Levene's test was not significant ( $p = .57$ ), allowing for adequate interpretation of the independent samples t-test. The reported mean difference of  $-.17$  was marginally significant but did not reach the strict threshold of  $p = 0.05$  ( $p = .09$ ;  $CI = -.37$  and  $.03$ ). (d) Lastly, aggressive externalisation reached the following means in the monogamous and CNM sample, respectively:  $M = 2.03$  ( $SD = .74$ ) and  $M = 1.83$  ( $SD = .71$ ). Equal variances were met using Levene's test ( $p = .93$ ), allowing for valid interpretation and independent t-test results were significant ( $p = .039$ ;  $CI = -.40$  and  $-.01$ ). Similar to the communication pattern results, it should also be noted here that although not significant, a trend towards less expressive suppression behaviour and also a significant effect of less aggressive externalisation for the CNM sample in comparison to the monogamous sample was determined.

Subsequently, a multiple regression was carried out to examine whether measures of communication and emotion regulation show significant predictive effects on relationship satisfaction in both the monogamous and CNM sample. Although correlations between independent variables and relationship satisfaction were all significant for the monogamous sample and all but reappraisal and perspective taking were significant for the



CNM sample (see Appendix 1), not all independent variables turned out to be significant predictors of the dependent variable (see Appendix 2). The results of the regression indicated that the model explained 49.3% of the variance for the monogamous and 33.1% of the variance for the CNM sample. Furthermore, the model displayed a significant predictor of relationship satisfaction for the monogamous group ( $F(9,169) = 18.29, p < .001$ ) and the CNM group ( $F(9,69) = 3.79, p = .001$ ). For the monogamous sample, partner communication functions ( $B = .37, \beta = .34, p = .001$ ), reappraisal ( $B = -.16, \beta = -.19, p = .001$ ), and expressive suppression ( $B = -.19, \beta = -.18, p = .008$ ) contributed significantly to the model. The final predictive model of this group was:

$$\text{Relationship satisfaction} = -.94 + (.37 * \text{partner communication functions}) + (-.16 * \text{reappraisal}) + (-.19 * \text{expressive suppression})$$

The CNM sample had only one significant predictor for relationship satisfaction: mutual constructive communication ( $B = .32, \beta = .30, p = .027$ ). The predictive model looked accordingly like this:

$$\text{Relationship satisfaction} = -1.13 + (.32 * \text{mutual constructive communication})$$

On the basis of these results, H5 (communication functions predicting relationship satisfaction) was only supported for (b) partner communication functions in the monogamous sample and had to be rejected in regard to the CNM sample. H6 (communication patterns) was only true for (a) mutual constructive communication in the CNM sample and had to be rejected for the monogamous sample. Lastly, H7 (emotion regulation) was accepted concerning (c) expressive suppression in the monogamous sample whereas the effect of (a) reappraisal showed the opposite direction of the expected. For the monogamous sample, the hypothesis had to be rejected.

H8 claimed for the regression results to still hold true after controlling for general life satisfaction, social relationship acceptance, and attachment style and could be confirmed in the *monogamous sample* with only slightly changing values, as shown in Appendix 3 (not shown in text). By contrast, one further variable appeared to be significant, while the

significance for mutual constructive communication reached a critical point for the *CNM sample*. As the B coefficient still remained one to consider ( $B = .22$ ,  $\beta = .21$ ,  $p = .057$ ;  $CI = -.01$  and  $.45$ ), the variable was kept in the model. Newly significant was actor communication functions ( $B = .40$ ,  $\beta = .31$ ,  $p = .008$ ). The predictive model of the CNM sample was hence adapted to:

$$\text{Relationship satisfaction} = .17 + (.22 * \text{mutual constructive communication}) + (.40 * \text{actor communication function})$$

The inclusion of the confounders also increased the explained variance for relationship satisfaction by the whole model with 57.9% for the monogamous group ( $F(18,160) = 12.24$ ,  $p < .001$ ) and 65.0% for the CNM group ( $F(19,59) = 5.76$ ,  $p < .001$ ).

General life satisfaction was a significant predictor for both samples, with  $B = .08$ ,  $\beta = .16$ ,  $p = .013$  for the monogamous participants and  $B = .19$ ,  $\beta = .40$ ,  $p < .001$  for CNM participants. For the monogamous sample, social relationship acceptance was a significant predictor, when the relationship was partially accepted ( $B = -.37$ ,  $\beta = -.12$ ,  $p = .029$ ) compared to when it was accepted. In this sample nobody had indicated that their relationship was not accepted. For the CNM sample, only lacking acceptance ( $B = -3.54$ ,  $\beta = -.50$ ,  $p < .001$ ) was a significant predictor for relationship satisfaction in comparison to given acceptance. None of the attachment styles were found to be significant predictors of either relationship type. Finally, the impact of corona on relationship satisfaction was only significant for the monogamous sample ( $B = -.10$ ,  $\beta = .16$ ,  $p = .005$ ), but not for the CNM sample ( $B = -.10$ ,  $\beta = -.14$ ,  $p = .19$ ).

## **4 Discussion**

### **4.1 Summary of Research and Results in Combination with Presented Literature**

The present research aimed to discover the effects of communication and emotion regulation on relationship satisfaction, by comparing two samples: monogamous and consensually non-monogamous (CNM) individuals in romantic relationships. As a large body of research regarding monogamous relationship satisfaction already exists, the focus

was mainly on extending these findings by means of a direct comparison, while also comparing communication and emotion regulation scores and their influence on perceived relationship quality. The potential confounders general life satisfaction, social relationship acceptance, attachment style, and the impact of corona on relationship satisfaction were controlled for. The samples comprised 179 monogamous and 79 CNM participants, which were recruited to fill in an online questionnaire. In order to participate, they needed to be of full age and involved in at least one romantic relationship of minimum half a year. The findings regarding predictive variables on relationship satisfaction reflected in the presented literature were, by and large, confirmed and extended partially. Furthermore, no significant mean differences in relationship satisfaction and only in particular variables of communication and emotion regulation were found between samples.

#### **4.1.1 Relationship Satisfaction**

Specifically, as hypothesised, no significant mean difference for relationship satisfaction between monogamous and CNM participants has been found. In other words, both samples were on average equally satisfied in their romantic relationships. This finding based on a German sample is a replication of the results Garner et al. (2019) could previously demonstrate in a sample of 150 US-American consensually non-monogamous individuals. Taken together, it can be stated that although facing difficulties regarding (mis)perceptions of CNM lifestyles from a mostly monogamously-raised society in general (Hutzler et al., 2016) and some mental healthcare practitioners specifically (e.g., Knapp, 1975), CNM relationship satisfaction seems not to be any different in Western countries. In line with Garner et al. (2019), whose study was carried out in a US-American population in order to fight social stigma and its negative consequences on relationship satisfaction (e.g., Sommantico et al., 2020), the present study aimed to promote acceptance of alternative relationship forms based on autonomous and mutual decision-making, enabling individuals to live up to their full potential. This particular finding on relationship quality supports the general contention that everyone can be happily partnered according to their own relationship style.

#### **4.1.2 Communication Functions**

Communication functions were measured on the basis of six affectively oriented and four instrumental oriented skills by one overall factor. Even though communication functions scores were hypothesised to be higher in the CNM sample, respective means (both actor and partner) were not found to be significantly different across samples. Previous research employing the Communication Functions Questionnaire (Samter & Burleson, 1990) originally measured how important respective skills were for participants, with higher importance ratings predicting higher success in social relationships (Samter and Burleson, 1990; Samter, 1992; Burleson et al., 1992; Burleson et al., 1994).

The absence of the hypothesised results might be mostly attributed to the selected measure. Even though previous studies reported an extrapolation of open sexual communication towards generally more honest communication in a sample of individuals identifying as swingers (Kimberly & Hans, 2017), the questionnaire employed here rather investigated overall communication behaviour as opposed to skills CNM individuals have been frequently recognised for (e.g., honest communication of wishes, needs, and boundaries; negotiation of agreements) (e.g., Easton & Hardy, 2009; Martin, 2017). Further analysis supported this by revealing that noticeable differences regarding higher mean scores of monogamous participants were mainly observed in the instrumental oriented skills (see Appendix 4), later shown not to be as essential for the relationship satisfaction of the CNM sample. Taking this into account, the summation of the respective ten subscales to an overall score could have masked effects of either skill (of both actor and partner) in particular.

Additionally, there were further drawbacks of the Communication Functions Questionnaire (Samter & Burleson, 1990), potentially inviting participants to respond similarly. As items were initially not constructed to measure actual interactional behaviour, social desirability, and the lack of reverse items could have biased answers in either sample, and therefore failed to represent a realistic pattern. Furthermore, participants reported this scale in specific to have posed great difficulties in the execution of the test. Due to a double administration (one regarding the actor's behaviour and one regarding their partner's behaviour) specified in the instructions, but no grammatical adaptation of the items

themselves (see Appendix 8 in German and 11 in English), participants were not only confronted with fatigue caused by a quite lengthy measure of 30 items twice, but also with confusion regarding the subject in question (actor or partner), as elaborated in the limitation section.

For communication functions as a predictor of relationship satisfaction, only partner communication functions demonstrated to be a significant predictor of relationship satisfaction in the monogamous sample. While not quite reaching significance in the monogamous sample, actor communication functions still showed a considerable B coefficient there (see Appendix 3) and additionally predicted relationship satisfaction significantly for the CNM sample.

As previous research did not employ this measure for these skills as in reported behaviour, our findings are the first to confirm a predictive effect of summed affectively and instrumental oriented skills as assessed by the Communication Functions Questionnaire (Samter & Burleson, 1990). Interestingly, results indicate a relatively higher importance of partner communication for monogamous individuals in order to be happy with their relationship, and a significantly higher importance of actor communication for CNM individuals, respectively. In other words, this finding reflects people's relationship satisfaction to be more dependent on their partners' communication behaviour when monogamous and more dependent on their own communication behaviour when consensually non-monogamous. This could be potentially explained with the decision to live consensually non-monogamous, with the search for multiple romantic and/or sexual partners as well as the active communication of needs, wishes, and boundaries requiring a high degree of proactivity, through which CNM individuals might have learned to depend on average to a greater degree on themselves compared to monogamous individuals.<sup>4</sup>

This effect seemed to be particularly true for affective skills, showing that only affectively oriented skills for both actor and partner seemed to be significantly predicting relationship satisfaction for the CNM sample, while instrumental oriented actor skills and affectively

---

<sup>4</sup> For the increased role of independence and autonomy in CNM individuals see Conley et al., 2013, Wood et al., 2021, and Moors et al., 2017.

oriented partner skills appeared to predict relationship satisfaction for the monogamous sample. Hence, instrumental oriented skills (i.e., referential skills, conversation skills, narrative skills, and persuasion skills) might be less connected to the high degree of communication associated with CNM individuals, which in turn predict relationship satisfaction. So, in summary, there seems to be a nuance of difference between CNM and traditional relationships in explaining their satisfaction. Traditional couples' satisfaction rather depending on their perceived partner's affective skills and their own instrumental skills, while CNM couples' satisfaction relies on both their perceived own and their partner's affective skills.

#### **4.1.3 Communication Patterns**

Out of three investigated communication patterns regarding relational conflict (i.e., mutual constructive communication, mutual destructive communication, and demand/withdraw patterns), only mutual destructive communication showed a significant mean difference of the expected direction between groups. In other words, CNM individuals reported a lower amount of mutual destructive communication behaviours, such as avoiding discussing a problem or blaming each other in their romantic relationship, compared to CNM individuals. Conversely, mutual constructive communication (i.e., trying to discuss a problem or suggesting possible solutions) and demand/withdraw patterns (i.e., one partner criticising while the other defends themselves) have reached marginal and no statistical significance, respectively. Mean differences regarding constructive communication were, by tendency, higher in the CNM sample compared to the monogamous sample. Previous studies utilised this measure mostly in combination with experimental sessions dedicated to inducing a conflict discussion between romantic partners (e.g., Heavey et al., 1993). This implies fresh memory and a clear reference for filling in the questionnaire. Because the present questionnaire referred to the past six months, participants might have struggled recalling single conflict incidents, especially when attention to and reflection on conflict behaviour is lacking. As conflict resolution is an integral part of handling such challenges as overcoming jealousy (e.g., Andersen et al., 1995) and honest discussions regarding extradyadic activities (e.g., Martin, 2017), this measure might have been a better assessor of enhanced CNM communication, as reflected by higher constructive communication by trend and lower destructive communication scores in the CNM sample. However, with

mutual destructive communication depicting the only strictly significant mean difference, a lower sample size in CNM sample could have contributed to lacking power needed for mutual constructive communication and the demand/withdraw pattern to reach the required threshold.

Out of all communication patterns (i.e., mutual constructive communication, mutual destructive communication, and demand/withdraw pattern), only mutual constructive communication appeared to be significantly predicting relationship satisfaction in the CNM sample. However, after controlling for confounding variables, significance could not be reached any more. Due to a still relevant B coefficient, it was nonetheless included in the regression model. Previously, Carroll et al. (2013) could demonstrate significant predictive effects of constructive and destructive communication employed to discuss work-family conflict on relationship satisfaction. Because the current research did not include work-family conflict as an extra variable, it might not have been able to replicate the formerly described results. A high probability of mutual constructive communication predicting relationship satisfaction in the CNM sample might nonetheless be attributed to the increased necessity of negotiating agreements designed to fulfil individual needs and thereby “oxygenating” the relationship (see Wood et al., 2021; Conley & Moors, 2014). In other words, although such discussions can be difficult and hurtful, they mostly occur within a positive framework in which the involved partners are interested for the sake of personal, and hence shared, overall satisfaction. Other research found the demand/withdraw pattern to be significant in a constellation with demanding women and their male partners withdrawing, respectively (Christensen & Heavey, 1990). The lacking distinction between gender in the present study might be one possible explanation for an unsuccessful replication of that effect.

#### **4.1.4 Emotion Regulation**

Emotion regulation was assessed using four strategies studied before (e.g., Vater & Schröder-Abé, 2015). As hypothesised, results revealed lacking significance regarding mean differences of both groups in two categories (i.e., reappraisal and perspective taking), a trend of lower scores of expressive suppression and lower scores of aggressive externalisation in the CNM sample as compared to the monogamous sample. In other

words, both monogamous and CNM individuals indicated employing some of the investigated emotion regulation strategies to a similar extent. However, next to the significant mean difference in aggressive externalisation, noticeable trends concerning a lower degree of expressive suppression could be observed in the CNM sample compared to the monogamous sample. Literature on emotion regulation in CNM individuals appears to be scarce. In light of that, finding a similarly frequent use of perspective taking (and expressive suppression) is a promising result, enabling future research to assume at least equal baselines for CNM samples compared with monogamous samples.

Aforementioned trends in the direction of using less dysfunctional strategies might result from a culture of regularly engaging in honest and consensual communication and decision making (Martin, 2017; McDonald, 2010; Conley et al., 2012; Wosick-Correa, 2010; Klesse, 2006; Klesse, 2014; Matstick et al., 2013), potentially contributing to a less frequent inhibition of expressing emotions. This might in turn lead to fewer aggressive externalisation towards their partners, as previously shown by Maldonado et al. (2015). As a multitude of CNM members rather propagate the idea of attributing positive (i.e., compersion) in contrast to negative emotions (i.e., jealousy). In regard to sharing partners, perspective taking might both function as initial support and develop further alongside (see Taormino, 2008). Mean differences might therefore reach significance in a greater CNM sample.

Findings based on the investigation of the emotion regulation strategies of reappraisal, perspective taking, expressive suppression, and aggressive externalisation yielded a significant predictive effect on relationship satisfaction for reappraisal in both samples and for expressive suppression only in the monogamous sample. Hence, these findings could partially replicate the results of previous research in monogamous samples, demonstrating a negative predictive effect of expressive suppression on positive interpersonal behaviour, which in turn predicted relationship satisfaction (Vater & Schröder-Abé, 2015) and a direct positive predictive effect of emotional suppression on relationship dissatisfaction (Impett et al., 2012).



Even though Vater & Schröder-Abé (2015) had adapted their items from Gross & John (2003), who did find reappraisal to be associated with positive experiences in social relationships, they did not find reappraisal to predict positive interpersonal behaviour, in turn predicting relationship satisfaction. Instead, it showed a positive correlation with expressive suppression. Even though not discussed in their work, this difference might have occurred due to a misformulation of reappraisal in their German version of the scale. What was described in that questionnaire (*“Ich habe versucht, weniger negative Emotionen zu erleben, indem ich änderte, woran ich dachte.”*) referred rather to the employment of distraction, often used as an example for attentional deployment, and said to occur earlier in the emotion unfolding process. The corresponding item in English was the following: *“I tried to experience fewer negative emotions by changing the way I was thinking.”* As the items of the survey were initially adopted unchanged and the present study was also carried out with a sample answering the questionnaire mostly in German, the items assessing reappraisal were eventually not measuring what it intended to, hence struggling with validity. However, the result still carries important implications. Relabelling the variable from reappraisal to distraction, it can be said that focusing attention away from affective experiences, significantly predicted a lower relationship satisfaction. This finding goes in line with research (Wolgast & Lundh, 2017), finding a significant difference between acceptance- and avoidance-related distraction on well-being and might hence be of interest for future research.

Lacking significant findings failing to replicate results of Vater & Schröder-Abé regarding perspective taking and aggressive externalisation predicting relationship satisfaction might be attributed to a non-existent association between the examined variables and relationship satisfaction. Additionally, missing significant findings regarding perspective taking, expressive suppression, and aggressive externalisation might be attributed to the lower CNM sample size. Considering Andersen and colleagues’ (1995) finding that relationship satisfaction was significantly predicted by perceived perspective taking of the partner, it might also be that effects of these variables hide behind partner effects. This finding seems also reasonable through the prism of the TIES model (Temporal Interpersonal Emotion Systems; Butler, 2011), highlighting the importance of the interactional

component of emotion. Future research might therefore look further into perceived partner effects of emotion regulation in CNM samples.

#### **4.1.5 Confounding Variables**

General life satisfaction was demonstrated to be a highly significant predictor of relationship satisfaction in both the monogamous and the CNM samples and therefore confirmed previous findings, suggesting that the impact of psychological distress and positive life events on general life satisfaction also extends to particular areas such as relationship satisfaction (e.g., Randall & Bodenmann, 2017). Taking into account the results of previous research showing predictive effects of relationship satisfaction on general life satisfaction (Apt & Hurlbert, 1996; Demirtas & Tezer, 2012), we can conclude that this effect is bidirectional. Consequently, general life satisfaction is an important variable to be considered in future analyses of relationship satisfaction of either relationship model.

Social relationship acceptance was found to be significantly different regarding full acceptance and partial acceptance in the monogamous sample, and regarding acceptance and no acceptance in the CNM sample. For the latter, it is important to note that there was only one participant who indicated that their romantic relationship was not accepted by their social environment. Still, the finding of partial social relationship acceptance in the monogamous sample might indicate a higher vulnerability of traditional relationships to social unacceptance. In other words, people in traditional relationships might more easily feel a decrease in relationship quality when part of their social environment (e.g., their parents) does not accept their relationship, whereas people in non-traditional relationships might already expect a certain resistance and suspicion towards their lifestyle beyond the ruling norm.

Next, none of the attachment styles were found to predict relationship satisfaction in either sample. The lack of effect might be attributed to every attachment style being questioned separately on a 5-point Likert scale and therefore not providing a clear enough representation of the participants' predominant attachment style. Interestingly enough, values and significance levels of either attachment style diverged often when comparing

monogamous and non-monogamous participants (see Appendix 3), making this an interesting variable to investigate further across different lifestyles of coupledness.

Finally, the relationship quality of monogamous participants was shown to be dependent on the impact of COVID-19, while the CNM sample did not present this pattern. A possible explanation for this difference could be that people in traditional relationships found themselves to be stuck with their exclusive partner without having the possibility to occupy themselves differently in order to find diversification from the quotidian, potentially exhausting routine, whereas people living alternative lifestyles allowed themselves to spend time with several romantic/and or sexual partners and therefore achieved a more balanced organisation of their time.

Taken together, the confounding variables made up a major difference in explained variance regarding relationship satisfaction across samples. While the variables predicted 49.1% of relationship satisfaction in the monogamous sample without confounders, and 57.9% with confounders, it was 33.5% and 65.0% for the CNM sample, respectively. This broad gap confirms that the included confounding variables altogether portrayed essential factors in explaining relationship satisfaction, more so for the CNM sample than for the monogamous sample. As previously stated, they therefore might indeed prove valuable subjects of future study.

#### **4.1.6 Conclusion**

Initially, we asked whether either sample yielded better results on specific variables predicting relationship satisfaction, in order for the other relationship type to be able to adopt that for themselves. First of all, it should be noted that even if further examination of communication and emotion regulation variables might reach significance with more appropriate measures and larger samples, relationship satisfaction was surprisingly alike across samples. Therefore, it is important to note that, even though the final regression models explained about 60% of the variance regarding relationship satisfaction, it is plausible, that a myriad of other, unobserved factors, such as personality (e.g., Vater & Schröder-Abé), sexual satisfaction (e.g., Muise et al., 2019), and shared values (e.g., Arránz

Becker, 2013) might determine the choice of relationship type to begin with and eventually account for the complexities of romantic relationship quality.

None of the significant differences between samples results were of predictive value for relationship quality of either sample. To sum up, confirming our hypotheses regarding differing sample means were only mutual destructive communication and aggressive externalisation, with higher values for the monogamous sample as compared to the CNM sample. Predictive for relationship satisfaction in the monogamous sample were partner communication function (+), reappraisal (distraction) (-), and expressive suppression (-). For the CNM sample, actor communication function (+) and mutual constructive communication (+) predicted relationship satisfaction, respectively.

These results carry several important implications. Monogamous individuals seem to struggle significantly more than CNM individuals with destructive and aggressive communication and emotional regulation. As destructive interaction patterns often seem to reinforce themselves (Watzlawick et al., 1967), romantic partners might get stuck in a toxic loop, which eventually results not only in relationship distress, but also in psychological symptoms (e.g., Christensen & Shenk, 1991) and lowered life satisfaction (e.g., Gustavson et al., 2012). Within the frame of the present work, the monogamous majority might profit from constructive communication strategies CNM members largely adhere to in order to secure everyone's feelings involved (e.g., Easton & Hardy, 2009). Regarding the prediction of relationship satisfaction, the difference between monogamous and CNM participants is striking: While the monogamous sample relied more on partner communication function and problematic emotion regulation strategies to predict whether they are happy in their romantic relationship, for the CNM sample relying on their own capability to communicate and on a mutual constructive approach was more essential. The theoretical question remains why these differences exist the way they do. One might speculate that traditional couples take their relational lifestyle more for granted, perhaps even as a natural matter of course. Thus, they might take their relational life as a matter of a very personal choice to a much lesser extent than CNM couples do. This is why traditional partners might also be inclined to perceive conflict dissolution and relationship quality as depending to a somewhat lesser degree on their own personal skills and qualities than CNM

couples. More ordinary conflict-solving “skills” of blaming and reproaching the other might hence be slightly more at effect in traditional couples than in CNM couples, because the latter might already perceive their own relationship choice as somewhat more self-selected and self-dependent than the former and consequently also choose less conventional (i.e., these, that require more effort) communication methods in order to mindfully resolve conflicts.

Consequently, individuals choosing diverse relationship types seem to base their relationship satisfaction on different aspects, which carries especially important implications for couples’ therapy and counselling. In other words, depending on whether people live in monogamous or consensually non-monogamous relationships, therapists and family counsellors might be well advised to approach their work from different angles.

#### **4.2 Specific Limitations and Methodological Problems**

The present study had to deal with a number of limitations, regarding both methodology and content. The first limitation refers to unequal sample sizes, with a negative difference of 100 participants in the CNM sample. This implies that the represented numbers accounted less well for the German CNM population than it was the case for the monogamous population. Furthermore, both samples were dominated by women, with an overall percentage of 76.6%. This might have biased results regarding higher (functional) emotion regulation, as it has previously been discussed that marital emotional downregulation is often manoeuvred by the females in heterosexual relationships (Bloch et al., 2014).

Another important limitation was related to the problematic comparability of the examined relationship types. Because the current research aimed for the highest level of comparability despite major differences (such as often communicating with more than one romantic and/or sexual partner), resulting drawbacks refer mostly to missing information and the danger of incorrectly representing the CNM community. By aiming to guarantee comparability, attempting to highlight the distinctive characteristics of CNM

communication did mostly not succeed because the employed variables assessed communication too generally.

In relation to that, it should also be taken into account that organising relationships one way or another is often not a clear-cut matter. Creating a clear distinction between relationship types complicated the capturing of information regarding monogamous couples or coupled individuals, who are attracted by the idea of exploring the world beyond monogamy or find themselves while transitioning. Moreover, CNM research is faced with similar difficulties regarding people organising their love lives in hybrid models or shifting in between, depending on life periods or partners (see Domínguez et al., 2017).

In order to make sure, the present study did not face serious limitations regarding its content, participants were asked to indicate whether they understood the questions and responded truthfully. Out of both the samples combined, only 2 (0.8%) participants indicated they disagreed completely to have understood the questions, 13 (5%) indicated they disagreed, 13 (5%) were neutral and the majority either agreed with 118 (45.7%) participants or strongly agreed with 112 (43.4%) participants. Regarding truthfully responding, only 1 person (0.4%) answered to each disagreeing and being neutral. 37 (14.3%) participants agreed to have answered truthfully and 219 (84.9%) participants fully agreed, respectively. Specified feedback is listed as follows:

With about forty counts, the most frequent problems in understanding referred to the complicated wording of the double administered Communication Function Questionnaire, as mentioned in the previous section. It appears, though, that most participants were able to solve the confusion and only a minor part believed the questions (actually referring to their own and to the partner's behaviour) to be alike. Next, six people reported to have struggled with the scale descriptions of the Relationship Assessment Questionnaire. With the instruction to indicate their satisfaction in their relationship regarding the following statements and the possibility to respond between “- -” and “++” on a 5-point Likert scale, reverse coded questions such as “How often do you wish you hadn't gotten into this relationship?” still created confusion, after having them adapted from “*low satisfaction*” to “*high satisfaction*”. Two participants reported different struggles regarding the

Communication Patterns Questionnaire and two further participants thought the adapted Relationship Questionnaire evaluating attachment styles was difficult to answer, because they did not agree to all aspects of one statement. Two participants documented problems indicating how many romantic and/or sexual partners they had, and two participants did not know regarding which of their partners they should answer the survey or rather complained about the singular formulation as they chose to respond regarding more than one partner. Lastly, one person commented wondering why the positive effect of the pandemic was not evaluated, as intimacy could have been promoted by physical closeness through working from home measures. Consequently, results including actor and partner communication function scores should be interpreted and generalised regarding corresponding populations with caution.

Moreover, findings in the monogamous sample should be interpreted with caution, as the impact of corona on relationship satisfaction reached significance in the regression analysis.

To avoid the reported problems, it would have been useful to work with more concisely selected variables, as the fields of communication and emotion regulation are very broadly defined. In the present study, more precise questionnaires might have helped highlight mean differences in the subsamples of interest. Considering that, future research might generate promising findings examining communication behaviour regarding factors often associated with consensual non-monogamy such as the negotiation of agreements (e.g., Martin, 2017) and/or the exploration of needs, wishes, and limits (e.g., Easton & Hardy, 2009) both generally and sexually. Furthermore, Martin (2017) has previously found that CNM individuals' agreements about extradyadic engagement were to a bigger extent communicated implicitly than in monogamous individuals. Consequently, implicit communication might be another interesting measure to examine in more detail between relationship types.

Second, more valid and reliable results could have been generated by adapting already existing questionnaires tailored to the requirements of the research in question as well as to the ease of the audience. Even though factor analyses might have been necessary in that

case, the Communication Functions Questionnaires would have benefited from an adjustment for grammar, whereas an adaptation regarding outdated formulations for the Relationship Assessment Scale would have been useful in accounting for a better understanding of the participants, contributing to more valid and reliable results. An example of a more contemporary formulated and intuitive scale for relationship satisfaction could be the satisfaction subscale of the Perceived Relationship Quality Components (PRQC) Inventory (Fletcher, Simpson, & Thomas, 2000), containing three items (as used by Smith et al., 2008). Items such as “How satisfied are you with your relationship?” are rated on a 7-point Likert scale ranging from 1 = not at all to 7 = extremely. Cronbach’s alpha of this scale was shown to be .91.

### **4.3 Future Implications**

Next to the future directions mentioned in the sections above, future studies examining gender effects regarding communication and emotion regulation across samples are needed, as the present samples comprised mostly of participants identifying as female.

Furthermore, future studies should study partner effects of emotion regulation on relationship satisfaction, as previously discussed. Importantly, when employing the spontaneous emotion regulation items adapted by Vater & Schröder-Abé (2015) in German samples, reappraisal should be assessed using a correct translation from the English items.

As intimacy and relationship closeness have been shown to predict relationship satisfaction (e.g., Tolstedt & Stokes, 1983; Schreurs & Buunk, 1996; Greeff & Malherbe, 2001; Mirgain & Cordova, 2007), another interesting future direction is the study of ‘total honesty’, the discussion of needs, wishes, and boundaries, as well as the discussion of agreements (e.g., Wosick-Correa, 2010; Easton & Hardy, 2009; Martin, 2017) mediating intimacy and relationship closeness as predictors for relationship satisfaction across monogamous and CNM samples.

The present study found the Covid-19 pandemic to have only impacted relationship satisfaction negatively in the monogamous sample. Inspired by participant feedback, another intriguing topic for future research would be both positive and negative effects of



the Covid-19 pandemic on relationship satisfaction comparing monogamous and CNM samples.

Finally, the present study aimed at finding communication and/or emotion regulation elements beneficial for relationship satisfaction of either relationship type, that might be adopted by the other, respectively. The fact that we have found different factors to be predictive of relationship satisfaction might really be indicative of finding and employing distinct strategies for achieving romantic contentment. While Robinson et al. (2013) have previously qualitatively examined monogamy and polyamory as strategic identities for bisexual women, Lecuona et al. (2021) have looked into the difference in psychological features between monogamous and non-monogamous practitioners. Future research should consider further quantitative and qualitative assessment of variables predisposing an individual to choose to manoeuvre their love life in one way or another. Out of Lecuona and colleagues' (2021) suggested features, we consider the following as potentially useful predictors: attachment style, sensation seeking, tolerance to ambiguity, honesty, and empathy. We further propose examining the chance to fall in love and belief in societal structures, as these might be potent motivators for challenging compulsory monogamy.

## References

- Anapol, D. (2010). *Polyamory in the 21st century: Love and intimacy with multiple partners*: Lanham, MD: Rowman & Littlefield.
- Andersen, P. A., Eloy, S. V., Guerrero, L. K., & Spitzberg, B. H. (1995). Romantic jealousy and relational satisfaction: A look at the impact of jealousy experience and expression. *Communication Reports, 8*(2), 77–85. <https://doi.org/10.1080/08934219509367613>
- Apt, C., & Hurlbert, D. F. (1996). Relationship satisfaction, sexual characteristics, and the psychosocial well-being of women. *The Canadian Journal of Human Sexuality, 5*, 17.
- Arránz Becker, O. (2013). Effects of similarity of life goals, values, and personality on relationship satisfaction and stability: Findings from a two-wave panel study. *Personal Relationships, 20*(3), 443–461. <https://doi.org/10.1111/j.1475-6811.2012.01417.x>
- Barker, M., & Langdrige, D. (2010a). Whatever happened to non-monogamies? Critical reflections on recent research and theory. *Sexualities, 13*(6), 748–772. <https://doi.org/10.1177/1363460710384645>
- Barker, M., & Langdrige, D. (Eds.). (2010b). *Understanding non-monogamies*. New York: Routledge.
- Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. *Journal of Personality and Social Psychology, 61*, 226–244
- Beierlein, C., Kovaleva, A., Lá' szló , Z., Kemper, C., & Rammstedt, B. (2014). Eine Single-Item-Skala zur Erfassung der Allgemeinen Lebenszufriedenheit: Die Kurzskaala Lebenszufriedenheit-1 (L-1) [A single-item scale measuring general life satisfaction]. GESIS. (GESIS Working Papers 2014, 33).
- Benecke, C., Vogt, T., Bock, A. Kaschier, A. & Peham, D. (2008). Entwicklung und validierung eines fragebogens zur erfassung von emotionserleben und emotionsregulation (EER) [development and validation of a questionnaire assessing emotion experience and emotion regulation]. Unpublished manuscript, Institut für Psychologie, Universität Kassel.
- Bettencourt, B. A., Talley, A., Benjamin, A. J. & Valentine, J. (2006). Personality and aggressive behavior under provoking and neutral conditions: A meta-analytic review. *Psychological Bulletin, 132*, 751–777. doi: 10.1037/0033-2909.132.5.751

- Bloch, L., Haase, C. M., & Levenson, R. W. (2014). Emotion regulation predicts marital satisfaction: More than a wives' tale. *Emotion, 14*(1), 130–144. <https://doi.org/10.1037/a0034272>
- Bodie, G. D. (2017). Communication Functions Questionnaire (CFQ-30): (Samter & Burleson, 1990). In D. L. Worthington & G. D. Bodie (Eds.), *The Sourcebook of Listening Research* (pp. 217–223). Hoboken, New Jersey: John Wiley & Sons, Inc. <https://doi.org/10.1002/9781119102991.ch17>
- Bowlby, J. (1977). The making and breaking of affectional bonds. *British Journal of Psychiatry, 130*, 201–210
- Burleson, B. R., & Denton, W. H. (1997). The relationship between communication skill and marital satisfaction: Some moderating effects. *Journal of Marriage and the Family, 59*, 884–902.
- Burleson, B. R., Kunkel, A. W., & Birch, J. D. (1994). Thoughts about talk in romantic relationships: Similarity makes for attraction (and happiness, too). *Communication Quarterly, 42*, 259–273. doi: 10.1080/01463379409369933
- Burleson, B. R., Kunkel, A. W., Samter, W., & Werking, K. J. (1996). Men's and women's evaluations of communication skills in personal relationships: When sex differences make a difference—and when they don't. *Journal of Social and Personal Relationships, 13*, 201–224. doi:10.1177/0265407596132003
- Burleson, B. R., Samter, W., & Lucchetti, A. E. (1992). Similarity in communication values as a predictor of friendship choices: Studies of friends and best friends. *Southern Communication Journal, 57*, 260–276. doi:10.1080/10417949209372873
- Busby, D. M., Holman, T. B., & Taniguchi, N. (2001). RELATE: Relationship Evaluation of the Individual, Family, Cultural, and Couple Contexts\*. *Family Relations, 50*(4), 308–316. <https://doi.org/10.1111/j.1741-3729.2001.00308.x>
- Buunk, B. P., & van Driel, B. (1989). Variant lifestyles and relationships. Thousand Oaks, CA: Sage Publications.
- Brown, B. (2012). *The Power of Vulnerability: Teachings on Authenticity, Connection and Courage*. Louisville, CO: Sounds True.
- Byers, E. S. (2005). Relationship satisfaction and sexual satisfaction: A longitudinal study of individuals in long-term relationships. *The Journal of Sex Research, 42*(2), 113–118. <https://doi.org/10.1080/00224490509552264>

- Carroll, S. J., Hill, E. J., Yorgason, J. B., Larson, J. H., & Sandberg, J. G. (2013). Couple Communication as a Mediator Between Work–Family Conflict and Marital Satisfaction. *Contemporary Family Therapy, 35*(3), 530–545. <https://doi.org/10.1007/s10591-013-9237-7>
- Christensen, A. (1987). Detection of conflict patterns in couples. In K. Hahlweg & M. J. Goldstein (Eds.), *Understanding major mental disorders: The contribution of family interaction research* (pp. 250-265). New York: Family Process Press.
- Christensen, A. (1988). Dysfunctional interaction patterns in couples. In P. Noller & M. A. Fitzpatrick (Eds.), *Perspectives on marital interaction* (pp. 31-52). Clevedon, England: Multilingual Matters.
- Christensen, A., & Heavey, C. L. (1990). Gender and social structure in the demand/withdraw pattern of marital conflict. *Journal of Personality and Social Psychology, 59*, 73–81.
- Christensen, A., & Shenk, J. L. (1991). Communication, conflict, and psychological distance in nondistressed, clinic, and divorcing couples. *Journal of Clinical and Consulting Psychology, 59*, 458-463.
- Christensen, A., & Sullaway, M. (1984). *Communication Patterns Questionnaire*. Unpublished questionnaire, University of California, Los Angeles.
- Christensen, A., Sullaway, M., & King, C. E. (1983). Systematic error in behavioral reports of dyadic interaction: Egocentric bias and content effects. *Behavioral Assessment, 5*, 129–140.
- Chung M. S. (2014). Pathways between attachment and marital satisfaction: The mediating roles of rumination, empathy, and forgiveness. *Personality and Individual Differences, 70*, 246-51.
- Clutton-Brock, T. H. (1989). Mammalian mating systems. *Proceedings of the Royal Society of London B, 236*, 339-372.
- Cohen, M. T., & Wilson, K. (2016). Development of the Consensual Non-Monogamy Attitude Scale (CNAS). *Sexuality & Culture, 21*(1), 1-14. doi:10.1007/s12119-016-9395-5
- Collins, N. (1996). Working models of attachment: Implications for explanation, emotion, and behavior. *Journal of Personality and Social Psychology, 71*, 810–832. doi: 10.1037/0022-3514.71.4.810.

- Collins, N., & Feeney, J. A. (2000). A safe haven: An attachment theory perspective on support seeking and caregiving in intimate relationships. *Journal of Personality and Social Psychology, 78*, 1053–1073
- Collins, N., & Read, S. J. (1990). Adult attachment, working models, and relationship quality in dating couples. *Journal of Personality and Social Psychology, 58*, 644–663.
- Conley, T. D., & Moors, A. C. (2014). More Oxygen Please!: How Polyamorous Relationship Strategies Might Oxygenate Marriage. *Psychological Inquiry, 25*(1), 56–63. <https://doi.org/10.1080/1047840X.2014.876908>
- Conley, T. D., Moors, A. C., Matsick, J. L., & Ziegler, A. (2013). The Fewer the Merrier?: Assessing Stigma Surrounding Consensually Non-monogamous Romantic Relationships. *Analyses of Social Issues and Public Policy, 13*(1), 1-30. doi:10.1111/j.1530-2415.2012.01286.x
- Cordova, J. V., Gee, C. B., & Warren, L. Z. (2005). Emotional skillfulness in marriage: Intimacy as a mediator of the relationship between emotional skillfulness and marital satisfaction. *Journal of Social & Clinical Psychology, 24*(2), 218–235.
- Coulter, K., & Malouff, J. M. (2013). Effects of an intervention designed to enhance romantic relationship excitement: A randomized-control trial. *Couple and Family Psychology: Research and Practice, 2*, 34.
- Davila J., Bradbury T. N. (2001). Attachment insecurity and the distinction between unhappy spouses who do and do not divorce. *Journal of Family Psychology, 15*(3), 371-93.
- Demirtas, S. C., & Tezer, E. (2012). Romantic Relationship Satisfaction, Commitment to Career Choices and Subjective Well-Being. *Procedia - Social and Behavioral Sciences, 46*, 2542–2549. <https://doi.org/10.1016/j.sbspro.2012.05.519>
- Diamond, L. M., & Aspinwall, L. G. (2003). Emotion regulation across the life-span: An integrative perspective emphasizing self-regulation, positive affect, and dyadic processes. *Motivation and Emotion, 27*, 125–156.
- Domínguez, G. E., Pujol, J., Motzkau, J. F., & Popper, M. (2017). Suspended transitions and affective orderings: From troubled monogamy to liminal polyamory. *Theory & Psychology, 27*(2), 183–197. <https://doi.org/10.1177/0959354317700289>
- Easton, D., & Hardy, J. W. (2009). *The ethical slut: A roadmap for relationship pioneers*. Berkeley, CA: Celestial Arts.

- Emens, E. F. (2004). "Monogamy's Law: Compulsory Monogamy and Polyamorous Existence." *NYU Review of Law and Social Change*, 29, 277–376.
- Feeney, J. A. (1999). Adult romantic attachment and couple relationships. In J. Cassidy, & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (pp. 355– 379). New York: Guilford Press
- Finn, M. D. (2012). The psychological architecture of the stable couple relationship. *Theory & Psychology*, 22(5), 607–625. <https://doi.org/10.1177/0959354312451957>
- Finn, M. D., Tunariu, A. D., & Lee, K. C. (2012). A critical analysis of affirmative therapeutic engagements with consensual non-monogamy. *Sexual and Relationship Therapy*, 27(3), 205–216. <https://doi.org/10.1080/14681994.2012.702893>
- Finzi-Dottan, R., Cohen, O., Iwaniec, D., Sapir, Y., & Weizman, A. (2003). The Drug-User Husband and His Wife: Attachment Styles, Family Cohesion, and Adaptability. *Substance Use & Misuse*, 38(2), 271–292. <https://doi.org/10.1081/JA-120017249>
- Garcia, J. R., Reiber, C., Massey, S. G., & Merriwether, A. M. (2012). Sexual hookup culture: A review. *Review of General Psychology*, 16(2), 161-176. doi:10.1037/a0027911
- Garner, C., Person, M., Goddard, C., Patridge, A., & Bixby, T. (2019). Satisfaction in Consensual Nonmonogamy. *The Family Journal*, 27(2), 115–121. <https://doi.org/10.1177/1066480719833411>
- Gordon, K. C., Hughes, F. M., Tomcik, N. D., Dixon, L. J., & Litzinger, S. C. (2009). Widening spheres of impact: the role of forgiveness in marital and family functioning. *Journal of Family Psychology*, 23(1), 1-13.
- Gottman, J., Silver, N. (1999). *7 Principles for Making Marriages Work*. New York: Harmony Books.
- Gottman, J. M. (1994). *What Predicts Divorce? The Relationship Between Marital Processes and Marital Outcomes*. Hillsdale, NJ: Lawrence Erlbaum Associates. Print.
- Gottman, J. M., & Levenson, R. W. (2002). A two-factor model for predicting when a couple will divorce: Exploratory analyses using 14-year longitudinal data. *Family Process*, 41, 83–96.
- Gottman, J. M., & Gottman, J. S. (2015). Gottman couple therapy. In A. S. Gurman, J. L. Lebow & D. K. Snyder (Eds.), *Clinical handbook of couple therapy* (5th ed.). New York: Guilford Press.

- Greeff, A. P., & Malherbe, H. L. (2001). Intimacy and Marital Satisfaction in Spouses. *Journal of Sex & Marital Therapy*, 27(3), 247–257. <https://doi.org/10.1080/009262301750257100>
- Gross, J. J. (1998a). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2, 271–299.
- Gross, J. J. (1998b). Emotion Regulation: Current Status and Future Prospects. *Psychological Inquiry*, vol. 26, no. 1, 2015, pp. 1–26., doi:10.1080/1047840x.2014.940781.
- Gross, J. J. (1998c). Antecedent- and response-focused emotion regulation: Divergent consequences for experience, expression, and physiology. *Journal of Personality and Social Psychology*, 74, 224–237.
- Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85(2), 348–362. <https://doi.org/10.1037/0022-3514.85.2.348>
- Gustavson, K., Røysamb, E., von Soest, T., Helland, M. J., & Mathiesen, K. S. (2012). Longitudinal associations between relationship problems, divorce, and life satisfaction: Findings from a 15-year population-based study. *The Journal of Positive Psychology*, 7(3), 188–197. <https://doi.org/10.1080/17439760.2012.671346>
- Haase, M. (2009). Entwicklung eines Fragebogens zur Erfassung von Emotionserleben und Emotionsregulation [Development of a scale measuring experience and regulation of emotion]. Chemnitz University of Technology, unpublished bachelor thesis.
- Hazan C., Shaver P. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, 52, 511–524. doi: 10.1037/0022-3514.52.3.511.
- Heavey, C. L., Layne, C., & Christensen, A. (1993). Gender and conflict structure in marital interaction: A replication and extension. *Journal of Consulting and Clinical Psychology*, 61, 16–27.
- Heckert, J. (2010). Love without Orders? Intimacy, Identity and the State of Compulsory Monogamy. In M. Barker & D. Langdridge (Eds.), *Understanding Non-Monogamies* (pp. 255-66). New York: Routledge.
- Hendrick, S. S. (1988). A Generic Measure of Relationship Satisfaction. *Journal of Marriage and the Family*, 50(1), 93. <https://doi.org/10.2307/352430>
- Hendrick, S. S., Dicke, A., & Hendrick, C. (1998). Relationship assessment scale. *PsycTESTS Dataset*. doi:10.1037/t00437-000

- Hirschberger, G., Srivastava S., Marsh P., Cowan C. P., & Cowan P. A. (2009). Attachment, Marital Satisfaction, and Divorce during the First Fifteen Years of Parenthood. *Personal Relationships, 16*(3), 401-20.
- Hollist C. S., Miller R. B. (2005) Perceptions of attachment style and marital quality in middle marriage. *Family Relations, 54*, 46-57.
- Hutzler, K. T., Giuliano, T. A., Herselman, J. R., & Johnson, S. M. (2016). Three's a crowd: Public awareness and (mis)perceptions of polyamory. *Psychology & Sexuality, 7*(2), 69–87. <https://doi.org/10.1080/19419899.2015.1004102>
- IBM Corp. (2017). *IBM SPSS Statistics for Macintosh, Version 21.0*. Armonk, NY: IBM Corp.
- Impett, E. A., Kogan, A., English, T., John, O., Oveis, C., Gordon, A. M., & Keltner, D. (2012). Suppression Sours Sacrifice: Emotional and Relational Costs of Suppressing Emotions in Romantic Relationships. *Personality and Social Psychology Bulletin, 38*(6), 707–720. <https://doi.org/10.1177/0146167212437249>
- Jackson, S., & Scott, S. (2004). The Personal Is Still Political: Heterosexuality, Feminism and Monogamy. *Feminism & Psychology, 14*(1), 151–157. <https://doi.org/10.1177/0959353504040317>
- Jenkins, D. G., & Quintana-Ascencio, P. F. (2020). A solution to minimum sample size for regressions. *PLOS ONE, 15*(2), e0229345. <https://doi.org/10.1371/journal.pone.0229345>
- Jenks, R. J. (1985). Swinging: A replication and test of a theory. *The Journal of Sex Research, 21*, 199–205. doi: 10.1080/ 00224498509551258
- Jones, S. M. (2005). Attachment style differences and similarities in evaluations of affective communication skills and person-centered comforting messages. *Western Journal of Communication, 69*, 233–249. doi:10.1080/10570310500202405
- Kappas, A. (1991). The illusion of the neutral observer: On the communication of emotion. *Cahiers de Linguistique Francaise, 12*, 153–168.
- Karig, F. (2018). *Wie wir lieben - Vom Ende der Monogamie*. Berlin: Aufbau Taschenbuch.
- Kelly, A. B., Fincham, F. D., & Beach, S. R. H. (2003). Communication skills in couples: A review and discussion of emerging perspectives. In B. R. Burleson & J. O. Green (Eds.), *Handbook of communication and social interaction skills* (pp. 723–751). Mahwah, NJ: Erlbaum.



- Keltner, D., & Haidt, J. (2001). Social functions of emotions at four levels of analysis. In W. G. Parrott (Ed.), *Emotions in social psychology: Essential readings* (pp. 175–184). New York: Psychology Press.
- Kiecolt-Glaser, J. K., & Newton, T. L. (2001). Marriage and health: His and hers. *Psychological Bulletin, 127*, 472 – 503.
- Kimberly, C., & Hans, J. D. (2017). From Fantasy to Reality: A Grounded Theory of Experiences in the Swinging Lifestyle. *Archives of Sexual Behavior, 46*(3), 789–799. <https://doi.org/10.1007/s10508-015-0621-2>
- Klesse, C. (2006). Polyamory and its ‘Others’: Contesting the Terms of Non-Monogamy. *Sexualities, 9*(5), 565-583. doi:10.1177/1363460706069986
- Klesse, C. (2014). Polyamory: Intimate practice, identity or sexual orientation? *Sexualities, 17*(1-2), 81-99. doi:10.1177/1363460713511096
- Klesse, C. (2017). Theorizing multi-partner relationships and sexualities – recent work on non-monogamy and polyamory. *Sexualities, 21*(7), 1109-1124. doi:10.1177/1363460717701691
- Knapp, J.J. (1975). Some non-monogamous marriage styles and related attitudes and practices of marriage counselors. *Family Coordinator, 24*(4), 505–514.
- Kumar, H. (2016). Psychological Distress and Life Satisfaction among University Students. *Journal of Psychology & Clinical Psychiatry, 5*(3). <https://doi.org/10.15406/jpcpy.2016.05.00283>
- Kurdek, L., & Schmitt, J. P. (1986). Relationship quality of gay men in closed or open relationships. *Journal of Homosexuality, 12*, 85–99.
- Labriola, K. (2003) Models of Open Relationships. Available under: [www.cat-and-dragon.com/stef/Poly/Labriola/open.html](http://www.cat-and-dragon.com/stef/Poly/Labriola/open.html). (last accessed 6 February 2009)
- Lawrence E., Rothman. A. D., Cobb R. J., Rothman M. T., & Bradbury T. N. (2008). Marital satisfaction across the transition to parenthood. *Journal of Family Psychology, 22*(1), 41- 50.
- Lecuona, O., Suero, M., Wingen, T., & de Rivas, S. (2021). Does “Open” Rhyme with “Special”? Comparing Personality, Sexual Satisfaction, Dominance and Jealousy of Monogamous and Non-monogamous Practitioners. *Archives of Sexual Behavior, 50*(4), 1537–1549. <https://doi.org/10.1007/s10508-020-01865-x>

- Litzinger, S., & Gordon, K. C. (2005). Exploring Relationships Among Communication, Sexual Satisfaction, and Marital Satisfaction. *Journal of Sex & Marital Therapy, 31*(5), 409–424. <https://doi.org/10.1080/00926230591006719>
- Maldonado, R. C., DiLillo, D., & Hoffman, L. (2015). Can college students use emotion regulation strategies to alter intimate partner aggression-risk behaviors? An examination using I3 theory. *Psychology of Violence, 5*, 46–55.
- Marchand, J. F. (2004). Husbands' and wives' marital quality: The role of adult attachment orientations, depressive symptoms, and conflict resolution behaviors. *Attachment and Human Development, 6*, 99–113
- Markman, H. J., Stanley, S., & Blumberg, S. L. (1994). *Fighting for your marriage*. San Francisco, CA: Jossey-Bass.
- Matsick, J. L., Conley, T. D., Ziegler, A., Moors, A. C., & Rubin, J. D. (2013). Love and sex: polyamorous relationships are perceived more favourably than swinging and open relationships. *Psychology & Sexuality, 5*(4), 339-348. doi:10.1080/19419899.2013.832934
- McDonald, D. (2010). Swinging: Pushing the Boundaries of Monogamy?. In M. Barker & Langdridge (Eds.), *Understanding non-monogamies* (pp. 70-81). New York: Routledge.
- Mikulincer M. & Shaver P. R. (2007). *Attachment in adulthood: Structure, dynamics, and change*. New York: Guilford.
- Mirgain, S. A., & Cordova, J. V. (2007). Emotion Skills and Marital Health: The Association Between Observed and Self-Reported Emotion Skills, Intimacy, and Marital Satisfaction. *Journal of Social and Clinical Psychology, 26*(9), 983–1009. <https://doi.org/10.1521/jscp.2007.26.9.983>
- Mogilski, J. K., Reeve, S. D., Nicolas, S. C. A., Donaldson, S. H., Mitchell, V. E., & Welling, L. L. M. (2019). Jealousy, Consent, and Compersion Within Monogamous and Consensually Non-Monogamous Romantic Relationships. *Archives of Sexual Behavior, 48*(6), 1811–1828. <https://doi.org/10.1007/s10508-018-1286-4>
- Moors, A. C., Matsick, J. L., & Schechinger, H. A. (2017). Unique and Shared Relationship Benefits of Consensually Non-Monogamous and Monogamous Relationships: A Review and Insights for Moving Forward. *European Psychologist, 22*(1), 55–71. <https://doi.org/10.1027/1016-9040/a000278>

- Muise, A., Laughton, A. K., Moors, A., & Impett, E. A. (2019). Sexual need fulfillment and satisfaction in consensually nonmonogamous relationships. *Journal of Social and Personal Relationships*, *36*(7), 1917–1938. <https://doi.org/10.1177/0265407518774638>
- Murray, S. L., Holmes, J. G., & Griffin, D. W. (1996). The benefits of positive illusions: Idealization and the construction of satisfaction in close relationships. *Journal of Personality and Social Psychology*, *70*, 79–98.
- Overall, N. C., Chang, V. T., Pietromonaco, P. R., Low, R. S. T., & Henderson, A. M. E. (2021). Partners' Attachment Insecurity and Stress Predict Poorer Relationship Functioning During COVID-19 Quarantines. *Social Psychological and Personality Science*. Advance online publication. <https://doi.org/10.1177/1948550621992973>
- Peabody, S. A. (1982). Alternative life styles to monogamous marriage: Variants of normal behavior in psychotherapy clients. *Family Relations*, *31*, 425–434.
- Pearce, Z. J. (2005). *Attributions as a mediator between attachment style and couple relationship outcomes* (Unpublished doctoral dissertation), Griffith University, Brisbane, Australia.
- Randall, A. K., & Bodenmann, G. (2017). Stress and its associations with relationship satisfaction. *Current Opinion in Psychology*, *13*, 96–106. <https://doi.org/10.1016/j.copsyc.2016.05.010>
- Rick, J. L., Falconier, M. K., & Wittenborn, A. K. (2017). Emotion regulation dimensions and relationship satisfaction in clinical couples. *Personal Relationships*, *24*(4), 790–803. <https://doi.org/10.1111/pere.12213>
- Ritchie, A., & Barker, M. (2006). 'There Aren't Words for What We Do or How We Feel So We Have To Make Them Up': Constructing Polyamorous Languages in a Culture of Compulsory Monogamy. *Sexualities*, *9*(5), 584–601. <https://doi.org/10.1177/1363460706069987>
- Roberts, L. J., & Krokoff, L. J. (1990). A time-series analysis of withdrawal, hostility, and displeasure. *Journal of Marriage and the Family*, *52*, 229–236.
- Robinson, M. (2013). Polyamory and Monogamy as Strategic Identities. *Journal of Bisexuality*, *13*(1), 21–38. <https://doi.org/10.1080/15299716.2013.755731>
- Rogge, R. D., Cobb, R. M., Johnson, M., Lawrence, E., & Bradbury, T. N. (2002). The CARE program: A preventive approach to marital intervention. In N. S. Jacobson & A. S.

- Gurman (Eds.), *Clinical handbook of couple therapy* (3rd ed., pp. 420–440). New York, NY: Guilford.
- Samter, W. (1992). Communicative characteristics of the lonely person's friendship circle. *Communication Research*, *19*, 212–239. doi:10.1177/009365092019002005
- Samter, W., & Burleson, B. R. (1990). Evaluations of communication skills as predictors of peer acceptance in a group living situation. *Communication Studies*, *41*, 311–326. doi:10.1080/10510979009368313
- Schacht, R., & Kramer, K. L. (2019). Are We Monogamous? A Review of the Evolution of Pair-Bonding in Humans and Its Contemporary Variation Cross-Culturally. *Frontiers in Ecology and Evolution*, *7*, 230. <https://doi.org/10.3389/fevo.2019.00230>
- Schen, D., & Shiver, F. R. (2009). A review of adult attachment theory, psychodynamics and couples' relationships. In S. M. Johanson & V. E. Whiffen (Eds.), *Attachment processes in couple and family therapy* (pp. 45-82). Tehran: Danjeh. Translated by F. Bahrami from Persian.
- Schreurs, K. M. G., & Buunk, B. P. (1996). Closeness, Autonomy, Equity, and Relationship Satisfaction in Lesbian Couples. *Psychology of Women Quarterly*, *20*(4), 577–592. <https://doi.org/10.1111/j.1471-6402.1996.tb00323.x>
- Shackelford, T. K., & Buss, D. M. (1997). Marital satisfaction in evolutionary psychological perspective. In R. L. Sternberg & M. Hojjat (Eds.), *Satisfaction in close relationships* (pp. 7–25). New York: The Guilford Press.
- Shaver, P. R., & Hazan, C. (1993). Adult romantic attachment: Theory and evidence. In D. Perlman, & W. Jones (Eds.), *Advances in personal relationships* (Vol. 4, pp. 29–70). London: Kingsley
- Shaver PR, Schachner DA, Mikulincer M. Attachment style, excessive reassurance seeking, relationship processes, and depression. *Personality and Social Psychology Bulletin*. 2005;31:343–359. doi: 10.1177/0146167204271709.
- Sheff, E. (2020). Polyamory Is Deviant – But Not for the Reasons You May Think. *Deviant Behavior*, *41*(7), 882–892. <https://doi.org/10.1080/01639625.2020.1737353>
- Smith, L., Heaven, P. C. L., & Ciarrochi, J. (2008). Trait emotional intelligence, conflict communication patterns, and relationship satisfaction. *Personality and Individual Differences*, *44*(6), 1314–1325.

- Sommantico, M., Parrello, S., & De Rosa, B. (2020). Lesbian and Gay Relationship Satisfaction Among Italians: Adult Attachment, Social Support, and Internalized Stigma. *Archives of Sexual Behavior, 49*(5), 1811–1822. <https://doi.org/10.1007/s10508-020-01736-5>
- Spanier, G. B. (1976). Measuring dyadic adjustment: New scales for assessing the quality of marriage and similar dyads. *Journal of Marriage and the Family, 38*, 15–28.
- Tavakol, Z., Nasrabadi, A. N., Moghadam, Z. B., Salehiniya, H., Rezaei, E. (2017). A Review of the Factors Associated with Marital Satisfaction. *Galen Medical Journal, 6*, 3, 197–207. <https://doi.org/10.22086/gmj.v0i0.641>
- Thobejane, T. D., & Flora, T. (2014). An exploration of polygamous marriages: A worldview. *Mediterranean Journal of Social Sciences, 5*, 1058–1066.
- Thomas, K. W. (1976). Conflict and conflict management. In M. D. Dunnette (Ed.), *Handbook of industrial and organizational psychology* (pp. 889–935). Chicago: Rand McNally
- Tolstedt, B. E., & Stokes, J. P. (1983). *Relation of verbal, affective, and physical intimacy to marital satisfaction. Journal of Counseling Psychology, 30*(4), 573–580. doi:10.1037/0022-0167.30.4.573
- Vater, A., & Schröder–Abé, M. (2015). Explaining the Link between Personality and Relationship Satisfaction: Emotion Regulation and Interpersonal Behaviour in Conflict Discussions. *European Journal of Personality, 29*(2), 201–215. <https://doi.org/10.1002/per.1993>
- Veaux, F., & Rickert, E. (2014). *More than two: A practical guide to ethical polyamory*. Portland, OR: Thorntree Press.
- Vermeir, P., Vandijck, D., Degroote, S., Peleman, R., Verhaeghe, R., Mortier, E., Hallaert, G., Van Daele, S., Buylaert, W., & Vogelaers, D. (2015). Communication in healthcare: A narrative review of the literature and practical recommendations. *International Journal of Clinical Practice, 69*(11), 1257–1267. <https://doi.org/10.1111/ijcp.12686>
- Vigl, J., Strauss, H., Talamini, F., & M. (2021). Relationship Satisfaction in the Early Stages of the COVID-19 Pandemic: A Cross-National Examination of Situational, Dispositional, and Relationship Factors. *OSF Preprints 2021*; published online Jan 28. <https://doi.org/10.31219/osf.io/b5c8g>

- Watzlawick, P., Beavin, J. H., & Jackson, D. D. (1996): *Menschliche Kommunikation. Formen, Störungen, Paradoxien*. Bern: Haupt Verlag.
- Whisman, M. A. (2007). Marital distress and DSM-IV psychiatric disorders in a population-based national survey. *Journal of Abnormal Psychology, 116*, 638–643.
- Wiebe, S. A., Johnson, S. M., Lafontaine, M.-F., Burgess Moser, M., Dagleish, T. L., & Tasca, G. A. (2017). Two-Year Follow-up Outcomes in Emotionally Focused Couple Therapy: An Investigation of Relationship Satisfaction and Attachment Trajectories. *Journal of Marital and Family Therapy, 43*(2), 227–244. <https://doi.org/10.1111/jmft.12206>
- Wolgast, M., & Lundh, L.-G. (2017). Is Distraction an Adaptive or Maladaptive Strategy for Emotion Regulation? A Person-Oriented Approach. *Journal of Psychopathology and Behavioral Assessment, 39*(1), 117–127. <https://doi.org/10.1007/s10862-016-9570-x>
- Wood, J., Quinn-Nilas, C., Milhausen, R., Desmarais, S., Muise, A., & Sakaluk, J. (2021). A dyadic examination of self-determined sexual motives, need fulfillment, and relational outcomes among consensually non-monogamous partners. *PLOS ONE, 16*(2), e0247001. <https://doi.org/10.1371/journal.pone.0247001>
- Wosick-Correa, K. (2010). Agreements, rules and agentic fidelity in polyamorous relationships. *Psychology and Sexuality, 1*(1), 44-61. [doi:10.1080/19419891003634471](https://doi.org/10.1080/19419891003634471)
- Yovetich, N. A., & Rusbult, C. E. (1994). Accommodative behavior in close relationships: Exploring transformation of motivation. *Journal of Experimental Social Psychology, 30*, 138–164.
- Zautra, A. J., & Reich, J. W. (1981). Positive events and quality of life. *Evaluation and Program Planning, 4*(3–4), 355–361. [https://doi.org/10.1016/0149-7189\(81\)90034-3](https://doi.org/10.1016/0149-7189(81)90034-3)

# Appendices

## Appendix 1: Predictor Correlations with Relationship Satisfaction

Korrelationen			relationship_satisfac	communifun	communifun	mutualcons	mutualdestr	demandwith	reappraisal	perspective	exprosuppre	aggrext_ne	
mono	cnm		_tion	_ction_act	_ction_part	_tructiveness	_uctiveness	_draw			_ss	_u	
,00	1,00	Korrelation nach Pearson	1,000	,456	,476	,451	-,198	-,244	-,042	,072	-,367	-,191	
			relationship_satisfac	,456	1,000	,648	,417	-,256	-,420	,085	,156	-,468	-,346
			communifun_ction_act	,476	,648	1,000	,547	-,314	-,357	,003	,027	-,495	-,323
			mutual_constructive	,451	,417	,547	1,000	-,413	-,490	,105	,209	-,389	-,317
			mutual_destructive	-,198	-,256	-,314	-,413	1,000	,596	-,033	-,214	,529	,421
			demandwithdraw	-,244	-,420	-,357	-,490	,596	1,000	-,041	-,082	,575	,629
			reappraisal	-,042	,085	,003	,105	-,033	-,041	1,000	,210	,102	-,047
			perspective_take	,072	,156	,027	,209	-,214	-,082	,210	1,000	-,066	-,121
			express_suppress	-,367	-,468	-,495	-,389	,529	,575	,102	-,066	1,000	,454
			aggressive_ext_new	-,191	-,346	-,323	-,317	,421	,629	-,047	-,121	,454	1,000
		Sig. (1-seitig)	relationship_satisfac	,000	,000	,000	,040	,015	,357	,263	,000	,046	
			communifun_ction_act	,000	,000	,000	,011	,000	,228	,084	,000	,001	
			communifun_ction_part	,000	,000	,000	,002	,001	,490	,407	,000	,002	
			mutual_constructive	,000	,000	,000	,000	,000	,179	,032	,000	,002	
			mutual_destructive	,040	,011	,002	,000	,000	,385	,029	,000	,000	
			demandwithdraw	,015	,000	,001	,000	,000	,361	,236	,000	,000	
			reappraisal	,357	,228	,490	,179	,385	,361	,031	,186	,339	
			perspective_take	,263	,084	,407	,032	,029	,236	,031	,281	,144	
			express_suppress	,000	,000	,000	,000	,000	,186	,281	,000	,000	
			aggressive_ext_new	,046	,001	,002	,002	,000	,339	,144	,000	,000	
		N	relationship_satisfac	79	79	79	79	79	79	79	79	79	79
			communifun_ction_act	79	79	79	79	79	79	79	79	79	79
			communifun_ction_part	79	79	79	79	79	79	79	79	79	79
			mutual_constructive	79	79	79	79	79	79	79	79	79	79
			mutual_destructive	79	79	79	79	79	79	79	79	79	79
			demandwithdraw	79	79	79	79	79	79	79	79	79	79
			reappraisal	79	79	79	79	79	79	79	79	79	79
			perspective_take	79	79	79	79	79	79	79	79	79	79
			express_suppress	79	79	79	79	79	79	79	79	79	79
			aggressive_ext_new	79	79	79	79	79	79	79	79	79	79
1,00	,00	Korrelation nach Pearson	relationship_satisfac	1,000	,613	,617	,479	-,280	-,232	-,159	,201	-,475	-,176
			communifun_ction_act	,613	1,000	,832	,600	-,273	-,323	,045	,307	-,491	-,249
			communifun_ction_part	,617	,832	1,000	,557	-,255	-,302	,080	,233	-,450	-,205
			mutual_constructive	,479	,600	,557	1,000	-,401	-,483	-,035	,270	-,464	-,297
			mutual_destructive	-,280	-,273	-,255	-,401	1,000	,470	,037	-,208	,391	,301
			demandwithdraw	-,232	-,323	-,302	-,483	,470	1,000	,004	-,311	,358	,466
			reappraisal	-,159	,045	,080	-,035	,037	,004	1,000	,119	,047	,071
			perspective_take	,201	,307	,233	,270	-,208	-,311	,119	1,000	-,211	-,315
			express_suppress	-,475	-,491	-,450	-,464	,391	,358	,047	-,211	1,000	,378
			aggressive_ext_new	-,176	-,249	-,205	-,297	,301	,466	,071	-,315	,378	1,000
		Sig. (1-seitig)	relationship_satisfac	,000	,000	,000	,000	,001	,017	,004	,000	,009	
			communifun_ction_act	,000	,000	,000	,000	,000	,277	,000	,000	,000	
			communifun_ction_part	,000	,000	,000	,000	,000	,145	,001	,000	,003	
			mutual_constructive	,000	,000	,000	,000	,000	,322	,000	,000	,000	
			mutual_destructive	,000	,000	,000	,000	,000	,313	,003	,000	,000	
			demandwithdraw	,001	,000	,000	,000	,000	,476	,000	,000	,000	
			reappraisal	,017	,277	,145	,322	,313	,476	,056	,265	,171	
			perspective_take	,004	,000	,001	,000	,003	,000	,056	,002	,000	
			express_suppress	,000	,000	,000	,000	,000	,265	,002	,000	,000	
			aggressive_ext_new	,009	,000	,003	,000	,000	,171	,000	,000	,000	
		N	relationship_satisfac	179	179	179	179	179	179	179	179	179	179
			communifun_ction_act	179	179	179	179	179	179	179	179	179	179
			communifun_ction_part	179	179	179	179	179	179	179	179	179	179
			mutual_constructive	179	179	179	179	179	179	179	179	179	179
			mutual_destructive	179	179	179	179	179	179	179	179	179	179
			demandwithdraw	179	179	179	179	179	179	179	179	179	179
			reappraisal	179	179	179	179	179	179	179	179	179	179
			perspective_take	179	179	179	179	179	179	179	179	179	179
			express_suppress	179	179	179	179	179	179	179	179	179	179
			aggressive_ext_new	179	179	179	179	179	179	179	179	179	179

## Appendix 2: Multiple Regression Analysis without Confounders

Koeffizienten<sup>a</sup>

mono	cnm	Modell	Nicht standardisierte Koeffizienten		Standardisierte Koeffizienten			95,0% Konfidenzintervalle für B		Kollinearitätsstatistik		
			Regressionskoeffizient B	Std.-Fehler	Beta	T	Sig.	Untergrenze	Obergrenze	Toleranz	VIF	
,00	1,00	1	(Konstante)	-1,128	1,814		-,622	,536	-4,746	2,491		
			communifunction_act	,305	,181	,235	1,684	,097	-,056	,667	,499	2,002
			communifunction_part	,181	,193	,141	,942	,349	-,203	,566	,436	2,295
			mutual_constructive	,319	,141	,297	2,259	,027	,037	,601	,560	1,784
			mutual_destructive	,049	,166	,039	,292	,771	-,283	,380	,547	1,829
			demandwithdraw	,118	,185	,102	,638	,525	-,251	,487	,383	2,611
			reappraisal	-,062	,091	-,070	-,684	,496	-,243	,119	,914	1,094
			perspective	-,009	,140	-,007	-,068	,946	-,288	,269	,845	1,184
			express_suppress	-,156	,144	-,151	-1,085	,282	-,443	,131	,502	1,990
			aggressive_ext_new	,015	,144	,013	,104	,917	-,272	,302	,578	1,730
			1,00	,00	1	(Konstante)	-,944	,858		-1,100	,273	-2,639
communifunction_act	,242	,129				,200	1,883	,061	-,012	,496	,266	3,758
communifunction_part	,378	,112				,338	3,366	,001	,156	,599	,298	3,360
mutual_constructive	,073	,063				,089	1,161	,247	-,051	,198	,511	1,955
mutual_destructive	-,066	,071				-,060	-,926	,356	-,207	,075	,704	1,420
demandwithdraw	,061	,072				,061	,848	,398	-,081	,204	,588	1,702
reappraisal	-,162	,048				-,190	-3,395	,001	-,257	-,068	,955	1,047
perspective	,049	,067				,044	,729	,467	-,083	,181	,806	1,240
express_suppress	-,189	,071				-,184	-2,672	,008	-,329	-,049	,629	1,590
aggressive_ext_new	,058	,068				,056	,857	,393	-,076	,191	,700	1,428

a. Abhängige Variable: relationship\_satisfy



### Appendix 3: Multiple Regression Analysis with Confounders

Koeffizienten<sup>a</sup>

mono	cnm	Modell	Nicht standardisierte Koeffizienten		Standardisierte Koeffizienten			95,0% Konfidenzintervalle für B		Kollinearitätsstatistik		
			Regressionskoeffizient B	Std.-Fehler	Beta	T	Sig.	Untergrenze	Obergrenze	Toleranz	VIF	
,00	1,00	1	(Konstante)	,166	1,501		,110	,912	-2,836	3,168		
			life_satisfaction	,187	,047	,396	4,013	,000	,094	,281	,598	1,672
			relationship_accept=partially	-,293	,176	-,154	-1,668	,100	-,645	,058	,687	1,456
			relationship_accept=none	-3,535	,705	-,504	-5,017	,000	-4,945	-2,126	,579	1,728
			relationship_accept=unknown	,148	,273	,046	,543	,589	-,398	,695	,811	1,233
			secure	-,008	,059	-,014	-,135	,893	-,126	,110	,511	1,958
			preoccupied	,009	,046	,019	,195	,846	-,083	,101	,645	1,551
			dismissing	-,068	,046	-,135	-1,473	,146	-,161	,024	,692	1,445
			fearful	,013	,047	,031	,278	,782	-,081	,107	,470	2,127
			communifunction_act	,398	,145	,306	2,742	,008	,108	,688	,469	2,132
			communifunction_part	-,048	,159	-,037	-,303	,763	-,366	,269	,386	2,593
			mutual_constructive	,223	,115	,208	1,941	,057	-,007	,453	,508	1,967
			mutual_destructive	,004	,136	,003	,026	,979	-,268	,276	,491	2,036
			demandwithdraw	,072	,154	,062	,465	,644	-,237	,380	,332	3,013
			reappraisal	-,138	,078	-,156	-1,756	,084	-,294	,019	,740	1,352
			perspective_take	-,145	,128	-,111	-1,134	,261	-,400	,111	,608	1,644
			express_suppress	,001	,134	,001	,007	,994	-,266	,268	,350	2,855
			aggressive_ext_new	,052	,117	,047	,447	,657	-,181	,286	,528	1,893
			corona_impact_relationship	-,097	,073	-,141	-1,323	,191	-,243	,049	,512	1,952
1,00	,00	1	(Konstante)	-,809	,885		-,914	,362	-2,556	,939		
			life_satisfaction	,080	,032	,159	2,522	,013	,017	,142	,662	1,511
			relationship_accept=partially	-,371	,168	-,117	-2,207	,029	-,702	-,039	,933	1,072
			relationship_accept=unknown	-,551	,300	-,107	-1,840	,068	-1,143	,040	,774	1,293
			secure	,003	,035	,007	,093	,926	-,066	,072	,460	2,172
			preoccupied	,042	,026	,095	1,591	,113	-,010	,093	,741	1,350
			dismissing	,016	,026	,034	,611	,542	-,036	,068	,850	1,177
			fearful	,009	,032	,021	,280	,780	-,054	,072	,463	2,162
			communifunction_act	,229	,122	,189	1,879	,062	-,012	,470	,258	3,878
			communifunction_part	,289	,108	,259	2,667	,008	,075	,503	,278	3,602
			mutual_constructive	,083	,060	,101	1,388	,167	-,035	,202	,494	2,025
			mutual_destructive	-,014	,069	-,013	-,203	,839	-,151	,123	,651	1,536
			demandwithdraw	,043	,068	,043	,632	,529	-,092	,178	,571	1,751
			reappraisal	-,140	,046	-,164	-3,027	,003	-,231	-,049	,888	1,126
			perspective_take	,055	,064	,050	,865	,389	-,071	,181	,782	1,279
			express_suppress	-,156	,069	-,152	-2,259	,025	-,293	-,020	,577	1,732
			aggressive_ext_new	,032	,065	,031	,486	,628	-,097	,161	,652	1,534
			corona_impact_relationship	-,102	,036	-,161	-2,846	,005	-,172	-,031	,812	1,232

a. Abhängige Variable: relationship\_satisfy

## Appendix 4: Between Samples T-test for Affectively and Instrumental Oriented Actor and Partner Communication Skills

### T-Test

#### Gruppenstatistiken

	Beziehungstyp	N	Mittelwert	Std.- Abweichung	Standardfehler des Mittelwertes
affectiveskills_act	>= 2	79	9,2215	,63421	,07135
	< 2	179	9,2626	,74071	,05536
instrumentalskills_act	>= 2	79	8,8608	,57142	,06429
	< 2	179	8,9916	,58893	,04402
affectiveskills_part	>= 2	79	9,2658	,60888	,06850
	< 2	179	9,2458	,75767	,05663
instrumentalkills_part	>= 2	79	8,9177	,67667	,07613
	< 2	179	9,0391	,65654	,04907

#### Test bei unabhängigen Stichproben

		Levene-Test der Varianzgleichheit		T-Test für die Mittelwertgleichheit						
		F	Signifikanz	T	df	Sig. (2- seitig)	Mittlere Differenz	Standardfehler der Differenz	95% Konfidenzintervall der Differenz	
									Untere	Obere
affectiveskills_act	Varianzen sind gleich	1,690	,195	-,428	256	,669	-,04105	,09590	-,22990	,14779
	Varianzen sind nicht gleich			-,455	172,747	,650	-,04105	,09031	-,21931	,13721
instrumentalskills_act	Varianzen sind gleich	,465	,496	-1,660	256	,098	-,13086	,07884	-,28611	,02439
	Varianzen sind nicht gleich			-1,680	153,494	,095	-,13086	,07792	-,28479	,02306
affectiveskills_part	Varianzen sind gleich	1,517	,219	,207	256	,836	,02001	,09666	-,17034	,21037
	Varianzen sind nicht gleich			,225	183,486	,822	,02001	,08888	-,15535	,19537
instrumentalkills_part	Varianzen sind gleich	,003	,956	-1,356	256	,176	-,12138	,08952	-,29767	,05490
	Varianzen sind nicht gleich			-1,340	145,288	,182	-,12138	,09058	-,30040	,05763

## Appendix 5: Multiple Regression Analysis with Communication Function Scores Split into Affectively and Instrumental Oriented Actor and Partner Communication Skills

Koeffizienten<sup>a</sup>

mono	cnm	Modell	Nicht standardisierte Koeffizienten		Standardisierte Koeffizienten			95,0% Konfidenzintervalle für B		Kollinearitätsstatistik		
			Regressionskoeffizient B	Std.-Fehler	Beta	T	Sig.	Untergrenze	Obergrenze	Toleranz	VIF	
,00	1,00	1	(Konstante)	-1,292	1,585							
		life_satisfaction	,179	,045	,380	3,967	,000	-,089	,270	,606	1,651	
		relationship_accept=partially	-,304	,170	-,159	-1,783	,080	-,644	,037	,698	1,433	
		relationship_accept=none	-3,638	,696	-,519	-5,229	,000	-5,031	-2,246	,565	1,771	
		relationship_accept=unknown	,272	,286	,084	,951	,345	-,300	,843	,706	1,416	
		secure	-,018	,058	-,033	-,307	,760	-,135	,099	,496	2,018	
		preoccupied	-,020	,044	-,042	-,460	,647	-,110	,069	,658	1,520	
		dismissing	-,093	,046	-,185	-2,049	,045	-,184	-,002	,678	1,475	
		fearful	-,004	,049	-,010	-,085	,933	-,102	,094	,414	2,415	
		affectiveskills_act	,107	,185	,086	,581	,563	-,262	,477	,252	3,962	
		instrumentalskills_act	,447	,176	,324	2,539	,014	,095	,800	,341	2,929	
		affectiveskills_part	,195	,194	,151	1,006	,318	-,193	,584	,247	4,042	
		instrumentalskills_part	-,159	,126	-,136	-1,263	,212	-,411	,093	,477	2,094	
		mutual_constructive	,123	,116	,115	1,063	,292	-,109	,355	,478	2,091	
		mutual_destructive	,012	,135	,009	,088	,931	-,259	,283	,471	2,123	
		demandwithdraw	-,007	,149	-,006	-,047	,963	-,305	,291	,339	2,953	
		reappraisal	-,171	,078	-,194	-2,192	,032	-,328	-,015	,707	1,414	
		perspective_take	-,139	,124	-,107	-1,121	,267	-,387	,109	,614	1,630	
		express_suppress	,047	,133	,046	,354	,725	-,220	,314	,334	2,991	
		aggressive_ext_new	,052	,114	,047	,456	,650	-,177	,281	,522	1,916	
corona_impact_relationship	-,028	,082	-,040	-,336	,738	-,192	,137	,385	2,597			
1,00	,00	1	(Konstante)	-1,128	,889							
		life_satisfaction	,066	,031	,131	2,102	,037	-,004	,128	,638	1,566	
		relationship_accept=partially	-,367	,166	-,116	-2,208	,029	-,695	-,039	,906	1,104	
		relationship_accept=unknown	-,479	,294	-,093	-1,630	,105	-1,060	,101	,764	1,309	
		secure	,026	,034	,057	,760	,448	-,042	,094	,449	2,226	
		preoccupied	,041	,026	,093	1,602	,111	-,010	,092	,737	1,358	
		dismissing	-,001	,025	-,002	-,035	,972	-,051	,049	,863	1,159	
		fearful	,030	,032	,071	,948	,344	-,033	,093	,442	2,265	
		affectiveskills_act	,193	,105	,187	1,848	,066	-,013	,400	,242	4,135	
		instrumentalskills_act	,026	,092	,020	,279	,780	-,156	,208	,494	2,026	
		affectiveskills_part	,326	,103	,323	3,157	,002	,122	,530	,237	4,224	
		instrumentalskills_part	,023	,090	,020	,261	,794	-,154	,201	,416	2,402	
		mutual_constructive	,024	,061	,029	,394	,694	-,096	,144	,455	2,196	
		mutual_destructive	-,017	,068	-,015	-,248	,804	-,152	,118	,639	1,566	
		demandwithdraw	,072	,067	,071	1,077	,283	-,060	,205	,567	1,765	
		reappraisal	-,143	,045	-,167	-3,160	,002	-,232	-,054	,887	1,127	
		perspective_take	,065	,063	,059	1,032	,303	-,059	,189	,758	1,320	
		express_suppress	-,167	,067	-,163	-2,508	,013	-,299	-,036	,591	1,693	
		aggressive_ext_new	,009	,064	,009	,146	,884	-,117	,136	,649	1,541	
		corona_impact_relationship	-,089	,035	-,142	-2,558	,011	-,158	-,020	,809	1,237	

a. Abhängige Variable: relationship\_satisfy

Liebe\*r Teilnehmer\*in,

für meine Abschlussarbeit im Masterstudiengang Psychologie würde ich gern mehr über Kommunikation in romantischen Beziehungen erfahren. Bitte markieren Sie die Antwort bzw. Antworten, die auf Sie zutreffen, indem Sie das entsprechende Feld anklicken oder ausfüllen. Die Bearbeitungsdauer dieser Umfrage beträgt etwa 15-20 Minuten. Für die erfolgreiche Auswertung der Studie ist es wichtig, dass Sie den Fragebogen vollständig ausfüllen und keine der Fragen auslassen. Alle Daten werden und anonym erhoben und vertraulich behandelt, wodurch ein Rückschluss auf Ihre Person nicht möglich ist.

**Bitte lesen Sie die folgende Information gründlich durch, bevor Sie mit dem Fragebogen beginnen:**

1. **Sie können an dieser Studie nur teilnehmen, wenn Sie mindestens 18 Jahre alt sind, in Deutschland leben und sich seit mindestens 6 Monaten (ungefähr) in mindestens einer Beziehung befinden.**
2. **Bitte füllen Sie den Fragebogen nicht gemeinsam und ohne Absprache mit Ihrem\*r Partner\*in aus.**
3. Dieser Fragebogen ist sowohl für monogam (d.h. auf exklusive Partnerschaften ausgerichtet) lebende als auch konsensuell (d.h. einvernehmlich) nicht-monogam lebende Menschen konzipiert. Wenn Sie sich als monogam identifizieren, bitten wir Sie, überraschende Fragen genauso wie alle anderen Fragen wahrheitsgemäß zu beantworten.
4. Wenn Sie eine Ihrer Beziehung(en) als primär bezeichnen, bitten wir Sie, sich in der folgenden Befragung auf diese zu beziehen. Manche konsensuell (d.h. einvernehmlich) nicht-monogam lebende Personen lehnen es ab, ihre Partner\*innen als primär, sekundär etc. zu bezeichnen. Da es aus Gründen der Vergleichbarkeit in dieser Forschungsarbeit leider nicht möglich ist, Fragen in Bezug auf mehrere Beziehungen zu stellen, bitten wir Sie, sich in der gesamten Befragung ausschließlich auf ein und dieselbe Beziehung Ihrer Wahl zu beziehen.

Vielen Dank für Ihre Teilnahme.

Bei Fragen oder Anmerkungen bitten wir Sie, direkten Kontakt mit uns aufzunehmen:

[annina.tonkov@student.medicalschool-berlin.de](mailto:annina.tonkov@student.medicalschool-berlin.de)

[holger.vonderlippe@medicalschool-berlin.de](mailto:holger.vonderlippe@medicalschool-berlin.de)

## Warum erheben und verarbeiten wir Ihre Daten

Wir erheben und verarbeiten Ihre Daten im Rahmen dieser Studie um einen fortschrittlichen Beitrag zur Kommunikations- und Beziehungsforschung zu leisten.

## Wie können Sie uns kontaktieren

MSB Medical School Berlin –  
Hochschule für Gesundheit und Medizin  
Calandrellistraße 1–9 D-12247 Berlin  
info@medicalschool-berlin  
030 76 68 37 5 -600

## Wir werden vertreten durch

Geschäftsführerin: Ilona Renken-Olthoff

Wenn Sie mehr Information über die Verarbeitung Ihrer personenbezogenen Daten wünschen, bitte auf [folgenden Link](#) klicken.

Ich stimme zu, dass meine personenbezogenen Daten gemäß den hier aufgeführten Angaben verarbeitet werden.

[Ich möchte nicht teilnehmen](#)

[WEITER ZUR UMFRAGE](#)



## Information zur Datenverarbeitung

### Wie lange werden die personenbezogenen Daten verarbeitet

10 Jahr(e)

### Was für personenbezogenen Daten werden erfasst und verarbeitet

Alter

Geschlecht

Haushalt

Ehe/Lebenspartnerschaft

### Welche besondere Kategorien personenbezogener Daten werden erfasst und verarbeitet

Sexuelle Orientierung

Beziehungstyp

Beziehungsanzahl

### Gesetzliche Grundlage für die Verarbeitung

Einverständnis der betroffenen Personen

### Empfänger und Kategorien von Empfängern von personenbezogenen Daten

Annina Tonkov

### Information zu den Rechten der Datensubjekte

Sie haben im Rahmen der geltenden gesetzlichen Bestimmungen jederzeit das Recht auf unentgeltliche Auskunft über Ihre gespeicherten personenbezogenen Daten, deren Herkunft und Empfänger und den Zweck der Datenverarbeitung und ggf. ein Recht auf Berichtigung, Sperrung oder Löschung dieser Daten.

Hierzu sowie zu weiteren Fragen zum Thema personenbezogene Daten können Sie sich jederzeit an den Autor der Studie wenden. Bei auftretenden Problemen können Sie sich unter o.g. Kontaktdaten an uns wenden.

### Information über das Recht, die Zustimmung zu widerrufen

Viele Datenverarbeitungs- vorgänge sind nur mit Ihrer ausdrücklichen Einwilligung möglich. Sie können eine bereits erteilte Einwilligung jederzeit widerrufen. Dazu reicht eine formlose Mitteilung per E-Mail an den Autor der Studie. Die Rechtmäßigkeit der bis zum Widerruf erfolgten Datenverarbeitung bleibt vom Widerruf unberührt.

### Datenschutzbehörde

Berliner Beauftragte für Datenschutz und Informationsfreiheit Friedrichstr. 219  
10969 Berlin

### Unser Datenschutzbeauftragter

MSB Datenschutzbeauftragter

[datenschutz@medicalschooll-berlin.de](mailto:datenschutz@medicalschooll-berlin.de)

SCHLIESSEN

Ich stimme zu

Ich möchte nicht teilnehmen

[WEITER ZUR UMFRAGE](#)

## Fragebogen

### 1 Sprachauswahl

---

**Auf welcher Sprache möchten Sie den folgenden Fragebogen ausfüllen?  
In which language would you like to fill out the following questionnaire?**

- Deutsch
- English
- 

### 2 Demografische Variablen I

---

#### Alter

Bitte geben Sie Ihr Alter in Jahren an.

#### Gender

Zu welchem Geschlecht fühlen Sie sich zugehörig?

- Weiblich
- Männlich
- Divers
- Keine Angabe

#### Sexuelle Orientierung

Wie würden Sie Ihre sexuelle Orientierung bezeichnen?

- Heterosexuell
- Lesbisch
- Schwul
- Bisexuell
- Pansexuell
- Asexuell
- Andere:
- Keine Angabe
- 

### 2.1 Demografische Variablen II

---

#### Beziehungstyp

Wie würden Sie Ihren Beziehungstyp am ehesten bezeichnen? Für eine Erklärung der Antwortoptionen, klicken Sie bitte auf das Fragezeichen.

- Monogam
- Swinger

- Offene Beziehung
- Polyamor
- Andere:

**Wie viele beständige Beziehungen führen sie aktuell?**

Bitte geben Sie dies nach Ihrem eigenen Ermessen und inklusive der hier untersuchten Beziehung an (Romantische Beziehung=mind. 1; Sexuelle Beziehung=mind. 0). Dabei sollte jede Beziehung nur unter einer der beiden Möglichkeiten auftauchen.

Romantisch (einschließlich  
Sexualität, aber nicht zwingend  
existent)

Vordergründig Sexuell

**Beziehungsbeginn mit Partner\*in**

Bitte geben Sie den 1. des Monats an, in welchem Sie zusammen gekommen sind. Bei Unsicherheit, schätzen Sie bitte.

Datumsfeld

---

**2.2 Demografische Variablen III**

---

**Haushalt**

Bitte geben Sie, an mit wem Sie derzeit zusammenleben.

- Allein
- Mit verpartnerten Person
- Mit mehr als einer verpartnerten Person
- Mit verpartnerter/n und anderer/n Person/en
- Mit anderer/m Person/en
- Andere:

**Verantwortlichkeit für Kinder**

Bitte geben Sie an, für wie viele Kinder Sie (mit)verantwortlich sind.

- Keine Kinder
- 1
- 2
- 3 oder mehr

**Rechtlich ehelicher Status/  
Eingetragene Lebenspartnerschaft**

Bitte geben Sie an, ob Sie sich in einer rechtlich anerkannten Ehe oder eingetragenen Lebenspartnerschaft befinden.

- Ja
- Nein

**2.3 Kontrollvariablen**

**Nun geht es um Ihre allgemeine Lebenszufriedenheit. Wie zufrieden sind Sie gegenwärtig, alles in allem, mit Ihrem Leben?**

Überhaupt nicht zufrieden            Völlig zufrieden

**Wird/werden Ihre aktuelle/n Beziehung/en von Ihrem sozialen Umfeld akzeptiert? (Familie, Freund\*innen, Kolleg\*innen etc.)?**

Wenn Ihre Beziehung/en einem Teil Ihres Umfeldes unbekannt sind, geben Sie bitte die von Ihnen am ehesten erwartete Antwort an. Wenn Ihre Beziehung/en Ihrem gesamten Umfeld unbekannt sind, geben Sie bitte „Nicht bekannt“ an.

- Ja, wird akzeptiert.
- Teilweise akzeptiert.
- Nein, wird nicht akzeptiert.
- Nicht bekannt

**2.4 Bindungstyp**

**Wie sehr stimmen Sie den folgenden Aussagen zu?**

**Stimme überhaupt nicht zu**  
  **Stimme nicht zu**  
  **Stimme eher nicht zu**  
  **Weder noch**  
  **Stimme eher zu**  
  **Stimme zu**  
  **Stimme komplett zu**

Es fällt mir leicht, anderen emotional nahe zu kommen. Ich fühle mich wohl, mich auf andere zu verlassen und wenn andere sich auf mich verlassen. Ich mache mir keine Sorgen alleine zu sein oder von anderen nicht akzeptiert zu werden.

Ich fühle mich wohl ohne enge emotionale Beziehungen. Es ist mir sehr wichtig, mich unabhängig und selbstgenügsam zu fühlen, und ich



bevorzuge es, mich nicht auf andere zu verlassen oder wenn andere sich nicht auf mich verlassen.

**Stimme überhaupt nicht zu**
 **Stimme nicht zu**
 **Stimme eher nicht zu**
 **Weder noch**
 **Stimme eher zu**
 **Stimme zu**
 **Stimme komplett zu**

Ich möchte emotional vollkommen intim mit anderen sein, aber stelle oft fest, dass andere mir nur ungern so nahekommen, wie ich es gern würde. Ohne enge Beziehungen fühle ich mich unwohl, aber ich mache mir manchmal Sorgen, dass andere mich nicht so sehr schätzen, wie ich sie schätze.

Es ist mir unangenehm, anderen nahe zu kommen. Ich wünsche mir emotional enge Beziehungen, aber es fällt mir schwer, anderen vollkommen zu vertrauen oder mich auf sie zu verlassen. Ich mache mir Sorgen, verletzt zu werden, wenn ich mir erlaube, anderen zu nahe zu kommen.

**2.5.1 Kommunikationsfunktionsfragebogen**

**Wie oft zeigten Sie in Bezug auf Ihr\*e Partner\*in die folgenden Fähigkeiten in den letzten 6 Monaten in Ihrer Beziehung?**

**Nie**
 **Selten**
 **Gelegentlich**
 **Oft**
 **Immer**

Kann mir helfen meine Emotionen durchzuarbeiten, wenn ich aufgebracht oder niedergeschlagen bin.

Tröstet mich, wenn ich mich traurig oder niedergeschlagen fühle.

Hilft mir, mich besser zu fühlen, wenn ich wegen etwas verletzt oder niedergeschlagen bin.

Zeigt mir, dass es möglich ist unsere Unstimmigkeiten auf einer Art und Weise zu klären, welche der anderen Person nicht weh tut oder sie beschämt.

Lässt mich erkennen, dass es besser ist unsere Konflikte zu bearbeiten, anstatt sie in sich hinein zu fressen.

Kann unsere Beziehungsprobleme bearbeiten, indem Probleme direkt zur Sprache gebracht werden, anstatt sich auf persönliche Attacken einzulassen.

**Nie                      Selten                      Gelegentlich                      Oft                      Immer**

Gibt mir das Gefühl, dass ich eine gute Person bin.

Bestärkt mich in dem Glauben an mich selbst.

Hilft mir, auf meine Errungenschaften stolz zu sein.

Zeigt mir, dass ich die Fähigkeit besitze meine eigenen Fehler zu korrigieren.

Ermutigt mich in dem Gefühl von meinen Fehlern lernen zu können, indem Angelegenheiten mit mir durchgearbeitet werden.

Hilft mir zu erkennen, wie ich mich verbessern kann, indem ich von meinen Fehlern lerne.

**Nie                      Selten                      Gelegentlich                      Oft                      Immer**

Ist offen dafür Gedanken und Gefühle mit mir zu teilen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lässt mich wissen, was in ihrer*seiner Welt vor sich geht.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teilt ihre*seine Freuden sowie Sorgen mit mir.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hört aufmerksam zu, wenn ich spreche.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ist eine aufmerksam zuhörende Person, wenn ich das Bedürfnis habe mit jemandem zu sprechen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gibt mir die volle Aufmerksamkeit, wenn ich mich mitteilen muss.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Nie</b>	<b>Selten</b>	<b>Gelegentlich</b>	<b>Oft</b>	<b>Immer</b>
Kann Dinge klar erklären.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kann sich so ausdrücken, dass ich verstehe worauf er*sie sich bezieht.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kann komplizierte Ideen auf eine direkte und klare Art und Weise vermitteln.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ist ein*e gute*r Gesprächspartner*in.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kann problemlos eine Konversation starten .	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kann ungezwungen und unterhaltsam Konversation führen.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Nie</b>	<b>Selten</b>	<b>Gelegentlich</b>	<b>Oft</b>	<b>Immer</b>
Kann mich zum Lachen bringen, weil ein Witz oder eine Geschichte besonders gekonnt erzählt wird.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kann eine Geschichte so erzählen, dass sie meine Aufmerksamkeit vereinnahmt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Kann beim Erzählen einer  
Geschichte alltägliche  
Begebenheiten als lustig oder  
aufregend erscheinen lassen.

Gibt mir das Gefühl meine eigene  
Entscheidung getroffen zu haben,  
obwohl ich größtenteils tue, was  
sie\*er von mir verlangt.

Überzeugt mich, Dinge auf  
seine\*ihre Art und Weise  
anzugehen sei das Beste.

Kann mich überreden, so gut wie  
alles zu tun.

**Wie oft zeigte Ihr\*e Partner\*in die folgenden Fähigkeiten in den letzten 6 Monaten in Ihrer Beziehung?**

**Nie**                      **Selten**                      **Gelegentlich**                      **Oft**                      **Immer**

Kann mir helfen meine Emotionen  
durchzuarbeiten, wenn ich  
aufgebracht oder  
niedergeschlagen bin.

Tröstet mich, wenn ich mich traurig  
oder niedergeschlagen fühle.

Hilft mir, mich besser zu fühlen,  
wenn ich wegen etwas verletzt  
oder niedergeschlagen bin.

Zeigt mir, dass es möglich ist  
unsere Unstimmigkeiten auf einer  
Art und Weise zu klären, welche  
der anderen Person nicht weh tut  
oder sie beschämt.

Lässt mich erkennen, dass es  
besser ist unsere Konflikte zu  
bearbeiten, anstatt sie in sich  
hinein zu fressen.

Kann unsere Beziehungsprobleme bearbeiten, indem Probleme direkt zur Sprache gebracht werden, anstatt sich auf persönliche Attacken einzulassen.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Nie</b>	<b>Selten</b>	<b>Gelegentlich</b>	<b>Oft</b>	<b>Immer</b>

Gibt mir das Gefühl, dass ich eine gute Person bin.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Bestärkt mich in dem Glauben an mich selbst.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Hilft mir, auf meine Errungenschaften stolz zu sein.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Zeigt mir, dass ich die Fähigkeit besitze meine eigenen Fehler zu korrigieren.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Ermutigt mich in dem Gefühl von meinen Fehlern lernen zu können, indem Angelegenheiten mit mir durchgearbeitet werden.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Hilft mir zu erkennen, wie ich mich verbessern kann, indem ich von meinen Fehlern lerne.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

<b>Nie</b>	<b>Selten</b>	<b>Gelegentlich</b>	<b>Oft</b>	<b>Immer</b>
------------	---------------	---------------------	------------	--------------

Ist offen dafür Gedanken und Gefühle mit mir zu teilen.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Lässt mich wissen, was in ihrer\*seiner Welt vor sich geht.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Teilt ihre\*seine Freuden sowie Sorgen mit mir.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Hört aufmerksam zu, wenn ich spreche.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Ist eine aufmerksam zuhörende Person, wenn ich das Bedürfnis habe mit jemandem zu sprechen.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
-----------------------	-----------------------	-----------------------	-----------------------	-----------------------

Gibt mir die volle Aufmerksamkeit,  
wenn ich mich mitteilen muss.

**Nie** **Selten** **Gelegentlich** **Oft** **Immer**

Kann Dinge klar erklären.

Kann sich so ausdrücken, dass ich  
verstehe worauf er\*sie sich bezieht.

Kann komplizierte Ideen auf eine  
direkte und klare Art und Weise  
vermitteln.

Ist ein\*e gute\*r  
Gesprächspartner\*in.

Kann problemlos eine Konversation  
starten .

Kann ungezwungen und  
unterhaltsam Konversation führen.

**Nie** **Selten** **Gelegentlich** **Oft** **Immer**

Kann mich zum Lachen bringen,  
weil ein Witz oder eine Geschichte  
besonders gekonnt erzählt wird.

Kann eine Geschichte so erzählen,  
dass sie meine Aufmerksamkeit  
vereinnahmt.

Kann beim Erzählen einer  
Geschichte alltägliche  
Begebenheiten als lustig oder  
aufregend erscheinen lassen.

Gibt mir das Gefühl meine eigene  
Entscheidung getroffen zu haben,  
obwohl ich größtenteils tue, was  
sie\*er von mir verlangt.

Überzeugt mich, Dinge auf  
seine\*ihre Art und Weise  
anzugehen sei das Beste.

Kann mich überreden, so gut wie  
alles zu tun.

### 2.5.2 Kommunikationsmusterfragebogen

**Wie gehen Sie und Ihr\*e Partner\*in normalerweise mit Problemen in der Beziehung um? Bitte beziehen Sie sich dabei auf das letzte halbe Jahr.**

Wenn ein Konflikt oder ein Problem aufkommt:

	<b>Nie</b>	<b>Selten</b>	<b>Gelegentlich</b>	<b>Oft</b>	<b>Immer</b>
Beide Parteien vermeiden, das Problem zu diskutieren.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beide Parteien versuchen, das Problem zu diskutieren.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ich versuche eine Diskussion zu initiieren, während mein*e Partner*in versucht, die Diskussion zu vermeiden.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mein*e Partner*in versucht eine Diskussion zu initiieren, während ich versuche, die Diskussion zu vermeiden.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Während einer Diskussion eines Konfliktes oder eines Problems:

	<b>Nie</b>	<b>Selten</b>	<b>Gelegentlich</b>	<b>Oft</b>	<b>Immer</b>
Beide Parteien teilen einander ihre Gefühle mit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beide Parteien beschuldigen und kritisieren einander.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beide Parteien schlagen mögliche Lösungen und Kompromisse vor.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ich übe Druck aus, meckere, oder fordere, während sich mein*e Partner*in zurückzieht, schweigsam wird oder sich weigert, das Anliegen weiter zu diskutieren.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Nie</b>	<b>Selten</b>	<b>Gelegentlich</b>	<b>Oft</b>	<b>Immer</b>

Mein\*e Partner\*in übt Druck aus,

meckert oder fordert, während ich mich zurückziehe, schweigsam werde oder mich weigere, das Anliegen weiter zu diskutieren.

Ich kritisiere, während mein\*e Partner\*in sich verteidigt.

Mein\*e Partner\*in kritisiert, während ich mich verteidige.

### 2.5.3 Spontane Emotionsregulation

**Bitte geben Sie an, inwiefern Sie die folgenden Emotionsregulationsstrategien während Konfliktgesprächen in Ihrer Beziehung in den letzten 6 Monaten genutzt haben.**

**Nie                      Selten                      Gelegentlich                      Oft                      Immer**

Ich habe darauf geachtet, meine Emotionen nicht zum Ausdruck zu bringen.

Ich habe versucht, weniger negative Emotionen zu erleben, indem ich änderte, woran ich dachte.

Ich habe versucht nachzuvollziehen, was mein\*e Partner\*in denken könnte.

Ich habe meine\*n Partner\*in für meine Emotionen verantwortlich gemacht.

Ich habe versucht, meine Emotionen zu kontrollieren, indem ich sie nicht zum Ausdruck brachte.

Ich habe versucht, einen Streit anzufangen.

**Nie                      Selten                      Gelegentlich                      Oft                      Immer**

Ich habe versucht, meine



Emotionen offen zu zeigen.

Ich habe versucht, meine

Emotionen an meinem\*r Partner\*in  
auszulassen.

Ich habe versucht, mehr positive

Emotionen zu erleben, indem ich  
änderte, woran ich dachte.

Ich habe meine\*n Partner\*in als

Verursacher meiner Emotionen  
gesehen.

Ich habe versucht, meine

Emotionen offen auszudrücken.

Ich habe versucht, mich in meine\*n

Partner\*in hineinzusetzen.

### 2.5.4 Beziehungszufriedenheit

**Bitte geben Sie Ihre Zufriedenheit in Ihrer Beziehung bezüglich der folgenden Fragen an.**

--                      -                      0                      +                      ++

Wie gut werden Ihre Bedürfnisse  
von Ihrem\*r Partner\*in erfüllt?

Wie zufrieden sind Sie im  
Allgemeinen mit Ihrer Beziehung?

Wie gut ist Ihre Beziehung im  
Vergleich zu den meisten anderen?

Wie oft wünschen Sie sich, diese  
Beziehung nicht eingegangen zu  
sein?

Zu welchem Grad hat Ihre  
Beziehung bisher Ihre  
ursprünglichen Erwartungen  
erfüllt?

Wie sehr lieben Sie Ihre\*n  
Partner\*in?

Wie viele Probleme existieren in  
Ihrer Beziehung?

## 2.6 Corona

**Wie sehr hat die Covid-19 Pandemie einen negativen Einfluss auf Ihre Zufriedenheit?**

	Überhaupt nicht	Etwas	Moderat	Sehr	Extrem
Lebenszufriedenheit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beziehungszufriedenheit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 2.7 Überprüfungsfragen

**Wie sehr stimmen Sie den folgenden Aussagen zu?**

	Stimme überhaupt nicht zu	Stimme nicht zu	Weder noch	Stimme zu	Stimme voll und ganz zu
Ich habe alle Fragen komplett verstanden.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ich habe alle Fragen wahrheitsgemäß beantwortet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Was haben Sie nicht gut verstanden? (Optional)**

Wenn Sie sich daran erinnern können, welche Fragestellungen oder Formulierungen Ihnen Schwierigkeiten bereitet haben, geben Sie diese bitte im untenstehenden Textfeld an. Diese Information wird für mögliche Fragebogenoptimierungen erhoben. Vielen Dank.

## 3 Endseite

Vielen Dank, dass Sie sich die Zeit genommen und damit die psychologische Forschung unterstützt haben.

Sie können dieses Fenster nun schließen.

Bei Fragen oder Anmerkungen bitten wir Sie, direkten Kontakt mit uns aufzunehmen:

annina.tonkov@student.medicalschool-berlin.de  
holger.vonderlippe@medicalschool-berlin.de

Dear participant,

For my thesis in my master's degree in psychology, I would like to learn more about communication in romantic relationships. Please mark the answer or answers that apply to you by clicking or filling in the appropriate field. The processing time for this survey is around 15-20 minutes. For a successful analysis of the study, it is important that you fill out the questionnaire completely and do not leave out any of the questions. All data is collected anonymously, it cannot be assigned to you personally and is treated with strict confidentiality.

**Please read the following information thoroughly before starting to fill out the questionnaire:**

1. **The requirements to participate in this study include that you are at least 18 years old, you live in Germany and you are in at least one romantic relationship for at least 6 months (roughly).**
2. **Please fill this questionnaire out individually and without consultation with your partner.**
3. This questionnaire is created for monogamous (i.e. oriented towards exclusive romantic relationships), as well as consensually non-monogamous people. If you identify as monogamous, some questions might surprise you. We nevertheless ask you to answer these in a way that applies to you.
4. If you label one of your relationships as primary, we ask you to refer in the following questionnaire to that one. Some consensually non-monogamous living people refuse to label their partners according to the hierarchical model as primary, secondary, etc. Due to reasons of comparability, it is unfortunately impossible to pose questions regarding several relationships. In these cases, we ask you to refer in the following entire questionnaire exclusively to one and the same relationship of your choice.

Thank you for your participation.

If you have any questions or comments, please contact us directly:

[annina.tonkov@student.medicalschool-berlin.de](mailto:annina.tonkov@student.medicalschool-berlin.de)

[holger.vonderlippe@medicalschool-berlin.de](mailto:holger.vonderlippe@medicalschool-berlin.de)

## Why do we collect and use your data

We collect and process your data as part of this study in order to make a contribution to the progress of communication- and relationship research.

## How to contact us

MSB Medical School Berlin -  
Hochschule für Gesundheit und Medizin  
Calandrellistraße 1-9 D-12247 Berlin  
info@medicalschool-berlin  
030 76 68 37 5 -600

## Our EU representative

Geschäftsführerin: Ilona Renken-Olthoff

If you would like to obtain more information about the processing of your personal data, please click [here](#)

I agree to the processing of my personal data in accordance with the information provided herein

[I don't want to participate](#)

START THE SURVEY



## Information about data processing

### How long will your personal data be processed

10 Year(s)

### What personal data will be collected and used

Age

Gender

Household

Marriage/Civil Union

### What special categories of personal data will be collected and used

Sexual Orientation

Relationship Type

Number of Relationships

### Legal basis for processing your data

Consent of the concerned subjects

### Who will have access to your personal data

Annina Tonkov

### Your individual rights

Within the framework of the applicable legal provisions, you have the right to free information about your stored personal data, their origin and recipient and the purpose of the data processing and, if necessary, a right to correct, block or delete this data. You can contact the author of the study at any time if you have any further questions about personal data. If you have any problems, you can contact us using the above contact details.

### Your right to withdraw consent

Many data processing operations are only possible with your express consent. You can revoke your consent at any time. An informal e-mail to the author of the study is sufficient. The legality of the data processing carried out before the revocation remains unaffected by the revocation.

### Supervisory authority

Berliner Beauftragte für Datenschutz und Informationsfreiheit Friedrichstr. 219  
10969 Berlin

### Our Data protection officer

MSB Datenschutzbeauftragter  
datenschutz@medicalschooll-berlin.de

CLOSE

## Fragebogen

### 1 Sprachauswahl

---

**Auf welcher Sprache möchten Sie den folgenden Fragebogen ausfüllen?  
In which language would you like to fill out the following questionnaire?**

- Deutsch
- English
- 

### 2 Demografische Variablen I

---

#### Age

Please enter your age in years.

#### Gender

What gender do you identify with?

- Female
- Male
- Other
- No Indication

#### Sexual Orientation

How would you describe your sexual orientation?

- Heterosexual
- Lesbian
- Gay
- Bisexual
- Pansexual
- Asexual
- Other:
- No Indication
- 

### 2.1 Demografische Variablen II

---

#### Relationship Type

How would you best describe your relationship type? To learn more about the answer options, please click the question mark.

- Monogamous
- Swingers
- Open Relationship

Polyamorous

Other:

### How many steady relationships do you currently have?

Please indicate according to your own assessment and including the relationship examined in this questionnaire (romantic relationship=min. 1; sexual relationship=min. 0). Each relationship should only appear under one of the two possibilities.

Romantic (including sexuality, but not necessarily)

Primarily Sexual

### Start of relationship with partner

Please choose the 1. of the month, in which you got together. If unsure, please estimate.

Datumsfeld

---

## 2.2 Demografische Variablen III

---

### Household

Please indicate with whom you currently live together.

Alone

With partner

With more than one partner

With partner/s and an/other individual/s

With an/other individual/s

Other:

### Responsibility for Children

Please indicate for how many children you are (co)responsible for.

No children

1

2

3 or more

### Legal Marital/Unioned Status

Please indicate whether you are in a legal marriage or unioned status.

Yes

No

### 2.3 Kontrollvariablen

**The next question is about your general satisfaction with life: All things considered, how satisfied are you with your life these days?**

Not at all satisfied           Completely satisfied

**Is/Are your current relationship/s accepted by your social environment (family, friends, colleagues etc.)?**

If your relationship/s are not known to a part of your social environment, please indicate your most expected answer. If your relationship/s are not known to your entire social environment, please indicate "Unknown".

Yes, is accepted.

Partially accepted.

No, is not accepted.

Unknown

### 2.4 Bindungstyp

**How much do you agree with the following statements?**

	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Somewhat disagree</b>	<b>Neutral</b>	<b>Somewhat agree</b>	<b>Agree</b>	<b>Strongly agree</b>
It is easy for me to become emotionally close to others. I am comfortable depending on others and having others depend on me. I don't worry about being alone or having others not accept me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Strongly disagree</b>	<b>Disagree</b>	<b>Somewhat disagree</b>	<b>Neutral</b>	<b>Somewhat agree</b>	<b>Agree</b>	<b>Strongly agree</b>
I want to be completely							

emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.

I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.

### 2.5.1 Kommunikationsfunktionsfragebogen

**How often did you, in regard to your partner, show the following skills over the past 6 months in your relationship?**

	Never	Rarely	Sometimes	Often	Always
Can help me work through my emotions when I'm feeling upset or depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comforts me when I am feeling sad or depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps (to/oder: making) make me feel better when I'm hurt or depressed about something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows me it's possible to resolve our disagreements in a way that won't hurt or embarrass each other.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Makes me realize that it is better to deal with conflicts we have than to keep things bottled up inside.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Can work through our relational problems by addressing the issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



rather than engaging in personal attacks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
Makes me feel like I'm a good person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Encourages me to believe in myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps me feel proud of my accomplishments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shows me that I have the ability to fix my own mistakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Encourages me to feel like I can learn from my mistakes by working through things with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps me see how I can improve myself by learning from my mistakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
Is open in expressing her/his thoughts and feelings to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lets me know what's going on in his/her world.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shares his/her joys, as well as sorrows, with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listens carefully when I am speaking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is an attentive listener when I need to talk to someone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gives me her/his full attention when I need to talk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
Explains things clearly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Makes me understand exactly what					

he/she is referring to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Can express complicated ideas in a direct, clear way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is a good conversationalist.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is able to start up a conversation easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Can make conversation easy and fun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Never                      Rarely                      Sometimes                      Often                      Always**

Can get me laughing because he/she is -so- good at telling a joke or story.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is able to tell a story in a way that captures my attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Can make even everyday events seem funny or exciting when telling a story.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Makes me feel like I've made my own decision even though I do mostly what he/she wants.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persuades me that doing things his/her way is the best.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Can convince me to do just about anything.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**How often did your partner show the following skills over the past 6 months in your relationship?**

**Never                      Rarely                      Sometimes                      Often                      Always**

Can help me work through my emotions when I'm feeling upset or depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comforts me when I am feeling sad or depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helps (to/oder: making) make me					

feel better when I'm hurt or depressed about something.

Shows me it's possible to resolve our disagreements in a way that won't hurt or embarrass each other.

Makes me realize that it is better to deal with conflicts we have than to keep things bottled up inside.

Can work through our relational problems by addressing the issues rather than engaging in personal attacks.

**Never**                      **Rarely**                      **Sometimes**                      **Often**                      **Always**

Makes me feel like I'm a good person.

Encourages me to believe in myself.

Helps me feel proud of my accomplishments.

Shows me that I have the ability to fix my own mistakes.

Encourages me to feel like I can learn from my mistakes by working through things with me.

Helps me see how I can improve myself by learning from my mistakes.

**Never**                      **Rarely**                      **Sometimes**                      **Often**                      **Always**

Is open in expressing her/his thoughts and feelings to me.

Lets me know what's going on in his/her world.

Shares his/her joys, as well as

sorrows, with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listens carefully when I am speaking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is an attentive listener when I need to talk to someone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gives me her/his full attention when I need to talk.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
Explains things clearly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Makes me understand exactly what he/she is referring to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Can express complicated ideas in a direct, clear way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is a good conversationalist.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is able to start up a conversation easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Can make conversation easy and fun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
Can get me laughing because he/she is -so- good at telling a joke or story.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is able to tell a story in a way that captures my attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Can make even everyday events seem funny or exciting when telling a story.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Makes me feel like I've made my own decision even though I do mostly what he/she wants.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persuades me that doing things his/her way is the best.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Can convince me to do just about anything.

### 2.5.2 Kommunikationsmusterfragebogen

**How do you and your partner normally deal with problems in your relationship? Please refer to the past 6 months.**

When an issue or problem arises:

	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
Both members avoid discussing the problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Both members try to discuss the problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to start a discussion while my partner tries to avoid a discussion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My partner tries to start a discussion while I try to avoid a discussion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During a discussion of an issue or problem:

	<b>Never</b>	<b>Rarely</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>
Both members express their feelings to each other.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Both members blame, accuse, and criticize each other.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Both members suggest possible solutions and compromises.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pressure, nag, or demand while my partner withdraws, becomes silent, or refuses to discuss the matter further.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My partner pressures, nags, or demands while I withdraw, become silent, or refuse to discuss the matter further.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I criticize while my partner defends him*herself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

My partner criticizes while I defend myself.

### 2.5.3 Spontane Emotionsregulation

**Please indicate to what extent you used the following emotion regulation strategies during conflict discussions in your relationship over the past 6 months.**

	Never	Rarely	Sometimes	Often	Always
I took care not to express my emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to experience less negative emotions by changing the way I was thinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to understand what my partner might be thinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I blamed my partner for my emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to control my emotions by not expressing them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to start a fight with my partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Never	Rarely	Sometimes	Often	Always
I tried to show my emotions openly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to act out my emotions on my partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to experience more positive emotions by changing the way I was thinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I saw my partner as causing my emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to express my emotions openly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tried to take the perspective of my partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 2.5.4 Beziehungszufriedenheit

Please indicate your satisfaction in your relationship regarding the following statements.

	--	-	0	+	++
How well does your partner meet your needs?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In general, how satisfied are you with your relationship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How good is your relationship compared to most?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you wish you hadn't gotten into this relationship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To what extent has your relationship met your original expectations?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much do you love your partner?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How many problems are there in your relationship?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### 2.6 Corona

How much does the Covid-19 pandemic influence your satisfaction negatively?

	Not at all	Slightly	Moderately	Very	Extremely
Life Satisfaction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relationship Satisfaction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

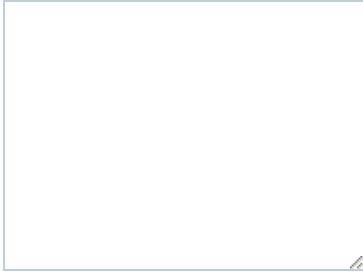
### 2.7 Überprüfungsfragen

How much do you agree with the following statements?

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I understood all questions entirely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I replied to all questions truthfully.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**What did you not understand well? (Optional)**

If you remember which questions or wordings made you struggle, please mention them in the text field beneath. This information will be used for potential questionnaire optimisation. Thank you.



---

### **3 Endseite**

---

Thank you for taking the time and thereby supporting psychological research.

You may close the window now.

If you have questions or comments, please contact us directly:

[annina.tonkov@student.medicalschool-berlin.de](mailto:annina.tonkov@student.medicalschool-berlin.de)  
[holger.vonderlippe@medicalschool-berlin.de](mailto:holger.vonderlippe@medicalschool-berlin.de)

---



# Eigenständigkeitserklärung

Name, Vorname: Annina Tonkov

Matrikelnummer: 190301000043

Hiermit erkläre ich, dass ich die vorliegende Arbeit eigenständig ohne fremde Hilfe und nur unter Verwendung der angegebenen Hilfsmittel angefertigt habe. Alle sinngemäß und wörtlich übernommenen Textstellen aus der Literatur bzw. dem Internet habe ich als solche kenntlich gemacht.

Ort, Datum: Berlin, 26.09.2021

Unterschrift: 