

EXAMINING THE RELATIONSHIP BETWEEN THE LEVELS OF DEPRESSION,
ANXIETY, AND STRESS IN COUPLES AND THEIR COMMUNICATION
PATTERNS

A THESIS SUBMITTED TO
THE GRADUATE SCHOOL OF SOCIAL SCIENCES
OF
OZYEGIN UNIVERSITY

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IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR
THE DEGREE OF MASTER OF ARTS
IN
THE DEPARTMENT OF PSYCHOLOGY

AUGUST 2023

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To my inner child.

ABSTRACT

The present study examined the relationship between the demand/ withdraw pattern and levels of depression, anxiety, and stress in newlywed couples. The sample consisted of 107 Turkish heterosexual couples that were part of another project at Ozyegin University. Scale data were collected online and the observational data in the laboratory. Participants were asked to complete the Depression, Anxiety, and Stress Scale (Lovibond & Lovibond, 1995) and Demographic Information Form. Couple Interaction Rating System (CIRS) developed by Heavey, Gill, and Christensen (1998) was used to measure the demand/ withdraw pattern during two discussion sessions and each session included an important topic for each partner. Actor Partner Interdependence Model (APIM) was conducted in the data analysis. For both the husbands' and wives' topics, the results indicated a negative significant relationship between husband demand/ wife withdraw pattern and men's depression levels (actor effect). Again for both the husbands's and wives' topics, the results for the partner effects showed a positive significant relationship between the wife demand/ husband withdraw pattern and men's level of anxiety, and a significant negative relationship with men's level of stress. Findings are discussed regarding the literature and possible implications in both research and clinical areas. Finally, the contributions of the current study, its limitations and possible directions for future research were discussed.

ÖZET

Bu çalışma, Türkiye'deki yeni evli çiftlerde talep etme/geri çekilme deseni ile eşlerin depresyon, anksiyete ve stres düzeyleri arasındaki ilişkiyi incelemiştir. Örneklem, Özyeğin Üniversitesi'nde başka bir projenin bir parçası olan 107 heteroseksüel çiftten oluşmaktadır. Veriler hem çevrimiçi hem de laboratuvar ortamında toplanmıştır. Katılımcılardan Depresyon, Anksiyete ve Stres Ölçeği (Lovibond ve Lovibond, 1995) ile Demografik Bilgi Formu'nu doldurmaları istenmiştir. Çift Etkileşim Değerlendirme Sistemi (CIRS), Heavey, Gill ve Christensen (1998) tarafından geliştirilmiş ve her eş için önemli bir konuyu içeren iki tartışma oturumunda talep etme/geri çekilme desenini ölçmek için kullanılmıştır. Veri analizinde APIM kullanılmıştır. Sonuçlar, her iki konu için de erkek eşin talep etmesi/ kadın eşin geri çekilmesi deseni ile erkeklerin depresyon düzeyleri arasında negatif ve anlamlı bir ilişki olduğunu göstermiştir. Ayrıca, kimin konusunun tartışıldığı fark etmeksizin, kadın eşin talep etmesi/ erkek eşin geri çekilmesi deseni ile erkeklerin anksiyete düzeyi arasında anlamlı ve pozitif bir ilişki olduğu görülmüştür. Yine kimin konusu olduğundan bağımsız olarak sonuçlar kadın eşin talep etmesi/ erkek eşin geri çekilmesi deseni ile erkeklerin stres düzeyi arasında anlamlı negatif bir ilişki olduğunu göstermiştir. Bulgular, literatür ile ilişkilendirilmiş ve hem araştırma hem de klinik alanlarda olası sonuçlar bağlamında tartışılmıştır. Son olarak, bu çalışmanın katkıları, sınırlılıkları ve gelecekteki araştırmalar için olası yönelimler tartışılmıştır.

ACKNOWLEDGEMENTS

I am grateful to my dearest advisor Assoc. Prof. Dr. Nilüfer Kafescioğlu. She was always there for me. Thank you for believing in me, supporting, and encouraging me with patience throughout my journey to becoming a therapist and finalizing my thesis. Also, I would like to thank my thesis committee members Prof. Dr. Müjde Peker Booth and Assoc. Prof. Dr. Aslı Çarkoğlu for their valuable support and input throughout the process.

I would like to thank my instructors and supervisors Dr. Serkan Özgün, Dr. Çiğdem Yambul, Assoc. Prof. Dr. Nilüfer Kafescioğlu, Dr. Senem Zeytinoğlu Saydam, Sibel Erenel MA and Neylan Özdemir MA. They all had a great influence on me both as a person and as a therapist. I would also thank administrative expert Saniye İhtiyar Sali for checking on me and supporting me through this process.

I would like to also thank my dearest friends Didem Aşcı, Fatih Çarkçı, and Dilara Demir for listening to all my whining and supporting me during difficult times. I would like to thank my dance partner that was there for me when I needed fun and Wi-Fi but also, I would like to thank all my dance family for all their support. I would like to also thank all members of Sober Lab for pushing me to keep going even though I've felt that I had nothing to hold on to. I would like to thank all my cohort members, especially Kübra Kızılırmak and Cemile Yıldızhan for being there in the last but most impactful months and answering the phone when I experienced blindness for an hour. I

would like to also thank my study buddy Ceyda Güz and the employees at Sobe Café that put up with my study hours with encouraging words. I would like to in general thank all my friends from different places that were kind enough to support me.

Lastly, I would like to thank my parents for teaching me to be my own person, to be resilient, and to see the light at the end of the tunnel which helped me to finish this thesis.



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CHAPTER 1

INTRODUCTION

Does the demand/withdraw communication pattern that has been shown to have a negative correlation with relationship satisfaction also has a significant negative relationship with individual well-being? This study aims to investigate the relationship between demand/withdraw pattern in couples and its relation to their emotional well-being such as their depression, anxiety, and stress. The demand/withdraw communication pattern has been identified as a common pattern in couples with detrimental outcomes (Gottman, & Krokoff, 1989; Papp, Kouros, & Cummings, 2009; Schrod et al., 2014). The demand/withdraw pattern refers to a pattern where one of the partners demands and pressures for change whereas the other partner withdraws and does not respond to these demands (Burrell et al., 2014; Knobloch-Fedders et al. 2014; Lee, & Johnson, 2018; Roloff & Reznik, 2020). Demand/withdraw pattern's negative association with relationship outcomes such as relationship satisfaction or dissolution has been shown in many studies (e.g., Eftekhari, Hejazi, & Yazdani, 2018; Jolin, Lafontaine, Brassard, & Lussier, 2022). Also, in a meta-analysis with 74 studies the demand/withdraw pattern correlated negatively with relational outcomes as well as individual well-being outcomes such as anxiety, depression, and stress (Schrod et al., 2014). However, this latter relationship with couple members' levels of depression, anxiety, and stress has not been as well studied and the existing studies yielded some inconsistent findings.

In the few studies examining demand/withdraw and emotional wellbeing, the focus was more on depression whereas anxiety and stress were less studied in relation to demand/withdraw. There are studies showing that the demand/withdraw pattern was positively related to depressive symptoms (e.g., Holley et al., 2018) but also other studies found these constructs as not related at all (e.g., Baucom et al., 2007). In one study the relationship between demand/withdraw and depressive symptoms was only related to certain conditions such as sad mood; when participants with higher levels of depressive symptoms were manipulated into a sad mood prior to the discussion the demand/withdraw pattern increased (Rehman et al., 2010). In addition, the majority of the studies on depression and demand/withdraw have utilized self-report data whereas fewer studies measured this pattern with observational data (see Holley et al., 2018 for a review). In a meta-analysis results indicated that using observational rather than self-report data had a higher effect when examining demand/withdraw pattern's relationship with outcomes such as well-being (Schrodt et al., 2014). Thus, the present study aims to investigate the relationship between couples' demand/withdraw communication pattern and their levels of depression with observational demand-withdraw data.

Furthermore, the demand/withdraw pattern's relationship with other emotional well-being factors such as anxiety and stress has not received the same attention (Riggs et al., 2020; Siffert & Schwarz, 2011). A recent study Pickover and colleagues (2017) found no evidence of a relationship between anxiety disorders and the demand/withdraw pattern. However, their results were limited due to their sample which consisted of

women who survived intimate partner violence, and the demand/withdraw pattern was measured via a self-report that only focused on partner-demand/ self-withdraw.

In terms of stress, again there are fewer studies examining its relationship with the demand-withdraw pattern. In a study with 45 heterosexual couples, the demand/withdraw pattern was negatively correlated with the demander partner's stress level (Reznik, Roloff, & Miller, 2017). However, the study was also limited due to the measurement of the demand/withdraw pattern such that it only used three self-report items to assess the pattern. Thus, there is a need to explore the relationship between demand/withdraw pattern and emotional well-being factors such as anxiety and stress while measuring demand/withdraw in more accurate ways such as observational means.

CHAPTER 2

THEORETICAL FRAMEWORK AND REVIEW OF LITERATURE

2.1 Demand/Withdraw Communication Pattern in Couples

Christensen (1987) defines the demander as the partner seeking change mostly via criticizing, complaining and even blaming at times; and the withdrawer as the partner who avoids the discussion of change by refusing to respond or trying to change the topic and thus disengaging from the discussion. There are four different approaches to explaining the demand/withdraw pattern in couples in the literature. These include explanations with individual differences, social structure, conflict structure, and multiple goals (Eldridge & Baucom, 2012). The individual differences approach explains specifically female demand and male withdraw pattern in terms of physiological and/or socializing differences whereas the social structure approach considers the social context such as the gender roles (Sagrestano, Heavey, & Christensen, 2006). The multiple goals approach considers the topic of discussion as relevant such as whose topic is the discussion and adds the understanding of secondary goals such as representing oneself as logical or not seeming dictatorial (Caughlin & Scott, 2010; Roloff & Reznik, 2020). The conflict structure approach proposes that the partner who seeks change on a certain topic will take the demanding role (Eldridge, & Baucom, 2012; Roloff, & Reznik, 2020).

In the current study, the spouses' demand/withdraw pattern will be examined in relation to their well-being variables where one problem discussion was held using the wife's topic and another using the husband's topic. Thus, we will be able to observe

whether there are different significant actor or partner effects when discussing one's own or partner's topic. Eldridge and colleagues (2007) reported that whose topic is being discussed was significantly related to demand/withdraw roles such that the discussion of the wife's topic increased the wife's demand and husband's withdraw pattern. However, they did not find a significant effect of the husband's chosen topic on the demand/withdraw pattern. On the other hand, McGinn and colleagues (2009) reported that whose topic was discussed significantly interacted with the demand/withdraw pattern for both partners. For example, the husband's chosen topic showed significantly more husband demand/wife withdraw pattern and vice versa. More research allowing the partners to choose their own topic of discussion during problem discussions would help our understanding of the link between demand/withdraw pattern during couples' communication.

Even though the demand/withdraw communication pattern in couples was found to be more common as female demand and male withdraw pattern which is in line with individual differences and social structure approaches, a study reported that only distressed couples were showing more female demand/male withdraw pattern rather than male demand/ female withdraw (Eldridge, 2007). Also, Laws and colleagues (2015) suggested that female demand/ male withdraw may be stressful for both spouses. Furthermore, research showed that both female and male demand/withdraw pattern might be stressful (Rolloff & Reznik, 2020).

2.2 Depression, Anxiety, and Stress in Relation to Demand/Withdraw Pattern

Explaining the definitions of these constructs at least in a few words are important before focusing on their relationship to demand/withdraw patterns.

Depression in different reviews is defined with feeling lonely, helpless, weak, unworthy, and loss of interest (Bernard, 2018; Blatt, & Zuroff, 1992). Anxiety is conceptualized basically as excessive and unrealistic concern about the future (Zebb, & Beck, 1998). On the other hand, stress is defined as a specific relationship between oneself and one's environment that is demanding (Butler, 1993; Lazarus, & Folkman, 1984). It is also important to underline the difference between anxiety and stress such that the focus of anxiety is on the future whereas stress is about the present.

Literature on the relationship between emotional wellbeing and the demand/withdraw pattern has been limited and it has mixed results. Thus, it is yet to be explored in detail. The depression level which is one of the predictive factors of wellbeing (Diener, & Chan, 2011) has been the focus of the literature. However, findings on the relationship between depression and demand/withdraw pattern are mixed. For example, Baucom and colleagues (2007) reported that there was no significant relationship between demand/withdraw pattern and depression. Also, in a literature review, studies with couples in which one partner is depressed did not find the contribution of depression on demand/withdraw pattern when distress was controlled (Eldridge, & Baucom, 2012) which suggested that depression was not directly related with the demand/withdraw pattern, but it had implications on the relationship with distress which in turn might increase the occurrence of the demand/withdraw pattern.

On the other hand, Lee and Johnson (2018) found a relationship between demand/withdraw pattern and depression such that self-reported depression levels of the male partners and female demand/male withdraw pattern were positively correlated. However, the relationship between demand/withdraw pattern was not significant for females' reports of depression. Another study also reported that men's depression was positively associated with female demand/male withdraw sequences but not vice versa (Knobloch-Fedders et al., 2014) which suggested a gender difference.

Moreover, Knobloch-Fedders and colleagues (2014) found that depression in the female partner was positively correlated with their demanding role, but it was the opposite for male depression such that it was negatively related to the male demanding role. This finding suggested that an increase in female depression levels meant an increase in their demanding role whereas an increase in male depression meant a decrease in their demands. Furthermore, Rehman and colleagues (2010) found that female partners' depressive symptoms were positively correlated with their negative demands.

A more recent study showed that both for females and males, depressive symptoms were positively associated with tendencies to engage in demand/withdraw communication pattern (Holley et al., 2018). Another recent study conducted with veterans who were in a romantic relationship showed that high demand/withdraw communication pattern for the veterans were associated with more reported depression symptoms, but only for the veterans with high attachment avoidance (Riggs et al. 2020). Thus, there are some findings in favor of the argument that there is a relationship

between depression and demand/withdraw pattern. However, studies in favor of it mostly use depression as the predictor of the demand/withdraw pattern and measure the pattern via self-report.

Unlike depression, anxiety and stress levels were focused on less in the literature regarding the couple's demand/withdraw pattern. A meta-analysis with 18 studies on the relationship between demand/withdraw pattern in couples and marital satisfaction reported that the demand/withdraw pattern seems to be intensifying the partners' stress related to life's challenges such as job loss, depression, or birth (Burrell et al, 2014). In line with this meta-analysis, a study also reported that the demand/withdraw pattern was negatively correlated with the demander partner's stress level (Reznik, Roloff, & Miller, 2017). Moreover, McGinn et al. (2009) reported that the demand/withdraw pattern predicted lower satisfaction with the discussion outcome which might be leaving partners feeling misunderstood and in turn may relate to their levels of depression and stress.

In terms of anxiety, a meta-analysis with 73 studies explored the factors contributing to relationship quality and found that anxiety was related to increased levels of destructive interactions including the demand/withdraw pattern (Li & Chan, 2012). However, a more recent study found no evidence between anxiety disorders and the demand/withdraw pattern (Pickover et al., 2017).

There are also few studies that explored the relationship between overall well-being and the demand/withdraw pattern. For example, in a study investigating the relationship between demand/withdraw behaviors and well-being with 126 couples,

Siffert and Schwartz (2011) found that both high female and male demanding engagement in the conflict were related to males' lower subjective wellbeing. In addition, a meta-analysis that included 74 studies aimed to investigate demand/withdraw pattern's relationship with various individual and relational outcomes, reported that the demand/withdraw pattern was associated with well-being outcomes such as depression, anxiety, and stress (Schrodt et al., 2014). The meta-analysis also showed that the demand/withdraw pattern is associated with a wide range of outcomes, not only wellbeing but mental health, physiological representation of stress as well as relational variables. It suggests that this specific pattern is important in couple's conflict.

2.3 Current Study

Literature suggests that the demand/withdraw pattern is detrimental for couples' communication (Baucom, 2010; Eldridge et al., 2007). Moreover, anxiety (Li & Chan, 2012), depressive symptoms (Holley et al., 2018), and lower subjective wellbeing (Schrodt et al., 2014; Siffert & Schwartz, 2011) are suggested to be related to demand/withdraw pattern. However, these findings have two main limitations. One of them is measuring demand/withdraw pattern mostly with self-reports and the other is that findings are inconsistent. Therefore, it is important to further understand the relationship between the couple's demand/withdraw communication pattern and their levels of depression, anxiety, and stress.

2.3.1 Research Questions

The current study will address the following research questions:

Question 1) For both the female and male discussion topics; is the wife demand and husband withdraw (WDHW) pattern related to women's own levels of depression, anxiety, and stress (actor effect).

Question 2) For both the female and male discussion topics; is the husband demand and wife withdraw (HDWW) pattern related to men's own levels of depression, anxiety, and stress (actor effect).

Question 3) For both the female and male discussion topics; is the wife demand and husband withdraw (WDHW) pattern related to men's levels of depression, anxiety, and stress (partner effect).

Question 4) For both the female and male discussion topics; is the husband demand and wife withdraw (HDWW) pattern related to women's levels of depression, anxiety, and stress (partner effect).

Figure 1 Provides the theoretical model for the basic Actor Partner Interdependence Model (APIM) with demand/withdraw pattern and levels of depression, anxiety, and stress.

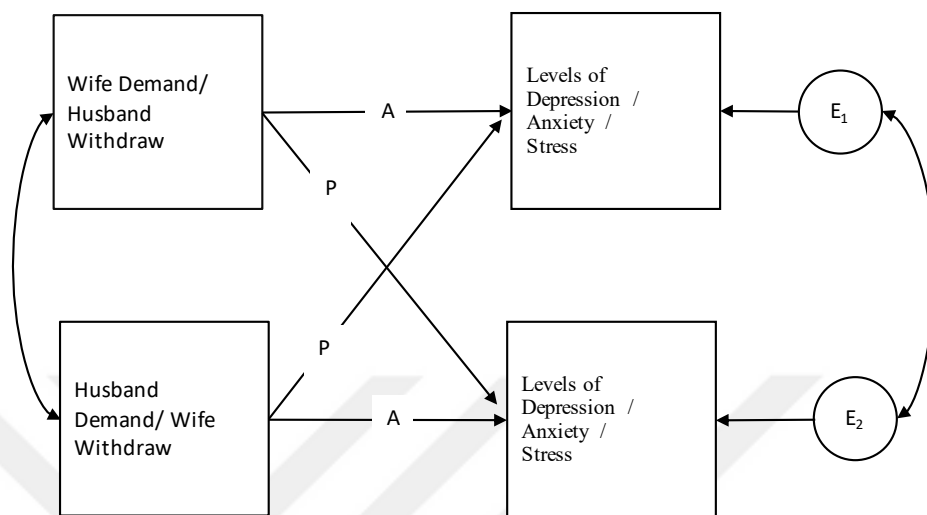


Figure 1
Theoretical Model for Basic APIM

Note. Actor effects are denoted by A, partner effects by P

CHAPTER 3

METHOD

3.1 Participants

The initial sample consisted of 250 newlywed couples that were recruited for an extensive longitudinal study (TUBITAK No: 113K538). Of these couples, 109 had agreed to participate in the observational data collection. Two couples had not completed the Depression Anxiety and Stress Scale-42 (DASS-42) after the discussion sessions at the laboratory at wave two, therefore 107 dyads were included in the final sample of the present study. Of the 107 dyads, the mean age for women was 27.14 ($SD = 4.18$), and for men was 28.51 ($SD = 3.25$), and for all participants 27.83 ($SD = 3.8$). Detailed information about the participant demographics is provided in the result section (see 4.2.1 Demographic Descriptive Statistics).

3.2 Procedure

The data for the current study were collected as part of a prior study conducted at Ozyegin University with newlywed couples. The original study examined the factors influencing the marital outcomes of newlyweds over time. During the first wave data collection, the couples completed the self-report data online before they arrived at the laboratory for observational data collection. The original study consisted of four waves of data collection with 6-7 month intervals. However, only two waves of data were used in the current study. More specifically the first wave observational data (demand/withdraw) and second wave depression, stress, and anxiety scores were examined in relation while controlling for the first wave depression, stress, and anxiety

scores. At the laboratory, based on the first 15 items of the Dyadic Adjustment Scale (Spanier, 1976) that the participants already filled out, they were asked to determine a discussion topic that is important for their relationship. Observational data consisted of video recordings of two problem-solving discussions that lasted for 10 minutes each, one focusing on the topic determined by the wife and one by the husband. The order of the topic discussions was counterbalanced among the dyads of the study. The couples who participated in the observational data collection were then awarded a 100 Turkish Lira gift card for their time.

3.3 Measures

3.3.1 Demographic Information Form

The form consisted of questions regarding participants' age, gender, education, employment status, income, age at the time of marriage, duration of the marriage, and duration of their relationship (see Appendix A).

3.3.2 Depression, Anxiety, and Stress Scale (DASS-42)

The scale was developed by Lovibond and Lovibond (1995). The scale measures the three negative moods including depression, anxiety, and stress that one can experience. The scale consists of three subscales for each mood with 14 items, a total of 42 items. Each subscale includes a Likert scale between 0 “never” and 3 “always” to vary participants’ responses (see Appendix B).

The psychometric properties of the DASS-42 were investigated with a Turkish sample by Bilgel and Bayram (2010). They reported that the internal consistency coefficients were .92 for the depression subscale, .86 for the anxiety subscale, and .88

for the stress subscale, indicating good internal consistency. In the current study, at time two the internal consistency coefficients for women were .95 for the depression subscale, .87 for the anxiety subscale, and .92 for the stress subscale. Cronbach's alpha for males was .92 for the depression subscale, .88 for the anxiety subscale, and .91 for the stress subscale. Cronbach's alpha for all participants was .94 for the depression subscale, .88 for the anxiety subscale, and .92 for the stress subscale indicating good internal consistency.

3.3.3 Couple Interaction Rating System (CIRS)

The rating system was developed by Heavey, Gill, and Christensen (1998) to objectively measure the interaction patterns of couples during problem-solving discussions. This system was used to code the observational data in the current study. It is expected that demand/withdraw pattern will arise during a discussion on a topic that is disagreed upon. For this reason, a topic of disagreement that is important for each partner is determined, and two discussion sessions that are each 10 minutes long are recorded. Because it is found to be important whose topic it is, each partner are given the opportunity to choose their own topic of interest for the problem discussion (Christensen, & Heavey, 1990). CIRS codes verbal and nonverbal behaviors for 13 categories on a 9 Likert-type scale. For this study, 5 categories that rated demand/withdraw pattern were used: blaming, pressuring for change, withdrawing, avoiding, and engagement. The total of blaming and pressuring for change is used for determining demanding behaviors whereas the total of withdrawing, avoiding, and reversed engagement categories are calculated to compute the withdrawing behaviors.

The coders of the observational data consisted of 11 undergraduate Psychology students who were trained by the primary investigator of the larger study. Three different coders coded each partner in each topic that is discussed. After receiving a training, coders worked on pilot recordings until they reached an 80% consistency in their coding. Weekly meetings were held with coders by the primary investigator in order to preserve the intercoder reliability and 30% of the recordings were coded by the investigator to provide feedback to the coders. Intercoder reliability was computed by multiplying the percentage of consensus among coders with the weight of the coded category among all the categories. Finally, intercoder reliability was determined based on adding all the categories. The intercoder reliability was .83 for blaming, .81 for pressure for change, .77 for withdrawing, .74 for avoiding, and .72 for engagement.

CHAPTER 4

RESULTS

The findings of the statistical analyses are presented in this chapter with three sections. Data cleaning procedures and how missing data issues have been addressed in Section 1. Descriptive statistics and the results of preliminary analyses can be found in Section 2. The results of the Actor-Partner Interdependence Model (APIM) are presented in Section 3. The results of the analyses are presented in relevance to the research hypotheses and discussed in-depth in the next chapter.

4.1 Missing Data and Data Cleaning

First data cleaning and the preliminary analyses were conducted with SPSS version 27. Next the individual structure data were converted into dyadic structure data for the use with dyadic analysis with Mplus 8.

Of the 250 dyads of the original study, a subsample of 109 dyads participated in the observational data collection. However, both partners in 2 out of 109 dyads had missing data on the DASS-42 scale at time two. Therefore, the final sample of the current study consisted of 107 dyads. All other missing values were entered as 999 and specified as missing values for data analysis purposes.

4.2 Preliminary Analysis and Descriptive Statistics

4.2.1 Descriptive Statistics

Most of the female participants (83) were employed (77.6%) and almost all male participants (104) were employed (97.2%). Most of the participants' family incomes were between 1501 TL to 7500 TL (86.5%). For detailed information see Table 1.

The mean years of education for women was 16.26 ($SD = 3$) and for men it was 16.46 ($SD = 3.15$). The mean age of marriage for women was 26.63 ($SD = 4.22$) and for men it was 27.91 ($SD = 3.38$) (see Table 2 for more detailed information).

Moreover, the mean of couples' reported marriage duration in months was 6.1 ($SD = 3.43$) which is consistent with the inclusion criteria of the larger study. The more detailed information on marriage duration and relationship length before marriage by gender and for all participants can be found in Table 2.

Table 1
Descriptive Statistics for categorical variables by Gender

	Women		Men		All Participants	
	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%
Number of Participants	107	50	107	50	214	100
Employment						
Unemployed	21	19.6	3	2.8	24	11.2
Employed	83	77.6	104	97.2	187	87.4
Other	3	2.8			3	1.4
Income						
851-1500 TL	6	5.6	5	4.7	11	5.1
1501-3000 TL	27	25.2	25	23.4	52	24.3
3001- 5000 TL	29	27.1	30	28	59	27.6
5001-7500 TL	36	33.6	38	35.5	74	34.6
7501 TL and above	8	7.5	9	8.4	17	7.9
Missing	1	0.9			1	0.5

Table 2
Descriptive Statistics for continuous variables by Gender

	Women		Men		All Participants	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Age	27.14	4.18	28.51	3.25	27.83	3.8
Education Duration (in Years)	16.26	3	16.46	3.15	16.36	3.1
Marriage Length (in Months)	6.04	3.47	6.1	3.4	6.1	3.43
Marriage Age	26.63	4.22	27.91	3.38	27.8	3.87
Relationship Length Before Marriage (in Months)	54.61	41.94	55	42.97	54.8	42.36

Descriptive statistics of study variables were used to check normality assumptions. Specifically, skewness and kurtosis statistics were calculated both for all participants and separately by gender due to the dyadic structure of data. All information for skewness and kurtosis values among study variables is provided in Table 3. Almost all variables had skewness and kurtosis statistic values that fall between +2 and -2 which were found to be an acceptable range (George, & Mallery, 2019). There was an exception for the kurtosis value of depression for all participants (2.33). However, this range was also accepted for normality (Kline, 2005). Kline suggested that kurtosis values greater than 10 may suggest a problem.

Table 3*Descriptive Statistics for Depression, Anxiety, Stress, WDHW, and HDWW*

	Range	Min-Max	<i>M</i>	<i>SD</i>	Skewness	Kurtosis
Women						
Depression	35	0 - 35	7.09	7.9	1.47	1.86
Anxiety	24	0 - 24	6.56	5.69	1.12	.71
Stress	32	0 - 32	12.19	7.48	.57	-.28
	Range	Min-Max	<i>M</i>	<i>SD</i>	Skewness	Kurtosis
Men						
Depression	24	0 - 24	5.56	5.78	1.34	1.26
Anxiety	24	0 - 24	5.16	5.33	1.41	1.70
Stress	33	0 - 33	10.03	6.73	.79	.69
	Range	Min-Max	<i>M</i>	<i>SD</i>	Skewness	Kurtosis
All Participants						
Depression	35	0 - 35	6.35	6.98	1.55	2.33
Anxiety	24	0 - 24	5.88	5.55	1.23	1.03
Stress	33	0 - 33	11.15	7.19	.68	.08
WD /HW ₁	3.75	1.5 – 5.25	2.85	.84	.84	.06
HD /WW ₁	2.75	1.44 – 4.19	2.32	.51	.99	1.4
WD /HW ₂	3.36	1.44 – 4.81	2.49	.71	1.12	.99
HD /WW ₂	2.81	1.39 – 4.19	2.48	.54	.63	.25

Note. WD /HW = wife demand /husband withdraw, HD/WW = husband demand/ wife withdraw; subscript 1 refers to women's topic, and subscript 2 refers to men's topic.

4.2.2 Correlation Analysis

Pearson bivariate correlations were calculated for the 5 main study variables (depression, anxiety, stress, WDHW, HDWW). This was conducted separately for women's and men's discussion topics. Due to the dyadic structure of the data, correlations are calculated also by gender. The results of these analyses for topic one can be found in Table 4 (for women), Table 5 (for men), and Table 6 (for all participants). The results of these analyses for topic two can be found in Table 7 (for women), Table 8 (for men), and Table 9 (for all participants).

Table 4*Correlations of All Study Variables for Women on Topic One (Women's Topic)*

Variable	1	2	3	4	5
1.Depression	-				
2.Anxiety	.795**	-			
3.Stress	.747**	.730**	-		
4.WDHW	.064	.059	.009	-	
5.HDWW	.180	.176	.112	.176	-

Note. ** $p < .01$.**Table 5***Correlations of All Study Variables for Men on Topic One (Women's Topic)*

Variable	1	2	3	4	5
1.Depression	-				
2.Anxiety	.720**	-			
3.Stress	.720**	.737**	-		
4.WDHW	.031	-.015	.179	-	
5.HDWW	-.022	.095	.202	.176	-

Note. * $p < .01$. ** $p < .001$.**Table 6***Correlations of All Study Variables for Women and Men on Topic One (Women's Topic)*

Variable	1	2	3	4	5	6	7	8
1.Depression ₁	-							
2.Anxiety ₁	.795**	-						
3.Stress ₁	.747**	.730**	-					
4.Depression ₂	.438**	.394**	.440**	-				
5.Anxiety ₂	.279*	.300**	.316**	.720**	-			
6.Stress ₂	.248*	.276*	.332**	.720**	.737**	-		
7.WDHW	.064	.059	.009	.031	-.015	.179	-	
8.HDWW	.180	.176	.112	-.022	.095	.202	.176	-

Note. * $p < .05$. ** $p < .01$. Subscript 1 refers to women, subscript 2 refers to men

Table 7*Correlations of All Study Variables for Women on Topic Two (Men's Topic)*

Variable	1	2	3	4	5
1.Depression	-				
2.Anxiety	.795**	-			
3.Stress	.747**	.730**	-		
4.WDHW	.096	.175	.120	-	
5.HDWW	.094	.140	.094	.137	-

Note. ** $p < .001$.**Table 8***Correlations of All Study Variables for Men on Topic Two (Men's Topic)*

Variable	1	2	3	4	5
1.Depression	-				
2.Anxiety	.720**	-			
3.Stress	.720**	.737**	-		
4.WDHW	-.094	-.022	-.040	-	
5.HDWW	.193	.209	.298**	.137	-

Note. * $p < .05$. ** $p < .001$.**Table 9***Correlations of All Study Variables for Women and Men on Topic Two (Men's Topic)*

Variable	1	2	3	4	5	6	7	8
1.Depression ₁	-							
2.Anxiety ₁	.795**	-						
3.Stress ₁	.747**	.730**	-					
4.Depression ₂	.438**	.394**	.440**	-				
5.Anxiety ₂	.279*	.300**	.316**	.720**	-			
6.Stress ₂	.248*	.276*	.332**	.720**	.737**	-		
7.WDHW	.096	.175	.120	-.094	-.022	-.040	-	
8.HDWW	.094	.140	.094	.193	.209	.298**	.137	-

Note. * $p < .05$. ** $p < .001$. Subscript 1 refers to women, subscript 2 refers to men.

4.2.3 Paired Sample *t*-test

Paired samples *t*-tests were conducted to examine gender differences on the main three variables (depression, anxiety, and stress). Table 10 provides detailed information on the paired *t*-test results. For the data collected at wave 1 a statistically significant difference was found when stress scores were compared, $t(106) = 2.053, p < .05$, with women scoring higher ($M = 11.49, SD = 7.67$) than men ($M = 9.78, SD = 5.70$). There was no statistically significant difference when anxiety scores, $t(106) = .825, p = .411$; and depression scores were compared, $t(106) = .202, p = .840$.

At wave 2, there was also no statistically significant difference when depression scores, $t(73) = 1.619, p = .110$; and anxiety scores were compared, $t(73) = 1.757, p = .083$. However, there was a statistically significant difference when stress scores were compared, $t(73) = 2.320, p < .05$; with women scoring higher ($M = 12.14, SD = 7.75$) than men ($M = 9.85, SD = 6.85$).

Table 10
Paired Sample t Test for Depression, Anxiety, and Stress

Wave 1	<i>M</i>	<i>SD</i>	<i>SE</i>	Paired <i>t</i> test		
				<i>t</i> value	<i>df</i>	Sig (two-tailed)
Wife Depression	4.89	6.29	.61	.202	106	.840
Husband Depression	4.74	5.62	.54			
Wife Anxiety	5.07	4.42	.43	.825	106	.411
Husband Anxiety	4.62	4.60	.45			
Wife Stress	11.50	7.67	.74	2.053	106	.043
Husband Stress	9.78	5.71	.55			
Wave 2	<i>M</i>	<i>SD</i>	<i>SE</i>	Paired <i>t</i> test		
				<i>t</i> value	<i>df</i>	Sig (two-tailed)
Wife Depression	6.88	8.14	.95	1.619	73	.110
Husband Depression	5.43	5.90	.68			
Wife Anxiety	6.38	5.80	.67	1.757	73	.083
Husband Anxiety	5.03	5.36	.62			
Wife Stress	12.14	7.75	.90	2.320	73	.023
Husband Stress	9.85	6.85	.80			

4.3 APIM

The basic saturated APIM model was estimated. The nonindependence of observations of the main variables was assessed using the Pearson product-moment correlation. Women's and men's scores on the main three variables: depression ($r(74) = .438, p < .001$); anxiety ($r(74) = .300, p < .01$); stress ($r(74) = .332, p < .01$) were all significantly positively correlated.

Results of APIM analyses are presented in accordance with the research questions below. The unstandardized effect estimates for the basic saturated APIM are presented in Table 11 for women's topic and in Table 12 for men's topic. The standardized estimates for the basic saturated APIM are presented in Figure 2, Figure 3,

Figure 4, Figure 5, Figure 6, and Figure 7 separately for depression, anxiety, and stress outcomes on both topics.

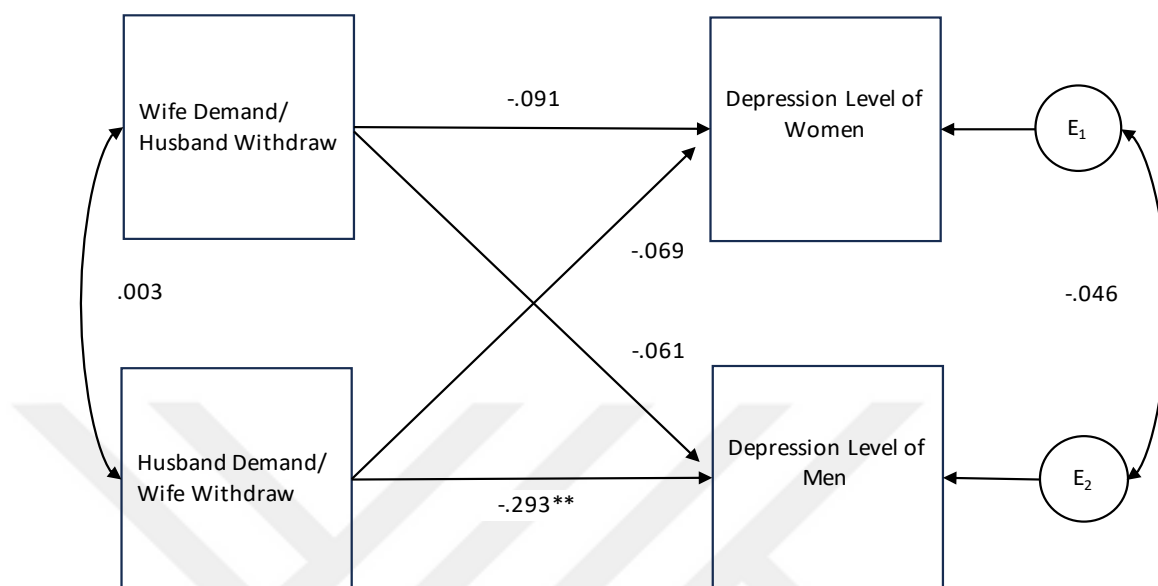
Table 11

Basic Saturated APIM: Unstandardized Effect Estimates for Topic One (Women's Topic)

	Estimate	<i>p</i>
Actor effects		
WDHW to Women's Depression	-1.861	.160
HDWW to Men's Depression	-1.152	.000
Partner effects		
WDHW to Men's Depression	-.124	.404
HDWW to Women's Depression	-2.722	.325
<i>Note. WDHW (X_1) = wife demand husband withdraw, HDWW (X_2) = husband demand wife withdraw; (Y) = depression; p is two-tailed.</i>		
	Estimate	<i>p</i>
Actor effects		
WDHW to Women's Anxiety	.053	.189
HDWW to Men's Anxiety	-.188	.604
Partner effects		
WDHW to Men's Anxiety	.422	.003
HDWW to Women's Anxiety	.004	.969
<i>Note. WDHW (X_1) = wife demand husband withdraw, HDWW (X_2) = husband demand wife withdraw; (Y) = anxiety; p is two-tailed.</i>		
	Estimate	<i>p</i>
Actor effects		
WDHW to Women's Stress	-.019	.983
HDWW to Men's Stress	-.005	.982
Partner effects		
WDHW to Men's Stress	-.351	.000
HDWW to Women's Stress	-1.270	.533
<i>Note. WDHW (X_1) = wife demand husband withdraw, HDWW (X_2) = husband demand wife withdraw; (Y) = stress; p is two-tailed.</i>		

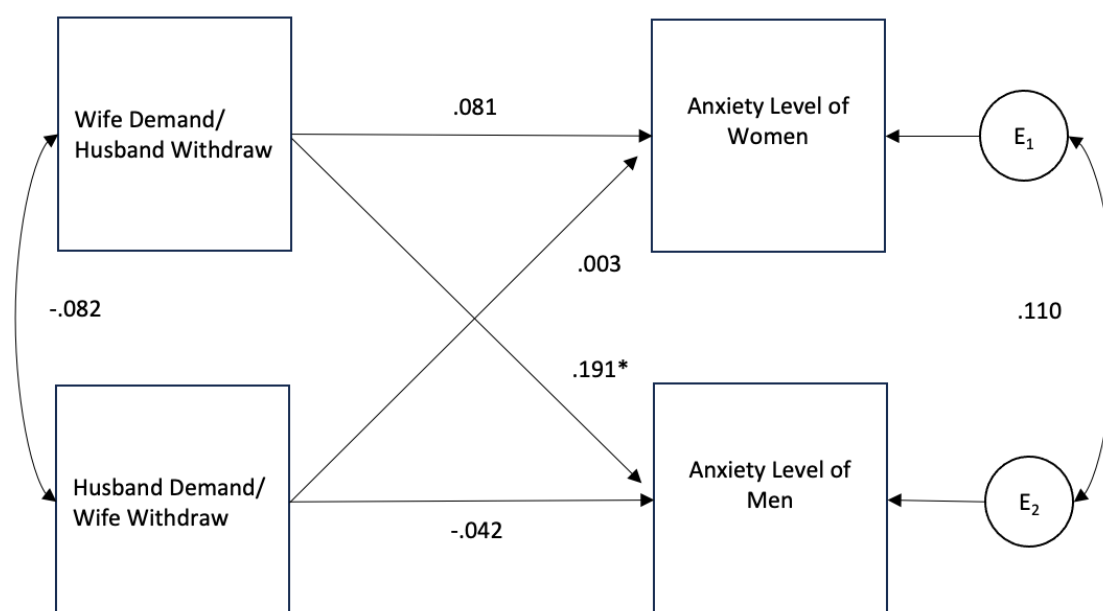
Table 12*Basic Saturated APIM: Unstandardized Effect Estimates for Topic Two (Men's Topic)*

	Estimate	<i>p</i>
Actor effects		
WDHW to Women's Depression	-1.930	.314
HDWW to Men's Depression	-1.309	.000
Partner effects		
WDHW to Men's Depression	-.098	.521
HDWW to Women's Depression	1.143	.062
<i>Note. WDHW (X_1) = wife demand husband withdraw, HDWW (X_2) = husband demand wife withdraw, (Y) = depression; <i>p</i> is two-tailed.</i>		
	Estimate	<i>p</i>
Actor effects		
WDHW to Women's Anxiety	-.026	.515
HDWW to Men's Anxiety	-.191	.601
Partner effects		
WDHW to Men's Anxiety	.459	.002
HDWW to Women's Anxiety	.108	.282
<i>Note. WDHW (X_1) = wife demand husband withdraw, HDWW (X_2) = husband demand wife withdraw; (Y) = anxiety; <i>p</i> is two-tailed.</i>		
	Estimate	<i>p</i>
Actor effects		
WDHW to Women's Stress	-.573	.539
HDWW to Men's Stress	-.112	.606
Partner effects		
WDHW to Men's Stress	-.355	.000
HDWW to Women's Stress	.597	.774
<i>Note. WDHW (X_1) = wife demand husband withdraw, HDWW (X_2) = husband demand wife withdraw; (Y) = stress; <i>p</i> is two-tailed.</i>		

**Figure 2**

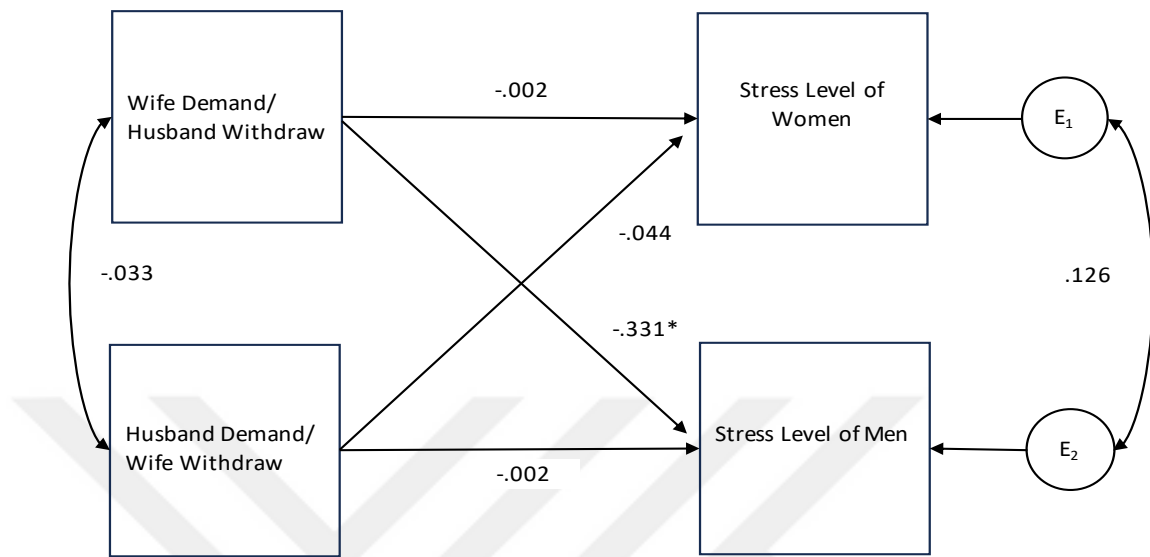
Standardized Effect Estimates of APIM on Depression for Women's Topic

Note. ** $p < .001$

**Figure 3**

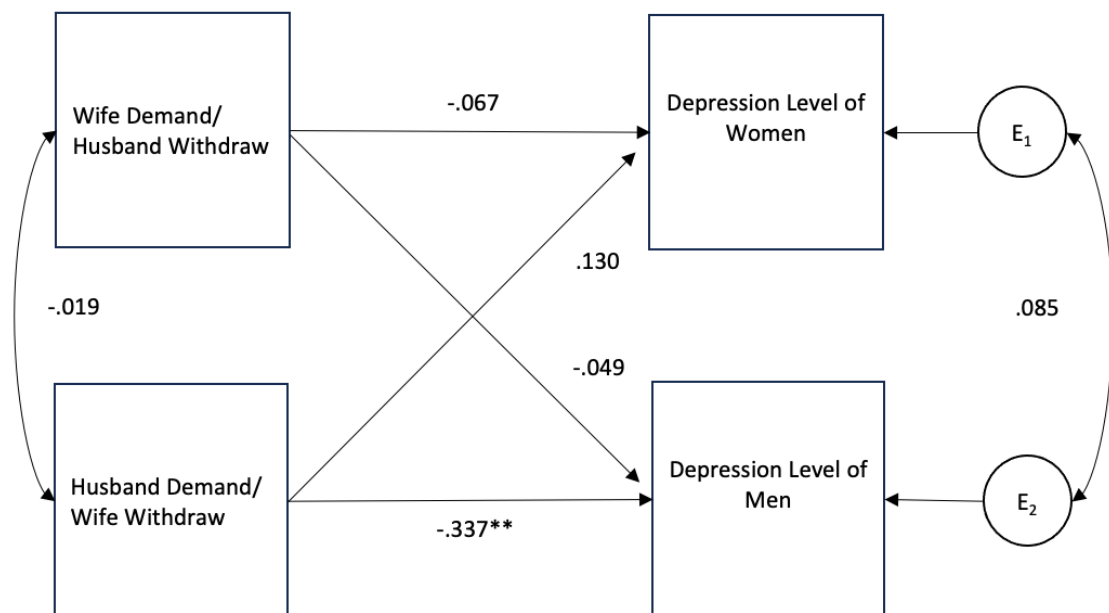
Standardized Effect Estimates of APIM on Anxiety for Women's Topic

Note. * $p < .01$

**Figure 4**

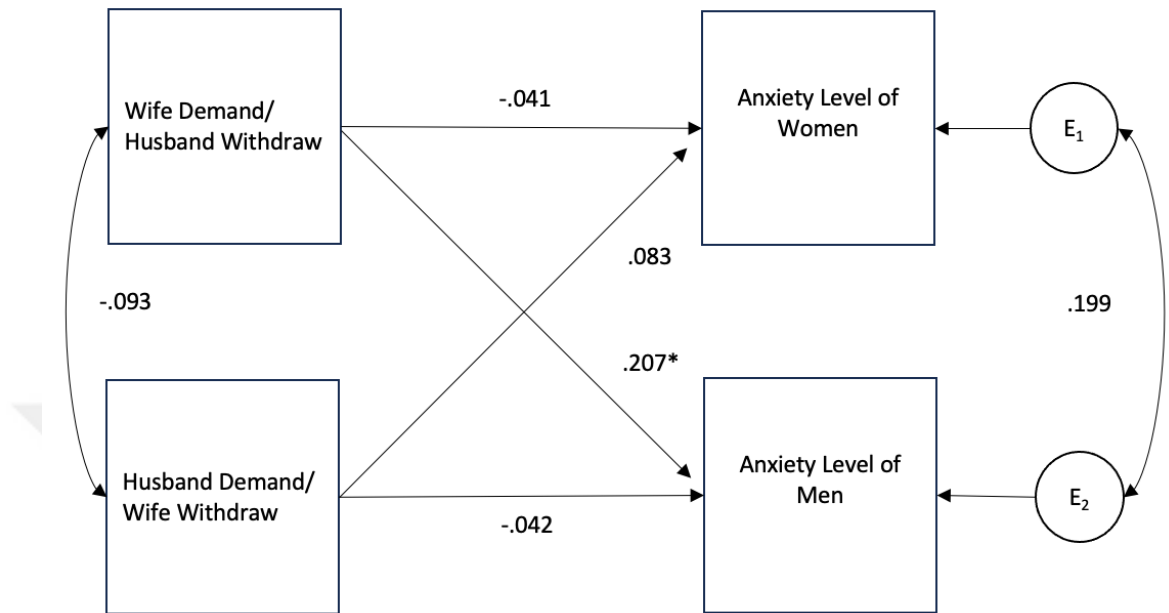
Standardized Effect Estimates of APIM on Stress on Women's Topic

Note. $^* p < .01$

**Figure 5**

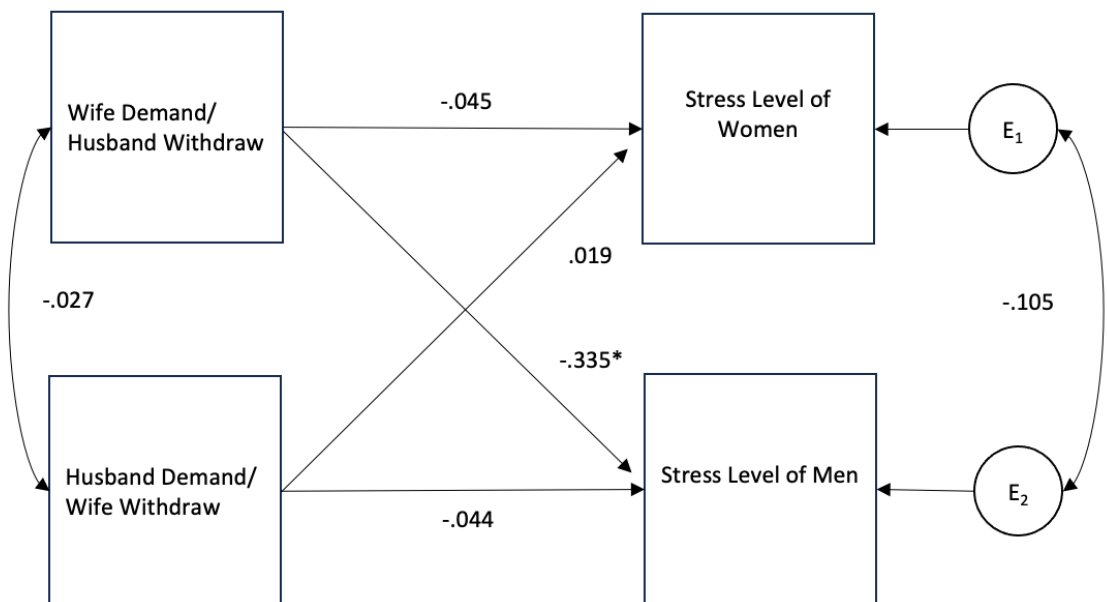
Standardized Effect Estimates of APIM on Depression on Men's Topic

Note. $^{**} p < .001$

**Figure 6**

Standardized Effect Estimates of APIM on Anxiety for Men's Topic

Note. * $p < .01$

**Figure 7**

Standardized Effect Estimates of APIM on Stress for Men's Topic

Note. * $p < .01$

4.3.1 Research Question 1

For topic one (women's topic), the direct actor effect of wife demand and husband withdraw on their own depression was not significant ($b = -1.86, p = .160$); on their own anxiety was not significant ($b = .05, p = .189$); on their own stress was not significant ($b = -.02, p = .983$).

For topic two (men's topic), the direct actor effect of wife demand and husband withdraw on wife's own depression was not significant ($b = -1.93, p = .314$); on their own anxiety was not significant ($b = -.03, p = .515$); and on their own stress was not significant ($b = -.57, p = .539$).

4.3.2 Research Question 2

For topic one (women's topic), the direct actor effect of husband demand and wife withdraw on their own depression was significant ($b = -1.15, p < .001$). Thus, husband demand and wife withdraw pattern was negatively related to husband's own depression level. For topic one (women's topic), the direct actor effect of husband demand and wife withdraw on their own anxiety ($b = -.19, p = .604$); and on their stress ($b = -.01, p = .982$) was not significant.

For topic two (men's topic), the direct actor effect of husband demand and wife withdraw on their own depression was significant ($b = -1.31, p < .001$); on their own anxiety was not significant ($b = -.19, p = .601$); on their stress was not significant ($b = -.11, p = .606$). Thus, the husband demand and wife withdraw pattern was negatively related to the husband's own depression level.

4.3.3 Research Question 3

For topic one (women's topic), the direct partner effect of wife demand and husband withdraw pattern on their husband's depression was not significant ($b = -.12, p = .404$); but the direct partner effect on their husband's anxiety ($b = .42, p < .01$) and on their husband's stress levels ($b = -.35, p < .001$) was significant. Thus, wife demand and husband withdraw pattern was positively related to the husband's anxiety level whereas the same pattern was negatively related to the husband's stress level.

For topic two (men's topic), the direct partner effect of wife demand and husband withdraw pattern on their husband's depression was not significant ($b = -.10, p = .521$); whereas it was significant on husband's anxiety ($b = .46, p < .01$), and on husband's stress level ($b = -.36, p < .001$). Thus, for the men's topic, wife demand and husband withdraw pattern was positively related to the husband's anxiety level whereas the same pattern was negatively related to the husband's stress level.

4.3.4 Research Question 4

For topic one (women's topic), the direct partner effect of husband demand and wife withdraw pattern on their wife's depression was not significant ($b = -2.72, p = .325$); on wife's anxiety was not significant ($b = .00, p = .969$); was not significant on wife's stress ($b = -1.27, p = .533$).

For topic two (men's topic), the direct partner effect of husband demand and wife withdraw pattern on their wife's depression was not significant ($b = 1.14, p = .062$); on wife's anxiety was not significant ($b = .11, p = .282$); was not significant on wife's stress ($b = .59, p = .774$).

CHAPTER 5

DISCUSSION

The present study investigated the relationship between demand/withdraw pattern and couples' levels of depression, anxiety, and stress. General research questions can be explained in two: 1) Does the demand/withdraw pattern has an actor effect on couples' emotional wellbeing such as on their own levels of depression, anxiety, and stress? 2) Does the demand/withdraw pattern has a partner effect on couples' emotional wellbeing including levels of depression, anxiety, and stress?

Regarding the first question that actor effect of demand/withdraw pattern on levels of one's own stress, depression, and anxiety; the result of the APIM analysis showed a negative significant relationship between husband demand and wife withdraw pattern and men's own depression level for both partners topic. This could suggest that the demanding role of the husband is related to feeling less depressed regardless of whose topic is discussed.

Moreover, the partner effects of wife demand/husband withdraw on men's anxiety and stress were significant for both partner's topics. In this chapter, the findings of the present study are discussed in detail.

5.1 Findings of General Research Questions and Literature

5.1.1 General Research Question 1

The basic APIM analysis was conducted to reveal any actor effects of the demand / withdraw pattern on couples' depression, anxiety, and stress levels. The results revealed a gender effect such that only males had actor and partner effects. There was a

significant negative relationship between husband demand/ wife withdraw and men's own depression levels regardless of whose topic was discussed. These findings suggest that husband demand/wife withdraw is related to lower levels of depression among men.

As mentioned earlier, literature on depression and demand/withdraw pattern had mixed findings. Unlike current results, Baucom and colleagues (2007) reported no significant relationship between depression and the demand /withdraw pattern. Another research showed direct effect of wife demand/ husband withdraw on women's depression (Rehman et al., 2010), but current findings suggest that women's level of depression is not related with either pathway of demand/withdraw pattern. However, this difference in findings might be due to the non-clinical sample of the current study such that Baucom and colleagues (2007) had a sample of couples that sought couple therapy and measured clinical depression with interviews. Furthermore, Rehman and colleagues (2010) studied couples that consisted of wives who had different levels of depressive symptoms and measured the psychopathological depression symptoms. However, in the current study, both partners' non-clinical depression levels were measured. This could suggest that the demand/withdraw pattern has different effects with non-clinical and clinical samples. Also, both studies used the demand/ withdraw pattern as the predictor of the relationship. Moreover, our results were in line with other research such as Knobloch-Fedders and colleagues (2014) as well as Siffert & Schwartz (2011); similarly, our results showed a negative relationship between husband demand/ wife withdraw and depression levels in men. The current findings regarding direct effects on depression levels, expand these previous results in two main ways:1) the

relationship between demand/withdraw pattern and depression level was found regardless of whose topic is discussed, 2) the relationship was present when the demand/withdraw pattern rather than symptomology was conceptualized as a predictor too.

The current study's finding that husbands' demanding behavior is related to them feeling less depressed might be contradictory with the socially constructed and expected role of men's high autonomy (Christensen & Heavey, 1990; Siffert, & Schwartz, 2011). It was thought that seeking autonomy is more related to the withdrawing role and seeking closeness related to the demanding role (see Eldridge, & Baucom, 2012; Schrodtt et al., 2013 for a review), current results may suggest a different perspective such that it might be also important for men to seek closeness over autonomy too. What factors have a role in this shift should be investigated by future research. Furthermore, it might be due to the idea that depression symptoms may present themselves differently by gender (Knobloch-Fedders et al., 2014) as men with high levels of depression may relate to more withdrawing behaviors whereas for women it may relate to demanding behavior. Thus, taking the demanding role may result in lesser levels of depression in men.

On the other hand, there were no significant direct actor effects between neither of the demand/ withdraw patterns, and stress levels of couples. Even though previous literature suggested a negative relationship between demand and the stress level of demanders (see for a review Reznik, Roloff, & Miller, 2017). This might be due to different reasons such as using a sample that consists of newlywed couples, or

measurement of stress. It is notable that Reznik and colleagues (2017) in their review, included stress that is measured on a physical level whereas we only included self-report. Also in their review, it was suggested that couples who had demand/ withdraw interaction for a long time, are more unlikely the reverse their roles, and the persistence may result in more stress indicators on a physical level such as high cortisol levels. We used a sample of newlyweds and did not control for the severity of the demand/ withdraw pattern throughout time.

Moreover, the current findings showed no direct effect of demand /withdraw patterns on anxiety levels among couples. This is in line with the result of a recent study by Pickover and colleagues (2017) that aimed to investigate the relationship between Generalized Anxiety Disorder and demand/ withdraw patterns with a sample of females who were survivors of intimate partner violence.

5.1.2 General Research Question 2

APIM analysis also revealed partner effects between wife demand/ husband withdraw patterns and levels of anxiety and stress among men. Specifically, wife demand/ husband withdraw was found to be positively related to husbands' anxiety level. On the other hand, wife demand/ husband withdraw had a negative significant relationship with husbands' stress levels. The findings of the present study did not show any partner effect between demand/ withdraw patterns and depression levels of the couples.

It is so interesting that the wife's demanding role and husband's withdraw were negatively related to the husband's stress level. It was suggested by Christensen, and

Heavey (1990) that it is more common to seek autonomy for men and it may be more stressful to deal with the demanding behaviors of their wives. However, our results suggest a reverse pattern. It was possible that after persistent interactions with wife's demand/ husband withdraw pattern, the partner's effect on the husband's stress level might change. On the other hand, there might be other explanations such as the demanding role of the wife may be seen as a way of achieving closeness by the husband, which might in turn relate to lower levels of stress. Future research should further investigate the possible explanations.

It is also important that the relationship between the wife's demand/the husband's withdraw pattern is found to be positively related to the husband's anxiety level. This finding is similar to what Christensen and Heavey (1990) suggested; however, it might be more worrisome for husbands than stressful to try to maintain autonomy in a relationship (see Eldridge, & Baucom, 2012; Schrodtt et al., 2013 for a review).

5.2 Implications, Research, and Clinical Contributions

These findings highlight the importance of the demand/ withdraw communication pattern in terms of partners' emotional wellbeing. The current research expanded the literature, especially for men that this pattern of communication relates to their emotional wellbeing such as their depression, anxiety, and stress levels. In sum, the husband demanding role while wife withdraws is negatively associated with men's depression level; the wife's demand and husband's withdraw pattern on the other hand was positively related to men's anxiety whereas the same pattern was found to be negatively associated with men's stress levels.

Couple therapy and clinical practices, in general, might benefit from these findings. Especially in couples therapy, the couple's communication patterns are almost always assessed at the beginning process and intervened when in line with the therapy goals. During these assessments and interventions, it seems to be crucial to check out especially men's feelings of anxiety, depression, and stress when demand / withdraw pattern is present. Specifically, observing the husband demand/ wife withdraw pattern, it might be helpful to check the man's levels of depression, and for the wife demand/ husband withdraw pattern check anxiety and stress levels among men in clinical settings. This can contribute to understanding the outcomes of the pattern on the individual's emotional wellbeing in terms of the male partner's perspective.

Current findings especially might be beneficial with Emotionally focused couple therapy (EFCT) created by Greenberg, and Johnson (1988), it is one of the evidence-based therapy approaches for couples therapy and is mentioned as the gold standard that aims to create a safe emotional connection between the couple (see Beasley, & Ager, 2019; Wiebe, & Johnson, 2016 for a review). In summary, EFCT's main interventions are focusing on the negative interactional cycles of couples such as demand/ withdraw pattern and the emotions of partners that are felt in the cycle. It is thought that accessing and communicating underlying emotions is a primary way to change the negative interaction cycle rather than focusing on different topics that are discussed by the couple with the same negative interactional pattern. Moreover, literature on EFCT found some evidence that emotional wellbeing is also promoted by EFCT, such that it was found to be effective in reducing depression levels among female partners (Alder et al., 2019;

Dessaullles et al., 2003; Denton et al., 2012); as well as for the couples whose one partner experiences generalized anxiety disorder (Priest, 2013). The current findings seem to be in line with this literature and contribute to it by identifying in which ways negative interactional patterns (e.g. husband demand/ wife withdraw, wife demand/ husband withdraw) relate to wellbeing, especially for husbands.

5.3 Limitations of the Study

The current study had correlational findings which makes it impossible to interpret its results as causation. Even though it is found that there are either actor or partner effects between the demand/withdraw pattern and levels of depression, anxiety, and stress among husbands, deriving a definite conclusion of which variables cause a change cannot be made. Moreover, the findings cannot be generalized outside of Turkey as well as to couples who had a longer married life since the sample used for the current study consisted of newlyweds. However, focusing on newlyweds is also a strength of the study because determining such links between couple communication patterns and individual emotional wellbeing may help with prevention. Another strength of the study is controlling for the first wave of depression, anxiety, and stress scores while examining the relationship between the first wave demand/withdraw scores and second wave depression, anxiety, and stress scores.

It is also crucial to realize that the findings of the current study suggested only significant relationships for men. It means that women might have other factors in terms of communication patterns or other relationship variables that affect their emotional wellbeing.

The other limitation of the current study may be the sample size, although it has a similar sample size to other studies that studied alike relationships with dyadic data (see the meta-analysis Schrodtt et al., 2014). However, it may reveal more insight into the links between these variables with a larger sample size in terms of statistical power.

5.4 Future Research

A study with a longitudinal design investigating the relationship between the main variables of the current study can contribute to the literature to draw causal results. It can be also beneficial to use more than self-reported measures of depression, anxiety, and stress levels. For example, using diary entries, and interviewing the couple to measure these variables may increase our chance to understand the relationship between emotional wellbeing and the demand/withdraw pattern. Also, especially for measuring stress using biomarkers would be beneficial.

Another suggestion for future research might be comparing couples who are in different phases of their marriage due to the knowledge that patterns might become more persistent over time (Eldridge & Baucom, 2012). It is also important for future research to investigate especially significant paths of the current study focusing on which other factors such as length of the marriage or previous experience with the same communication pattern in raised family, might change, or affect the found relationships.

Finally, future research may focus on understanding the gender differences found in the current study. It is important to understand what relationship factors regarding communication might be related to women's emotional wellbeing.

5.5 Conclusion

In summary, direct links between demand/ withdraw pattern and couples' levels of depression, anxiety, and stress have been investigated with basic APIM analysis. The results showed that specifically for men, husband demand/ wife withdraw pattern is related to their own levels of depression regardless of the discussion topic. Furthermore, the results revealed partner effects of wife demand/husband withdraw on men's level of stress and anxiety regardless of whose topic is discussed. These results also suggested that there is a gender difference such that women did not reveal any relationship between the main variables.

According to those findings and the current study's limitations, suggestions had been made for future research. The study also provided valuable information for CFT practitioners in terms of understanding how couple communication can relate to individual wellbeing.

APPENDICES

Appendix A

Demographic Information Form

1. Cinsiyetiniz: ☐ Kadın ☐ Erkek

2. Yaşınız: _____

3. Toplam kaç yıl okula gittiniz: _____ Yıl

4. En son bitirdiğiniz okul aşağıdakilerden hangisidir:

☐	Okuma-yazma bilmiyorum
☐	İlkokul
☐	Ortaokul
☐	Lise
☐	Yüksek Okul (2 yıllık)
☐	Üniversite (4 yıllık)
☐	Yüksek Lisans veya Doktora

5. Mesleğiniz: _____

6. Çalışma durumunuz:

☐	Çalışıyorum
☐	Çalışmıyorum
☐	Diğer (<i>lütfen belirtiniz</i>):

7. Ne kadar süredir evlisiniz: _____ Ay

8. Evlendiğinizde kaç yaşındaydınız: _____

9. Evlenmeden önce eşinizle birbirinizi ne kadar süredir tanıyordunuz: _____ Yıl _____ Ay

10. Ailenizin ortalama toplam aylık geliri aşağıdakilerden hangisine en yakındır:

☐	850 TL ve altı
☐	851 TL – 1500 TL
☐	1501 TL – 3000 TL
☐	3001 TL – 5000 TL
☐	5001 TL – 7500 TL
☐	7501 TL ve üstü

Appendix B

Depression, Anxiety, and Stress Scale (DASS-42)

Lütfen aşağıdaki her bir madde için, son bir haftadaki durumunuza en yakın olan rakamı işaretleyiniz. Doğru veya yanlış cevap yoktur. Hiçbir madde üzerinde fazla zaman harcamayınız.

	SON 1 HAFTADAKİ DURUMUNUZ	Hiçbir zaman	Bazen ve ara sıra	Oldukça sık	Her zaman
1	Oldukça önemsiz şeyler için üzüldüğümü farkettim	0	1	2	3
2	Ağzımda kuruluk olduğunu farkettim	0	1	2	3
3	Hiç olumlu duygu yaşayamadığımı farkettim	0	1	2	3
4	Soluk almada zorluk çektim (<i>örneğin fizik/beden egzersizi yapmadığım halde aşırı hızlı nefes alma, nefessiz kalma gibi</i>)	0	1	2	3
5	Hiçbir şey yapamaz oldum	0	1	2	3
6	Olaylara aşırı tepki vermeye meyilliyim	0	1	2	3
7	Bir sarsaklık duygusu vardı (<i>sanki bacaklarım beni taşıyamayacakmış gibi</i>)	0	1	2	3
8	Kendimi gevşetip salıvermek zor geldi	0	1	2	3
9	Kendimi, beni çok tedirgin ettiği için sona erdiğinde çok rahatladığım durumların içinde buldum	0	1	2	3
10	Hiçbir beklentimin olmadığı hissine kapıldım	0	1	2	3
11	Keyfimin pek kolay kaçırılabilirdiği hissine kapıldım	0	1	2	3
12	Sinirsel enerjimi çok fazla kullandığımı hissettim	0	1	2	3
13	Kendimi üzgün ve depresif hissettim	0	1	2	3

14	Herhangi bir şekilde geciktirildiğimde (asansörde, trafik ışıklarında, bekletildiğimde) sabırsızlandığımı hissettim	0	1	2	3
15	Baygınlık hissine kapıldım	0	1	2	3
16	Neredeyse her şeye karşı olan ilgimi kaybettiğimi hissettim	0	1	2	3
17	Birey olarak değersiz olduğumu hissettim	0	1	2	3
18	Alınan olduğumu hissettim	0	1	2	3
19	Fizik egzersiz veya aşırı sıcak hava olmasa bile belirgin biçimde terlediğimi gözledim (örneğin ellerim terliyordu)	0	1	2	3
20	Geçerli bir neden olmadığı halde korktuğumu hissettim	0	1	2	3
21	Hayatın değersiz olduğunu hissettim	0	1	2	3
22	Gevşeyip rahatlamakta zorluk çektim	0	1	2	3
23	Yutma güçlüğü çektim	0	1	2	3
24	Yaptığım işlerden zevk almadığımı farkettim	0	1	2	3
25	Fizik egzersiz söz konusu olmadığı halde kalbimin hareketlerini hissettim (kalp atışlarımın hızlandığını veya düzensizleştiğini hissettim)	0	1	2	3
26	Kendimi perişan ve hüzünlü hissettim	0	1	2	3
27	Kolay sinirlendirilebildiğimi farkettim	0	1	2	3
28	Panik haline yakın olduğumu hissettim	0	1	2	3
29	Bir şey canımı sıktığında kolay sakinleşemediğimi farkettim	0	1	2	3
30	Önemsiz fakat alışkın olmadığım bir işin altından kalkamayacağım korkusuna kapıldım	0	1	2	3
31	Hiçbir şey bende heyecan uyandırmıyordu	0	1	2	3

32	Bir şey yaparken ikide bir rahatsız edilmeyi hoş göremediğimi farkettim	0	1	2	3
33	Sinirlerimin gergin olduğunu hissettim	0	1	2	3
34	Oldukça değersiz olduğumu hissettim	0	1	2	3
35	Beni yaptığım işten alıkoyan şeylere dayanamıyordum	0	1	2	3
36	Dehşete düştüğümü hissettim	0	1	2	3
37	Gelecekte ümit veren bir şey göremedim	0	1	2	3
38	Hayatın anlamsız olduğu hissine kapıldım	0	1	2	3
39	Kışkırtılmakta olduğumu hissettim	0	1	2	3
40	Panikleyip kendimi aptal durumuna düşüreceğim durumlar nedeniyle endişelendim	0	1	2	3
41	Vücudumda (<i>örneğin ellerimde</i>) titremeler oldu	0	1	2	3
42	Bir iş yapmak için gerekli olan ilk adımı atmada zorlandım	0	1	2	3

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