

THE ASSOCIATION BETWEEN ADULT ATTACHMENT ORIENTATIONS
AND THE PHENOMENOLOGICAL PROPERTIES OF
AUTOBIOGRAPHICAL MEMORY: EXAMINING
ACTOR-PARTNER EFFECTS

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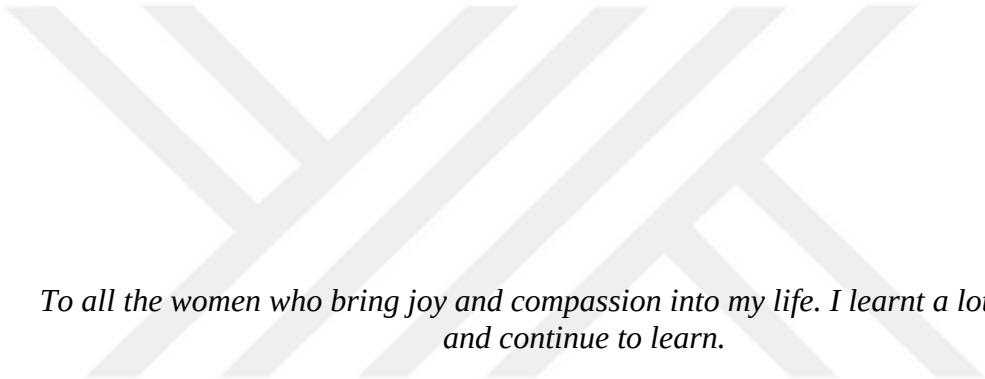
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*To all the women who bring joy and compassion into my life. I learnt a lot from them
and continue to learn.*

ABSTRACT

The present study aimed to investigate the link between adult attachment orientations and the phenomenological properties of romantic relationship-related autobiographical memories, examining the actor-partner effect on the partner's phenomenological properties of memories. The sample consisted of 108 heterosexual couples. Inclusion criteria required a as minimum two years romantic relationships and non-pregnancy for women. Demographic information forms, Experiences in Close Relationships-Revised (ECR-R) (Fraley et al., 2000), and Memory Experience Questionnaire-Short Form (MEQ-SF) (Luchetti, & Sutin, 2015) were filled out by both partners. Partial Correlation Analyses and The Actor-Partner Interdependence Model (APIM) were used to analyze hypotheses. Partial Correlation Analyses showed that there is a positive correlation between attachment anxiety, sharing, and emotional intensity for negative memories. For positive memories, there was a positive correlation between attachment avoidance and distancing for both females and males. A negative correlation between male attachment avoidance sensory details, and emotional intensity was found. For females, there was a negative association between attachment avoidance, and vividness, sensory details, emotional intensity, and sharing. For negative memories, there was a negative correlation between males' attachment anxiety emotional intensity, and coherence. According to APIM results, males' attachment anxiety and female's sharing of positive memories were positively related (direct partner effect). Females' attachment avoidance and males' sharing of negative memories were positively related (direct partner effect). Clinical implications of these dyadic findings are discussed in terms of the existing body of literature. The study's limitations and future research suggestions are discussed.

Keywords: adult attachment orientations, autobiographical memory, phenomenological characteristics, APIM

ÖZET

Bu çalışma, yetişkin bağlanma stilleri ile romantik ilişkilerle ilişkilendirilen otobiyografik anıların fenomenolojik özellikleri arasındaki ilişkiyi ve partnerlerin anılar üzerindeki aktör-partner etkisini incelemiştir. Çalışma, 108 heteroseksüel çifti içermektedir. Seçim kriterleri, en az iki yıl birlikte olmayı ve kadınlar için hamile olmamayı içermektedir. İki partner, demografik bilgi formu, Yakın İlişkilerde Yaşantılar Envanteri-II (YIYE-II) (Fraley et al., 2000) ve Bellek Deneyimler Anketi-Kısa Form (Luchetti, & Sutin, 2015) doldurmuştur. Hipotezler için Kısmi Korelasyon Analizi ve Aktör-Partner Karşılıklı Bağımlılık Modeli kullanılmıştır. Kısmi Korelasyon Analizine göre, kaygılı bağlanma stili ile negatif anılar için paylaşım ve duygusal yoğunluk arasında pozitif bir ilişki bulunmuştur. Pozitif anılar için ise, kaygılı bağlanma stili ile tutarlılık arasında anlamlı bir ilişki gözlenmemiştir. Kaçınan bağlanma stili ile anıdan uzaklaşma arasında erkekler ve kadınlar için pozitif bir ilişki saptanmıştır. Erkeklerin kaçınan bağlanma stili ile duygusal ayrıntılar ve duygusal yoğunluk arasında negatif bir ilişki vardır. Kadın katılımcılar için kaçınan bağlanma stili ile anının canlılığı, duygusal ayrıntılar, duygusal yoğunluğu ve anının paylaşımı arasında negatif bir ilişki belirlemiştir. Negatif anılar için, erkeklerin kaçınan bağlanma stili ile anıların duygusal yoğunluğu ve tutarlılığı arasında negatif bir ilişki bulunmuştur. Aktör-Partner Karşılıklı Bağımlılık Modeline göre, pozitif anılar için erkeklerin kaygılı bağlanma stili ile kadınların anılarını paylaşması arasında pozitif bir ilişki tespit edilmiştir (partner etkisi). Negatif anılar için kadınların kaçınan bağlanma stili ile erkeklerin anılarını paylaşması arasında pozitif bir ilişki gözlenmiştir (partner etkisi). Çift analizi bulgularının klinik çıkarımları, mevcut literatür bağlamında tartışılmıştır. Bu çalışmanın sınırlılıkları ve gelecekteki araştırma önerileri ele alınmıştır.

Anahtar kelimeler: yetişkin bağlanma stilleri, otobiyografik anılar, fenomenolojik özellikler, APKM

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CHAPTER 1

INTRODUCTION

Autobiographical memory is defined as one's personal history and is associated with personal relevance, self-involvement, self-construction, self-maintenance, and identity (Conway & Pleydell-Pearce, 2000) and emotional and motivational functioning (Sutin & Robins, 2005). Autobiographical memory functions to guide current and future behavior to practice emotional and social functions that are linked with self-regulation, self-definition, and self-in-relation. The phenomenology of autobiographical memory is associated with the properties of the memory experience. Phenomenology is related to a significant aspect of conscious experience (Sutin, & Robins, 2007). For instance, how coherent the autobiographical memory is, how emotionally intense the memory is, and how vivid the act of recalling for the person are some questions that phenomenology is concerned with. Condon et al., (2015) indicated that memory is studied at the individual level; however, social processes involve the reconstruction of memory. The organization of autobiographical memories is associated with the self, suggesting that there is a dynamic interplay of individual-context interaction (Conway & Pleydell-Pearce, 2000). Multiple mechanisms relating to autobiographical remembering are associated with individual-context interactions. Therefore, autobiographical memory links with not only intrapersonal mechanisms but also interpersonal mechanisms.

To explain intrapersonal and interpersonal mechanisms, attachment theory could be seen as a framework. Attachment theory was developed to conceptualize the influence of different experiences with caregivers on how individuals operate in interpersonal relationships and manage distress across the life span (Bowlby, 1969/

1980; Ainsworth et al., 1978). There is a significant impact of attachment relationships on a broad range of human functioning including autonomic nervous system reactivity, affect regulation, emotion, and perception (Shaver & Mikulincer, 2010). According to attachment theory, internal working models (IWMs) as mental representations of self and others are formed through the interactions and affectional bonds with significant others in the relational context. IWMs play a role as a relational schema in the formation of individuals' particular expectations and affect-regulation strategies for the management of interpersonal relationships, distress regulation, and beliefs in relationships with significant others (IWMs, Bowlby, 1973, 1979). Attachment avoidance is associated with emotional and psychological independence from significant others and experiencing discomfort with closeness whereas attachment anxiety is associated with over-dependency and excessive worry about rejection and abandonment. Individuals lower in both avoidance and anxiety dimensions are considered secure; however, deviation from secure attachment indicates more insecure attachment orientations (Mikulincer & Shaver, 2003). The attachment system is an active system and a significant component of individuals' experience throughout their life span, indicating that individuals seek to be loved, and get support and value from romantic relationship partners in adulthood (Bowlby, 1988). Adult attachment styles are linked with individuals' views and expectations about romantic relationships and their social interactions (Fraley & Shaver, 2000; Hazan & Shaver, 1987). Individuals' perceptions about their worth of love, others' trustworthiness, and the availability of their romantic partners are shaped by the affective bond in their romantic relationships. Attachment orientations were found to be associated with memory

functioning in romantic relationships (Weidmann & Chopik, 2022; Waldinger et al., 2015). What individuals remember about their romantic relationships and how memory functioning processes during encoding, retrieval, and rehearsal might be also associated with attachment bonding between partners. Relationship security and trust between partners evolve after an accumulation of interactions between romantic partners, suggesting that memory processes involve the formation of relationship security and trust (Lemay & Neal, 2013). Adult attachment orientations and phenomenological properties of autobiographical memory were studied using the separate reports of the partners, without taking into consideration how one partner may influence the other. However, attachment orientations are associated with the phenomenological properties of autobiographical remembering. For instance, avoidantly attached individuals might remember relationship-related memories less vividly to distance themselves. Furthermore, the attachment orientations of partners might influence the way other partners encode, store, and remember relationship-related memories.

More and more studies have begun to use the Actor-Partner Interdependence Model (APIM) which allows for an interpersonal investigation of the impact of both the individual and partner on outcome variables when examining romantic relationships (Givertz et al., 2013; Liu & Jackson, 2018). In the current study, the phenomenological properties of romantic relationship-related autobiographical memories (AM), which have been investigated without considering other partners' attachment orientations, and adult attachment orientations will be investigated by using APIM. Simply, the current study will explore how one partner's attachment orientations (AO) might be related to the other partner's remembering. The

present study asked the following two research questions: 1) Is one's attachment orientation associated with the phenomenological properties of romantic relationship-related memories? (Actor effect) 2) Is one's attachment orientation associated with their partner's phenomenological properties of romantic relationship-related memories? (Partner effect). We expected that adult attachment orientations might be associated with the phenomenological properties of romantic relationship-related autobiographical memories. Moreover, one's attachment orientations may be related to the other partner's phenomenological properties of autobiographical remembering.

CHAPTER 2

LITERATURE REVIEW

2.1. Attachment Theory

Attachment theory is a framework to explain close relationships from the development to termination and to generate perspective on psychopathology, emotional regulation, and personality development (Fraley & Shaver, 2000). Attachment theory was applied to different outcomes from memory to psychopathology (Sutton, 2019). Bowlby (1973) developed the concept of attachment to explain close relationship dynamics. According to Bowlby (1969, 1980), the attachment behavioral system is defined as human beings' innate psychological system that is associated with facilitating survival and reproductive fitness, and individuals' social experiences, particularly with early caregivers. Ainsworth (1989) indicated that attachment between the child and the primary caregiver is created in the first two years of life. Beginning in infancy, individuals have an innate tendency to seek proximity to individuals who are called attachment figures who can protect them in times of need. Ainsworth et al., (1978) indicated that caregivers' behaviors toward the infants' needs are significant to form the development of attachment as an emotional bond, suggesting that secure attachment is formed through the sensitive and responsive acts of caregivers toward the infant's physical and psychological needs. Accessibility and responsiveness are indicated as essential to form a sense of security in the relationships in the attachment theory (Bowlby, 1973). An anxious attachment style is formed due to the inconsistent responses of the caregiver toward the physical and psychological needs of the infant, and an avoidant attachment style is formed due to the caregiver's

inadequate responses toward the infant's physical and psychological needs. If the infant interacts with attachment figures who are responsive, and available in times of danger, threat, and need, the interaction will foster the functioning of the attachment system and promote attachment security in the sense that significant others will be responsive, available, and supportive in times of need (Mikulincer & Shaver, 2005). Children show attachment-related behaviors such as proximity seeking when external (e.g., separation from primary caregiver) or internal signals (e.g., illness) trigger the attachment systems. The interactions with attachment figures result in differences in the attachment system which in turn results in the development of strategies for regulating distress. Individuals with insecure attachment orientations adopt secondary strategies (deactivation and hyperactivation of the attachment system) for regulating distress in close relationships. Both deactivation and hyperactivation strategies are associated with utilizing self-coherence and a decline in relational threats (Mikulincer & Shaver, 2005). Attachment anxiety and avoidance exert a destructive effect through two different pathways: anxiously attached individuals utilize hyperactivation strategies and avoidantly attached individuals utilize deactivation strategies (Shaver & Mikulincer, 2002). According to Bowlby (1969, 1980), children use their attachment figure as a safe haven when there are no threat signals or danger for them to explore their environments. Secure children switch their attention to their primary caregivers as attachment figures when attachment systems are triggered. On the other hand, children's attention switches to the environment when the attachment system is deactivated. Therefore, attachment figures become their reference point for exploration. On the other hand, insecurely attached children are not more likely to use their attachment figures as safe haven

because they do not depend on them, and they are not able to be sure about their attachment figures' accessibility, accountability, and availability.

The early years of an individual's life are a significant period for the formation of the attachment system. The explanation of emotional bonding between infants and caregivers was the focal point for the original development of attachment theory; however, attachment between individuals is formed in different relationships (e.g., peer, marital, or romantic relationships) where they experience emotional bonding (Waters & Cummings, 2000). For instance, there is a transformation in one's attachment bonding with the parent to the peer during the young adulthood period (Seiffge-Krenke, 2003). Hazan and Shaver (1987) applied the conceptualization of attachment theory between the caregiver and the infant to future adult relationships, especially romantic relationships by indicating that romantic partners become each other's primary attachment figure and create an affective bond as a secure adult attachment bond. The categorization of adult attachment is formed similarly to parental attachment, indicating that the attachment of a romantic partner is categorized as secure, anxious, or avoidant. Individuals with secure attachment styles are assumed to view themselves as worthy of care, love, and affection and rely on others as reliable sources when they need support. Individuals lower in both avoidance and anxiety dimensions are considered secure; however, deviation from secure attachment indicates more insecure attachment orientations. The attachment behaviors associated with secure attachment involve responsiveness as support, validation, and concern for each other's needs (Reis & Gable, 2015), accessibility as emotional availability and easily getting attention (Bradford et al., 2020), and engagement as the meaningful and positive connection between partners because of

accessibility and responsiveness in the intimate relationships (Sandberg et al., 2012). Brennan et al., (1998) introduced two independent but related insecure attachment dimensions to have a better representation of attachment differences: attachment avoidance and attachment anxiety. Attachment avoidance refers to the extent to which individuals experience discomfort with relational intimacy, closeness, and dependency which turn into emotional detachment, indifference, and striving for more emotional and psychological independence and the maintenance of self-reliance because of the negative view of others in relationships with significant others. Attachment anxiety refers to the extent to which individuals feel excessive worry and concern about rejection and abandonment because of the negative view of self, and significant others' availability in times of need which in turn leads to heightened alertness to abandonment threats and over-dependence.

In summary, attachment theory was utilized to explain the interpersonal and intrapsychic dynamics. In adulthood, affective bonding between partners is related to their attachment orientations. There are individual differences linked with attachment orientations in regulating distress.

2.1.1. Internal Working Models (IWMs)

The internal mental representations of significant others, the self, and the world as 'models of self and others' are developed with early interactions with attachment figures. Internal working models (IWMs) are reflected as models of self and others. IWMs have two complementary components: the caregiver and the self. The caregiver component is associated with the attachment figure's availability and responsiveness whereas the self component is associated with deserving care and love. Moreover, cognitions, affect, and behaviors that are linked with intimate

relationships are managed by IWMs (Bowlby, 1973). IWMs are significant for children to comprehend whether their attachment figures are present or not. Attachment orientations are associated with the difference in the IWMs, indicating that secure attachment orientation is linked with positive working models whereas insecure attachment orientations are related to negative working models. Bretherton (1992) revealed that internal working models allow children to predict their attachment figures' behaviors, and organize their responses to their attachment figures, and there could be major consequences for children if they do not organize their behaviors. Positive working models are associated with children's cognitive, emotional, and social competencies, and securely attached children are more likely to form good relationships with others (Papalia & Martorell, 2014).

Attachment-related expectations, attitudes, and beliefs about others and self (1), memories involving attachment-related experiences (2), attachment-related needs, and goals (3), and attachment goals-related strategies and plans (4) are defined as four interconnected factors of IWMs. There are pattern differences in these factors because of attachment orientations (Collins & Read, 1994). Internal working models are assumed to be consistent across relationships and time (Berman & Sperling, 1994). Bretherton (1992) suggested that there are two components for the stability of IWMs across time and relationships: two-way communication patterns, and the automaticity of IWMs. Firstly, IWMs are related to two-way communications that are more resistant to changes than individual patterns due to dyadic expectations. Secondly, children develop attachment orientations beginning in infancy that's why the formation of attachment between infants and attachment figures involves unconscious processes. IWMs become automatic and habitual. Therefore, accessing

IWMs with consciousness is difficult. IWMs are significant in adulthood via forming and managing the tendency to form security and affectional bonding with significant others (Berman & Sperling, 1994). Fraley and Shaver (2000) indicated that IWMs are associated with forming schema about the nature of relationships and guiding and managing behaviors in individuals' intimate relationships. Change in IWMs might be hard because uniting new information with old information is easier than accommodating new information that conflicts with expectations and beliefs. Moreover, childhood care is found to be linked with individuals' behaviors in romantic relationships. Papalia and Martorell (2014) indicated that attachment orientations in infancy are linked with adult attachment orientations between partners in early adulthood. Sutton (2019) indicated that individuals internalize IWMs during childhood and process their interactions with their partners based on IWMs. Therefore, it might be indicated that IWMs become the default way to process interpersonal interactions (e.g., interactions with romantic partners), especially in stressful situations. According to Bowlby (1969, 1980), the change in IWMs can be possible because of life experiences. For instance, Theisen et al., (2018) studied attachment consistency with six hundred ninety children over three years, and they found that attachment anxiety is stable over time; however, attachment avoidance increased over time. Sutton (2019) indicated that experiencing positive relationships and positive IWM are associated with maintenance or an increase in attachment security; however, experiencing negative relationships, mental health difficulties, and negative events are linked with maintenance or formation of insecure attachment orientations over time. Therefore, the attachment orientations might change over time and are not reflected as permanent destiny.

Based on the explanation above, IWMs that are associated with attachment bonding between the infant and the attachment figure are conceptualized as mental representations of self and others in their intimate relationships. IWMs are relatively stable over time and across relationships; however, it does not mean that change is impossible.

2.1.2. Adult Attachment Orientations and Relationship Outcomes

Adult attachment is one of the most investigated topics in terms of the association between adult attachment and intimate relationships. Previous literature indicating the association between adult attachment and relational outcomes is well documented. Adult attachment styles are found to be associated with commitment (Etcheverry et al., 2013); relationship satisfaction (Sandberg et al., 2012; Sandberg et al., 2016; Fitzpatrick & Lafontaine, 2017; Candel & Turliuc, 2019); the willingness of sensitive listening (Cassidy et al., 2013); optimal relationship outcomes (Simpson et al., 2007) and difficult and harmful relationship outcomes (Simpson et al., 2007); effective problem-solving skills, closeness to romantic partners, and perceived support from the romantic partners (Mikulincer & Shaver, 2007); escalation from the negative absorbing state (Gottman, 1998); positive and constructive communication between partners (Sandberg et al., 2012; Sandberg et al., 2016); and ineffective relationship functioning under stress (Sesemann et al., 2016). Adult attachment styles are associated with individuals' views and expectations about romantic relationships and their social interactions (Fraley & Shaver, 2000; Hazan & Shaver, 1987). Hence, individuals' relationship quality is associated with their attachment styles. For secure adult attachment relationships, there is a higher degree of relationship satisfaction and willingness to sensitive listening (Cassidy et al., 2013); shared responsibility and

partnership (Adams & Baptists, 2012); optimal relationship outcomes (Simpson et al., 2007); effective problem-solving skills, closeness to romantic partners, and perceived support from the romantic partners (Mikulincer & Shaver, 2007) and escalation from the negative absorbing state (Gottman, 1998). Moreover, relationship satisfaction and stability; and positive and constructive communication between partners are predicted by behaviors including engagement, accessibility, and responsiveness that are associated with secure attachment (Sandberg et al., 2012; Sandberg et al., 2016). Zeytinoğlu-Saydam et al., (2020) found that a higher degree of relationship commitment and satisfaction; happiness, and attachment quality is associated with partners' attachment behaviors in the Turkish sample. On the other hand, attachment insecurity is associated with a higher degree of discomfort with intimacy and relational conflict (Treboux et al., 2004), difficult and harmful relationship outcomes (Simpson et al., 2007), ineffective relationship functioning under stress (Sesemann et al., 2016); and lower degree of relationship satisfaction (Mikulincer & Shaver, 2016) in the romantic relationships. There is a destructive effect of attachment insecurity as attachment anxiety and avoidance on romantic relationship quality; however, there is a difference between the effect of attachment anxiety and avoidance on romantic relationship quality. Attachment avoidance was more negatively correlated with general relationship satisfaction, connectedness, and general support than attachment anxiety; however, attachment anxiety was more positively linked with general conflict than attachment avoidance (Li & Chan, 2012). Individuals with higher avoidance are more likely to show a lower degree of commitment in their romantic relationships (Etcheverry et al., 2013). Feeney and Collins (2001) indicated that individuals higher in attachment avoidance display a

lower degree of sensitivity, responsiveness, emotional support, and willingness to offer physical comfort and nurturance toward their partners in times of relationship stress. Previous literature suggests significant interactive effects to consider when studying romantic relationships. For instance, individuals reported a higher degree of negative relationship characteristics (Collins & Read, 1990); and a lower level of relationship satisfaction (Candel & Turliuc, 2019) when they have an insecure partner. Female partner's anxiety was associated with male relationship satisfaction regardless of relationship duration (Feeney, 1994). Fitzpatrick and Lafontaine (2017) indicated that partners' attachment orientations are associated with their level of relationship dissatisfaction and other partners' sense of relationship satisfaction, specifically, female relation dissatisfaction was found to be associated with insecurely attached male's lower-level trust. Moreover, male romantic relationship dissatisfaction was associated with females' higher attachment avoidance. More secure attachment was reported by individuals if their partners utilized more sharing tasks, assurances, fun activities, kindly speaking of romantic relationships, and positivity to sustain a romantic relationship, suggesting that proximity and availability are significant factors in decreasing attachment anxiety and avoidance in romantic relationships (Adams & Baptists, 2012). Riggs et al., (2011) indicated that individuals' own emotional abuse history and insecure attachment orientations are associated with both their own and romantic partners' poor relationship functioning.

Briefly, individuals' attachment orientations are associated with not only their level of romantic relationship qualities but also their partners' level of romantic relationship qualities. On the other hand, partners' behaviors are associated with their partners' level of attachment insecurity. The attachment orientations of partners

might be linked with how they behave and experience their romantic relationships. Furthermore, the partners' attachment orientations might be associated with the other partners' relationship quality, behaviors, expectations, and experiences in the romantic relationship. Therefore, understanding reciprocal processes and the actor-partner effect is significant to conceptualizing the association between adult attachment orientations, romantic relationship dynamics, and their interactive effect on romantic relationship outcomes.

2.2. Autobiographical Memory

Rubin (2005) defined autobiographical memories (AMs) as typically multimodal (including smell, taste, hearing, touch, body sense, or kinesthesia) representations of recollected events that vary in emotional, sensory-perceptual, and narrative features and personal significance. Individual senses, a narrative system, a multimodal spatial system, and explicit memory systems are independent but interrelated systems with their structures, processes, and functions, suggesting that all systems have a role in autobiographical remembering. Therefore, autobiographical remembering is a process rather than just a recollection of past events. Conway (2005) indicated that autobiographical memories including both semantic and episodic information about the self are defined as personally relevant events. Remembering an event is a constructive process involving the recombination of information from several sources (e.g., emotional, semantic, perceptual) to mentally restructure the experience (Conway, 2005). Individuals encode, retain, and recall information and events that are coherent with their goals, beliefs, and self-images, and reciprocally, memories involving specific experiences are significant building blocks of self-beliefs and self-knowledge (Conway et

al.,2004). For instance, an individual might not think or talk about the event if the event includes self-discrepant information; however, the other person might want to share the event with others to resolve the discrepancy. Therefore, individual differences might be present in memory processes due to the interaction between the organization of self and autobiographical memory processes (Conway, 2005).

Autobiographical memories represent personally experiences events; however, autobiographical remembering is conceptualized differently from any type of episodic memory because of information processing multimodality within the autobiographical memory system (Rubin, 2005). Roediger III and Marsh (2003) indicated that episodic memory is defined as a memory for events including time and place, suggesting that episodic memory is associated with episodes of an individual's past. Semantic memory is associated with general knowledge and is not required to recall time and place. Conway and Pleydell-Pearce (2000) indicated that autobiographical memories could contain episodic information; however, they do not solely involve specific time or place information, suggesting that they integrate semantic and episodic information. Episodic memory could be mainly associated with episodes of romantic history such as wedding day involving specific time and place. Autobiographical memories include information from both episodic and semantic memories.

Autobiographical memory is associated with different information from different memory types; however, this information is associated with the self. Fivush (2011) highlighted that episodic and autobiographical memories are different from each other in three ways. Firstly, episodic memory is associated with a specific event that happened in the past; however, autobiographical memory also involves the

memory of the self. Therefore, the self is represented as the experience of the event. Secondly, episodic memory is defined as a series of single past events involving time and place. Past events are attached unitedly into a personal history that is associated with the self throughout the past, present, and future to form a life narrative in the autobiographical memory system. Lastly, there is a functional difference between episodic and autobiographical memory.

2.2.1 Phenomenological Properties of Autobiographical Memory

Phenomenology is one of the central concerns in psychology literature, especially in the study of autobiographical memory. Individuals remember autobiographical memories based on many different qualities, for instance, some autobiographical memories are remembered more vividly and emotionally intensely during recall (Rubin et al., 2003). Tulving (2002) stated that phenomenological properties such as vividness or emotional intensity are defined as what guides traveling back in time and conscious relief of the experience that happened in the past. Moreover, the conformation of phenomenological properties is associated with the feeling of mentally re-experiencing the events. Sutin and Robin (2007) indicated that there are strong phenomenological experiences that memories generate, and phenomenological experiences are used to define individuals' personally meaningful memories. They specified ten phenomenological dimensions: coherence, vividness, accessibility, time perspective, sensory details, visual perspective, valence, distancing, sharing, and emotional intensity. Time perspective is defined as the perceived clarity about time including the day, month, and year of the experience that memory occurred. Moreover, time perspective is associated with subjective feelings about time passage after the experience happened. They defined vividness as

the visual intensity and visual clarity of the recalled autobiographical memory, and the most assessed phenomenological characteristic in the literature. In several experiments, the vividness of visual imagery predicted individuals' average strength of recollection, and individuals rated a lower degree of recollection when visual input was not presented in the experiments (Rubin, 2005). Coherence is defined as the degree to which the memory includes a logical story with a specific time and place during memory retrieval, indicating that fragments of the original experience or a combination of many similar experiences are not defining features of coherence. They defined accessibility as the extent to how easily memories are retrieved, and sensory details as re-experiencing every sense except sight during memory retrieval since the vividness dimension involves sight separately. Emotional intensity refers to the emotional intensity that individuals experience in both memory encoding and retrieval rather than the valence of emotion in memory retrieval, suggesting that emotional intensity and valence are independent phenomenological characteristics of autobiographical memory. Öner and Gülgöz (2016) indicated that initial event representation is associated with emotional intensity and attention processes when the event is encoded, suggesting that emotional intensity is associated with the subjective attribution to the experience. Visual perspective refers to which perspective human beings view the memory in their heads (Sutin & Robins, 2007). Visual perspective differentiates two types of memories: first-person memories as recalling memory through their own eyes and third-person memories as remembering memory from the observer's perspective. Sharing refers to whether individuals share their memories with other individuals, and sharing could be used to increase intimacy between individuals and find meaning in their past experiences (Sutin &

Robins, 2007). There is evidence about the significance of sharing in the narrative analysis of autobiographical memory in the literature even though previous studies put limited emphasis on sharing. Sutin and Robins (2007) described distancing as the degree of psychological distance from the experience indicated in autobiographical memory. Valence is defined as the negative or positive perception of the experience depicted in the memory (Sutin & Robins, 2007). The valence of the event and the valence of the emotional experience at both the time of event and time of retrieval are involved in the valence dimension.

There is a reciprocal process between memory processes including encoding, rehearsal, and retrieval, and the self, proposing that each element of self and memory informs and restraints the other to utilize the sense of continuity and consistency between past, present, and future (Conway, 2005). Bluck et al., (2005) indicated that self-systems and memory processes such as encoding, rehearsal, and retrieval interact reciprocally. Mechanisms in autobiographical remembering function between encoding and retrieval. Remembering the events is linked with how they are encoded and retained. Individuals' attribution to meaning to the events, the rehearsal nature, and the frequency are associated with individuals' retrieval experiences. In the autobiographical memory literature, many researchers studied phenomenological characteristics of autobiographical memories individually; however, considering memory characteristics via modeling enables researchers to notice systematic changes in recalling autobiographical memories (Öner & Gülgöz, 2016). Modeling autobiographical memories is significant especially while studying the autobiographical remembering process about any independent factors (e.g., environmental factors or individual differences). The four-factor latent construct

model consisting of recollection, belief, impact, and rehearsal is proposed to study autobiographical remembering. The impact factor consisted of emotional intensity, consequences, and significance whereas the rehearsal factor is associated with the frequency of recalling the memory via thinking or talking. Recollection and belief factors are defined as two distinct constructs; however, they are correlated (Fitzgerald & Broadbridge, 2013). Öner and Gülgöz (2016) indicated that belief about memories is not a higher-order construct because beliefs are linked with the output of memory experiences. That's why they proposed latent construct models involving three factors: Event characteristics (EC) representing the time of encoding and the original experience, Phenomenological characteristics (PC) relating to sensory-affective components in the experience of retrieval, and rehearsal characteristics (RC) representing repeated recollection and reconstruction of the experience. The rehearsal characteristics (RC) factor is associated with the frequency of thinking and talking between encoding and retrieval processes. Event Characteristic (EC) factors include importance, self-definition, event intensity, and consequentiality related to the actual experience, and time of encoding. Sensory-affective qualities linked with the experience of memory retrieval are reflected in the Phenomenological Characteristics (PC) factor involving current intensity, vividness, and auditory and visual imagery. Individuals repeatedly recollect and reconstruct their experiences by talking with others and thinking about their experiences during the between encoding and rehearsal. Involuntary thinking, talking, and thinking are associated with Rehearsal Characteristics (RC). In their model, each of these factors is associated with memory presentations at distinct time points.

The gender differences in phenomenological differences of autobiographical

memory were found in several research studies. Men reported less emotionally intense coherent memories with fewer sensory details than women and a higher degree of psychological distance for the self-defining memories, and they were less likely to share their earliest childhood memories than women (Sutin & Robins, 2007). Moreover, the mediator effect of intimacy motivation on the association between coherence, sensory details, and gender was found, suggesting that more coherent memory with more sensory detail was more likely to be reported by women because of the higher degree of intimacy-related motivational content (Sutin & Robins, 2007). Boyacıoğlu and Sümer (2011) indicated that women are more likely to report a higher level of memory intensity for the event; talking or thinking about the event more after it occurred and remembering the event without initiative effort compared to men.

In summary, phenomenological properties of autobiographical memories are significant to understanding memory mechanisms; however, studying phenomenological properties using the latent construct model can be beneficial to investigate individual differences and individual-context interactions in autobiographical remembering. Taking consideration of gender differences is significant to comprehend individual differences in studying autobiographical memories.

2.2.2. Internal Working Models (IWMs) and Autobiographical Memory

Memories are considered to have directive, social, and psychodynamic functions: directive functions refer to their guidance of present thoughts and behaviors, social functions refer to their contribution to the continuance of social bonds, and psychodynamic functions refer to their help in self-regulation and

emotion-regulation (Bluck & Alea, 2002; Bluck et al., 2005; Pillemer, 2009). IWMs are linked with generic information and strategies such as hyperactivation or deactivation of affective states for self-regulation (Mikulincer & Shaver, 2007). Moreover, the functional approach indicated that the organization and retrieval of memories are associated with individual functioning (Bluck et al., 2010). The functionality of recalling might be associated with individual differences in expectations, goals, and existing IWMs for close relationships, suggesting that these variations might be associated with how individuals encode, rehearse, and recall memories regarding IWMs.

The conceptualization of IWMs is different from other traditional approaches to cognitive-affective structures since attachment theory significantly focuses on emotional needs, affective components, and interpersonal experiences than other traditional approaches (Collins et al., 2004). They highlighted that there are similarities and differences between IWMs and other cognitive structures including schemas, prototypes, and scripts. IWMs are conceptualized as cognitive-affective structures. According to them, attachment-related memories as components of IWMs are assumed to reflect representations of specific interactions and constructions based on those episodes. For instance, appraisal of experiences and the explanation of one's and other's behaviors in those memories are presumed to be associated with IWMs. The quantity, quality, accessibility, and content of attachment-related childhood memories are associated with IWMs. Securely attached individuals appear to report more positive memories with the attachment figure, more organized and integrated attachment-related memories, and access attachment-related memories easily. IWMs are assumed to be stored in long-term memory and there is an activation of IWMs

when there is an attachment-related cue. IWMs are related to the organization of past experiences and the guidance of social interactions since they are presumed to be the framework for conceptualizing new experiences. Peck (2003) indicated that IWMs are associated with how new information is perceived and elaborated; and how past experiences are reconstructed and remembered, suggesting that attachment is linked with information processing and memory processes. For instance, Sutin and Gilliath (2009) reported that secure attachment priming increased memory coherence; however, priming insecurity was associated with a decrease in memory coherence.

IWMs are also associated with self-beliefs, self-knowledge, how individuals perceive themselves, and their cognitive response patterns in attachment-related contexts. Conway et al., (2004) indicated that IWMs as regulatory agents are associated with the degree of motivational value to retrieve the event and the salience of the event in memory processes. The self- and/or relational narrative is coherent with the person and attachment representations due to IWMs. Conway (2005) stated that how individuals remember their experiences is associated with how they define themselves. Therefore, autobiographical remembering is associated with self-knowledge and self-definition. Conway, (2003) indicated that sharing autobiographical memories with other individuals is considered as a form of self-disclosure and is associated with the development of self. Therefore, the attachment system might be also associated with what we remember and how we remember to form our self-knowledge and self-belief. Conway (2005) indicated that there is a continuous interaction between autobiographical remembering, the self, and the environment to create self-coherence and self-continuity between past, present, and future.

IWMs are associated with past experiences, and autobiographical memories are the recollection of past experiences; however, reconstructive processes that are related to an individual's existing social-cognitive structures play a role in autobiographical remembering (Cao et al., 2018). Collins et al., (2004) indicated that reconstruction of the memories is associated with IWMs consistent with the schema-driven process. Individuals might reconstruct their memories based on their existing IWMs after time passes. For instance, Feeney and Cassidy (2003) assessed adolescents' perception of adolescent-parent conflict discussion immediately and after six weeks. They found that adolescents' perceptions of their parents during conflict discussion tasks change after six weeks, suggesting that adolescents reconstruct their memories based on their attachment-related representation of their parents. Therefore, individuals might reconstruct their memories to be congruent with their attachment-related representations of others after time passes. Therefore, IWMs could be part of social-cognitive structures and significant in understanding individual differences in the reconstruction of autobiographical memories. Simpson et al., (2010) examined how individuals' memories of their behavior during conflict-resolution discussions with their romantic partners changed over time. They found that individuals with higher attachment avoidance remembered being less supportive if they felt distressed during the discussions compared to their initial reports. They explained that the results regarding changes in memory reflect alterations that occurred after the encoding process, as individuals' working models had already begun to influence their perceptions.

Cassidy (2000) stated that childhood experiences with caregivers are related to the formation of IWMs. Cognitive-affective processes, involving, memory,

attention, expectations, and attributions are linked with IWMs. These cognitive-affective processes are associated with an individual's behaviors in romantic relationships. Individuals' behaviors could trigger their partner's behavioral feedback, which in turn forms the individual's IWMs. There is a dynamic cycle that explains the continuity of IWMs from childhood to adulthood. For instance, an anxiously attached individual might display behaviors that are associated with excessive worry such as constant calling toward their partner. These behaviors might trigger their partner's behaviors such as turning off the phone. Therefore, the fear of rejection and the excessive worry about abandonment after their partner's behavioral feedback might strengthen anxious attachment orientation. The connection between past interpersonal experiences with significant others and future adaptations are associated with IWMs throughout the different form of information processing. The relationship between attachment representation activation and autobiographical memories has been studied in several research studies. For instance, Dykas and Cassidy (2011) reviewed the articles about social information processing and attachment orientations. They indicated that securely attached individuals are flexible when they process negatively or positively attachment-related social information. They do not utilize secondary strategies such as suppressing information because of experiencing psychological pain. They process both positive and negative attachment-related social information; however, there is a positive bias for them in the information processing. Because there is a formation of positive knowledge about themselves and others in IWMs. On the other hand, there is an exclusion or suppression of attachment-related information for insecurely attached individuals because attachment-related information could cause psychological pain for them.

According to Dykas and Cassidy (2011), insecure IWMs utilize mental strategies that restrict individuals' attention to accessing memories relating to attachment-related information. Therefore, there is a restriction for accessing interpersonal memories for insecurely attached individuals because remembering these memories could bring psychological pain to them. Insecurely attached individuals utilize negatively biased schematic information processing when there is information about attachment-related memories, events, attachment figures, and others. Because their IWMs are associated with negative beliefs of the self, others, and the world. Therefore, it might be indicated that IWMs are linked with how individuals encode the information and retrieve this information, especially if this information is related to attachment-related social information.

In summary, autobiographical remembering might be associated with IWMs throughout different pathways. It is significant to consider attachment orientations while studying autobiographical remembering.

2.2.3. Adult Attachment Orientations and the Phenomenological Properties of Autobiographical Memory

Holland and Kensinger (2010) emphasized the constructive nature of autobiographical memories, indicating that affective characteristics of an event, emotions during recall, expectations, and what individuals want to feel are linked with the reconstruction of past experiences and emotions. Haggerty et al., (2010) indicated that individual differences in emotion regulation and affective information processing are associated with how individuals retrieve experiences. Therefore, emotion regulation processes might be associated with how individuals reconstruct their past experiences and memories. Attachment theory proposed a coherent

theoretical framework to understand the association between individual differences in information processing, emotion regulation, and affective information processing (Mikulincer & Shaver, 2003). The affect regulation system is associated with attachment-related behaviors (Bowlby, 1969; Mikulincer & Florian, 2004). For instance, securely attached individuals are more likely to suppress distress when there is no one nearby and express their stress to supportive and close others. Therefore, securely attached individuals are more likely to utilize emotional regulation strategies to adjust to the demands of the situation (Mikulincer & Shaver, 2007). Memories could be context-dependent and linked with more strongly context-related outcomes. For instance, Philippe et al., (2013) investigated the association between couple-related memory, friend-related memory, friendship quality, and relationship quality by using self-report attachment measure which is named the Experience in Close Relationship Scale (ECR). They found that need satisfaction in friend-related memory is linked with friendship quality, but not relationship quality. On the other hand, need satisfaction in couple-related memory is linked with relationship quality, but not friendship quality. Crawford et al., (2021) reported that the association between attachment and memories, in general, was not significant, suggesting that attachment-related differences are present for relationship-related memories. They used the Experiences in Close Relationships Questionnaire-Revised (ECR-R), a self-report instrument for assessing attachment orientations. Öner and Gülgöz (2016) indicated that a higher level of emotional intensity at retrieval, vividness, importance, and frequent involuntary rehearsal was reported for the memories of current relationships compared to the previous ones, suggesting that relationship type can be seen as significant for phenomenological properties of

autobiographical memories. The study also utilized ECR-R to evaluate attachment orientations.

The previous research studies suggested that attachment-related individual differences are associated with the difference in phenomenological properties of autobiographical memory (Sutin & Giliath, 2009; Sümer & Boyacıoğlu, 2011; Boyacıoğlu, 2012; Crawford et al., 2021). The experience and encoding of relationship-related memories have distinct patterns for individuals with attachment avoidance and anxiety (Simpson et al., 2010; Crawford et al., 2021). Haggerty et al., (2010) indicated that there is a relationship between attachment and autobiographical memory regarding the management of attachment needs. Haggerty et al., (2010) stated that avoidantly attached individuals utilize biases in the retrieving process because of information processing strategies that are associated with the deactivation of the attachment system, suggesting that avoidantly attached individuals use information processing strategies to disengage from attachment-related stimulus at the time of the to-be-retrieved event. The Experience in Close Relationships Scale (ECR), a self-report assessment, was utilized to measure attachment orientations in their study. Fraley et al., (2000) indicated that initial failure in the encoding process is associated with being unable to recall information later. For instance, individuals with avoidant attachment orientation had difficulty remembering events including interpersonal loss when they assessed through a self-report Relationship Styles Questionnaire (RSQ) (Fraley et al., 2000). Individuals with avoidant attachment orientation experienced difficulty in recalling immediately material attachment-related themes, but not materials that are irrelevant to attachment (Edelstein, 2006). This study employed a self-report measure, the Experience in Close Relationships-

Revised, to gather data. Furthermore, the pre-regulatory mechanism to encode memories and post post-regulatory mechanism to restrict retrieval of memories are associated with attachment avoidance when attachment orientation was assessed by using self-report measures (Edelstein, 2006; Edelstein & Gilliath, 2008). Öner and Gülgöz (2016) indicated that there is a cognitive and affective initial block at the time of encoding for individuals with a higher level of attachment avoidance. Therefore, they were more likely to put less significance and effect on those memories and report lower levels of sensory imagery and emotional intensity. It might be suggested that attachment avoidance is associated with difficulty in encoding information and, deactivation information strategies restrain the recollection and report of attachment-related experiences. Crawford et al., (2021) indicated that individuals higher in attachment avoidance were more prone to report relationship memories as less significant. Haggerty et al., (2010) indicated that higher attachment avoidance is linked with recalling more negative events involving the caregiver, and the total number of negative memories. Wang et al., (2016) indicated that individuals higher in attachment avoidance reported fewer memories of constructive interactions and more memories of destructive interactions and between-couple conflict. Sümer and Boyacıoğlu (2011) reported that individuals higher in attachment avoidance are less likely to recall emotional memories. Individuals with a higher level of attachment avoidance did not think or talk about the relationship-related memories even though they attributed significance to those memories. Attachment avoidance was found to be linked with a lower level of coherence (Sutin & Gilliath, 2009). On the other hand, individuals higher in attachment anxiety reported a higher level of negative affective content (Sutin &

Giliath, 2009; Haggerty et al., 2010); negative emotional valence (Sümer & Boyacıoğlu, 2011); visceral reactions (Sümer & Boyacıoğlu, 2011); higher level of emotional intensity (Sutin & Gilliath, 2009); vividness (Sümer & Boyacıoğlu, 2011), intense negative emotions such as sadness or tension regarding emotional intensity (Boyacıoğlu, 2012) and importance for the relationship-related memories which in turn retaining the effect of those memories (Crawford et al., 2021). A higher level of attachment anxiety was linked with higher ratings in phenomenological properties of autobiographical memories, higher levels of rehearsal, and a higher level of meaning attribution to the event (Öner & Gülgöz, 2016). Haggerty et al., (2010) indicated that individuals high on attachment anxiety were more likely to report memories with negative affect due to a higher level of salience and availability in the consciousness even though they are not encouraged to retrieve negative events.

The studies found the difference between negative and positive memories on the phenomenological characteristic of autobiographical memories. Individuals were more likely to remember autobiographical memories more vividly, accessible, and coherently, and share these memories with others because of the positive affective content of these memories (Sutin & Robins, 2007). Öner and Gülgöz (2016) indicated that a higher level of emotional intensity was reported for the positive relationship-related autobiographical memories compared to the negative ones. Besides the relationship between attachment orientations and phenomenological properties of autobiographical memories, the research studies indicated that attachment and the phenomenological properties of autobiographical memories in the context of romantic relationships are different based on the memory type (Sutin & Giliath, 2009; Öner & Gülgöz, 2016; Crawford et al., 2021), suggesting that there are

different functions of negative and positive memories for anxiously and avoidantly attached individuals. For positive relationship-related autobiographical memories, attachment anxiety was associated with a lower degree of coherence (Boyacıoğlu, 2012; Sutin & Gilliath, 2009). On the other hand, Wang et al., (2018) indicated that individuals higher in attachment anxiety reported positive marriage-related memories less vividly, but more coherently. For negative relational memories, there was a positive correlation between attachment anxiety and emotional intensity (Sutin & Giliath, 2009; Giliath et al., 2005; Mikulincer et al., 2003); more frequent rehearsal (Öner & Gülgöz, 2016); higher level of accessibility (Giliath et al., 2005; Mikulincer et al., 2003); recollection (Boyacıoğlu, 2012); rich perceptual details such as auditory, visual, and tactile information (Boyacıoğlu, 2012). There was a negative association between attachment anxiety and narrative coherence (Boyacıoğlu, 2012); vividness (Wang et al., 2018). For positive autobiographical memories, attachment avoidance was found to be associated with lower positive emotions such as love or happiness (Boyacıoğlu, 2012; Sutin & Gilliath, 2009); lower degree of coherence (Wang et al., 2018); lower level of recollection (Boyacıoğlu & Sümer, 2011), and lower level of emotional intensity and more negative affect (Sutin & Gilliath, 2009). For negative autobiographical memories, individuals higher in attachment avoidance were more likely to put less personal significance to these memories which turn into a decline in both rehearsal and phenomenological properties (Öner & Gülgöz, 2016); report a lower level of emotional intensity at the time of the event (Öner & Gülgöz, 2016); report lower degree of coherence and higher degree of vividness (Wang et al., 2018). For both positive and negative relationship-related autobiographical memories, attachment avoidance was found to be correlated with less emotional intensity, and

less significant attribution to these memories which turn into the less frequent rehearsal of these events (Öner & Gülgöz, 2016).

There are also gender differences regarding attachment orientations in autobiographical remembering. For instance, males higher in attachment avoidance, but not females, were prone to describe fewer relationship-maintaining autobiographical memories. On the other hand, women, but not men, with higher anxiety were prone to recall between-couple autobiographical memories (Wang et al., 2016). Simpson et al., (2010) stated that individuals higher in attachment avoidance remembered themselves as being more emotionally distant during the conflict discussion task one week later; however, this effect was larger for men than women. They used the Adult Attachment Questionnaire to assess adult attachment orientations.

The literature review section, which explored research on adult attachment orientations and the associated phenomenological properties, primarily encompassed studies that utilized self-report measures, such as the Experiences in Close Relationships (ECR), to evaluate adult attachment orientations.

2.2.4. Autobiographical Memory in the context of Romantic Relationship

Individuals might use autobiographical memories to form connectedness with others. For instance, Waters et al., (2014) indicated that having a positive relationship with significant others was associated with the usage of autobiographical remembering. Bluck et al., (2005) indicated that individuals recall and share their memories to form and intensify intimacy and social bonds with others. How individuals remember their romantic relationship-related memories might be associated with their romantic relationship quality. Alea and Bluck (2007) indicated

that remembering positive romantic relationship-related autobiographical memories promote perceived warmth, suggesting that autobiographical memories have an intimacy function in long-term romantic relationships. Alea and Vick (2010) indicated that relationship-defining memories that are rehearsed frequently predict marital satisfaction due to the social function of autobiographical memories. It might be indicated that intimacy is associated with both the social function of autobiographical remembering and attachment orientations. That's why autobiographical remembering and attachment orientations might be also associated with each other. Individuals store and retrieve memories of their romantic partners' behaviors and such memories might relate to the formation of trust and security between partners. Lemay and Neal (2013) indicated that trust in romantic partners' care, commitment, responsiveness, and positive regard relies on memories of partners' prior behavior. Repeated experiences between partners regarding partners' attitudes toward self and relationships are significant in forming interpersonal trust between romantic partners (Holmes & Rempel, 1989; Kelley et al., 2003). Bazzini et al., (2007) indicated that a subsequent increase in perceived relationship satisfaction is reported by couples who reminisced about shared laughter, suggesting that perceived relationship quality is affected by remembering romantic relationship-related memories. Philippe et al., (2013) indicated that there is a relationship between need satisfaction in couple-related memory and relationship quality. Vick and Alea (2008) reported that partners who remembered negative relationship-defining memories less emotionally intense and negatively valenced reported a higher level of marital satisfaction. Therefore, remembering relationship-related memories and how individuals remember these memories might be seen as a significant component of

forming and maintaining the emotional bond between partners. Formation of attachment bonding between romantic partners might take time and require repetitive experiences involving emotional components. Romantic partners might remember these experiences, and how they remember and what remember might be associated with their attachment orientations to their partners. For instance, attachment security to the intimate partner was found to be associated with greater memory performance after two and half years for elderly married women (Waldinger et al., 2015). Lejeune et al., (2020) investigated whether the characteristics of couple-related memories and couple networks as cognitive resources moderate the negative effect of attachment insecurity on couple adjustment. The researchers found that there is a negative association between attachment insecurities (both anxiety and avoidance) and need satisfaction in the couple-related self-defining memory network, suggesting that individuals higher in attachment insecurity access a lower level of need-satisfying memory network in their romantic relationship memories. Moreover, individuals higher in attachment security reported a higher level of couple adjustment when they recalled need-satisfying networked memories of couple-related memory than insecurely attached individuals who reported a lower level of need-satisfying networked memories.

Yet, little research assessed adult romantic attachment and memory functioning by highlighting the partner effect in adulthood. For instance, Weidmann and Chopik (2022) indicated that there is no association between impaired memory performance and the partner's cognitive functioning for anxiously attached elderly individuals; however, individuals who have avoidantly attached partners are more likely to report worse memory performance. They employed a self-report measure,

specifically the Experience in Close Relationships-Relationship Structures, to evaluate attachment anxiety and avoidance. Luchetti et al., (2022) investigated whether an individual's loneliness is related to their partner's cognitive functioning, specifically memory, and verbal fluency. They indicated that individuals who have a lonely partner are more likely to lower the degree of cognitive performance on memory and verbal fluency tasks above and beyond their loneliness for both female and male partners. In this study, each member of the couple filled out the UCLA loneliness scale to report a lack of companionship, being left out, and being isolated from others. The feeling of lack of companionship, being left out, and isolation might be linked with the couple's attachment dynamics. For instance, individuals with avoidantly attached partners might feel lonelier because their partners might want to psychologically distance themselves from their partners. Therefore, it might be stated that attachment orientations of romantic partners are associated with both their memory and their partners' memory functioning. Condon et al., (2015) indicated that dyads with a higher degree of interpersonal trust and familiarity are more likely to change their memories based on their partner's memories when dyads talk with each other. Individuals were more likely to modify their memories to synch up with their partners when they perceived their partners as more familiar and trusting. They indicated that interpersonal trust and familiarity are associated with improved memory quality when there is an open discussion about the shared experience between dyads. Open discussion about shared experience improved the association between interpersonal trust, familiarity, and memory quality for dyads. It might be stated that interpersonal dynamics might be associated with individuals as well as their partner's memory functioning. Interpersonal trust and feeling lonely in the

relationship might be associated with the attachment dynamics of the couple.

Studying attachment and the phenomenological properties of autobiographical memories with APIM might be beneficial to understand how interpersonal dynamics are associated with their own as well as their partners' memory functioning.

Roisman et al., (2007) conducted a meta-analysis to examine the associations between individual differences assessed by the Adult Attachment Interview (AAI) and self-report measures of attachment style. The authors pointed out that a self-report measure of attachment orientations is connected to how individuals subjectively assess, interpret, and make sense of their experiences in close relationships. In contrast, the AAI coding system primarily focuses on whether adults can create coherent narratives about their childhood experiences with caregivers, without considering whether they currently perceive these attachment experiences as positive or negative. Furthermore, self-report attachment measures are based on the assumption that the psychological processes underlying individual differences may operate in ways not always accessible to the conscious mind but still affect the conscious beliefs and attributions that people make about themselves and their relationships. In summary, both meta-analytic and new data presented in their article demonstrated a minimal to small overlap between self-reported and AAI security. The authors concluded that AAI security is a general interpersonal asset, while self-reported avoidance and anxiety may be best understood as underlying predispositions in romantic relationships that are most influential under conditions of attachment-related threat. Bernier and Dozier (2002) highlighted that the AAI scoring system emphasizes the coherence of one's thoughts, while self-report measures of attachment place more emphasis on conscious appraisals and evaluations. This

difference suggests that self-report measures of attachment tend to be better predictors of how individuals evaluate the quality of their romantic relationships, whereas the AAI may not have the same predictive power (Bernier & Dozier, 2002). Hence, it could be important to take into account the measurement techniques when comprehending previous research that has contributed to the field of attachment literature and the findings of the current study.

2.3. The Current Study

As summarized above, attachment orientations are linked with how individuals remember autobiographical memories. Moreover, the association between attachment orientations and the phenomenological properties of autobiographical memories shows some differences between anxious and avoidant attachment orientations. Anxiously attached individuals and avoidantly attached individuals might adopt different strategies when they remember autobiographical memories. Accordingly, this study aimed to explore the association between insecure attachment orientations and the phenomenological properties of autobiographical remembering. The present study expects that anxiously attached and avoidantly attached individuals could remember romantic relationship-related memories in a distinct pattern. The previous literature indicated that attachment orientations and romantic relationship qualities are linked with each other. However, there is little research about how one partner's attachment orientations are linked with another's remembering. The present study questioned whether each partner's attachment orientations are related to the other's phenomenological properties of romantic relationship-related autobiographical memories.

In the present study, Event Characteristic (EC) involves valence,

Rehearsal Characteristic (RC) is reflected in sharing, and vividness, sensory details, and emotional intensity are included in Phenomenological Characteristics (PC). Other phenomenological characteristics including visual perspective, distancing, coherence, time perspective, and accessibility do not correspond to three factors.

2.4. The Research Questions and the Hypotheses of the Study

The current study addressed the following research questions and hypotheses:

RQ1: Is one's insecure attachment orientations (attachment anxiety and attachment avoidance) associated with their own phenomenological properties of romantic relationship-related memories? (Actor effect)

H1.1: Attachment anxiety would be positively associated with Event Characteristic (EC) and Rehearsal Characteristic (RC).

H1.2: For positive romantic relationship-related memories, attachment anxiety would be negatively associated with coherence.

H1.3: For negative romantic relationship-related memories, attachment anxiety would be associated with Phenomenological Characteristics (PC), coherence, and accessibility.

H1.4: Attachment avoidance would be positively associated with distancing and negatively associated with accessibility to romantic relationship-related autobiographical memories.

H1.5: For positive romantic relationship-related memories, attachment avoidance would be associated with Phenomenological Characteristics (PC), coherence, and sharing.

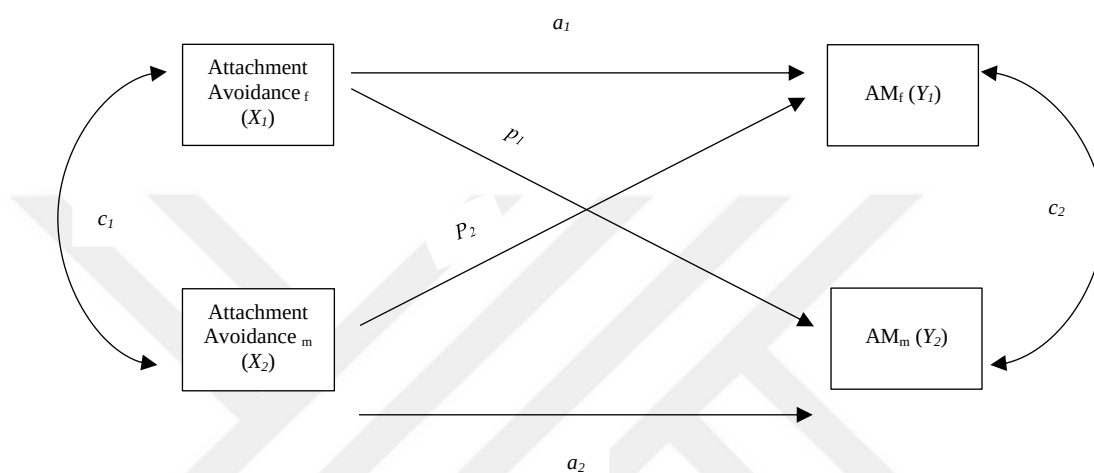
H1.6: For negative romantic relationship-related memories, attachment avoidance would be negatively associated with coherence, and sharing.

RQ2: Is one's own attachment orientations associated with their partner's phenomenological properties of romantic relationship-related memories? (Partner effect)

There are no firm expectations whether one partner's attachment orientations could associate with the phenomenological properties of romantic relationship memories of the other partner, however; the associations explored in the present study. Theoretical models for the Actor-Partner Interdependence Model (APIM) are displayed separately by gender below in Figure 1 and in Figure 2.

According to the systemic theoretical framework, the family is viewed as a system rather than the sum of its individual members (Watzlawick et al., 1967). General system theory emphasizes that behavior is examined in the context of one's interactions with others, and the emphasis shifts from the individual to a more comprehensive network of relationships theory (von Bertalanffy, 1968). Bateson (1972) pointed out that within cybernetic systems theory, the family system is conceptualized as an organism that sustains its stability through a dynamic and organic process. Wagner and Reiss (1995) revealed that the structure and organization of intrapsychic and interpersonal elements within the overall system significantly relate to how individual elements interact with each other. Consequently, partners might influence each other in complex, reciprocal, and cross-construct manners. In our model, the connection between an individual's attachment orientations and the subjective qualities of autobiographical memories related to romantic relationships is influenced, in part, by the attachment orientations of both partners. For instance, an individual's insecure attachment orientation may manifest in their behaviors and attitudes toward their partner, thereby influencing the

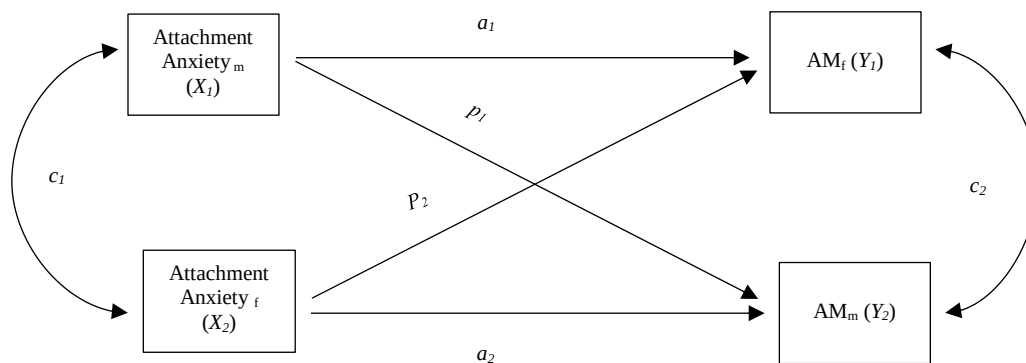
encoding, retrieval, and recall processes when remembering such experiences. In our model, variations in the association between attachment avoidance, anxiety, and the phenomenological properties of autobiographical memories may arise due to differences in secondary adaptation strategies.



Note. Actor Effects are represented by a , partner effects are represented by p ; the correlation between X_1 and X_2 is denoted by c_1 ; c_2 indicates the residual nonindependence of Y_1 and Y_2 .

Figure 1

Theoretical Model for Actor-Partner Interdependence Model with the Predictor Variable of Female and Male Avoidant Attachment Orientations, and Outcome Variable of the Phenomenological Properties of Autobiographical Memories



Note. Actor Effects are represented by a , partner effects are represented by p ; the correlation between X_1 and X_2 is denoted by c_1 ; c_2 indicates the residual nonindependence of Y_1 and Y_2 .

Figure 2

Theoretical Model for Actor-Partner Interdependence Model with the Predictor Variable of Male and Female Anxious Attachment Orientations and Outcome Variable of the Phenomenological Properties of Autobiographical Memories

CHAPTER 3

METHOD

3.1. Participants

In total, 894 individuals reached the questionnaire; however, 274 individuals were excluded from the dataset since they did not continue to the survey after giving consent forms to participate. The inclusion criteria were as follows: having a romantic relationship at least 2 years, and not being pregnant for women. The present study included romantic partners who have been in a relationship for at least 2 years. The inclusion criteria have been set because the study aims to examine attachment bonding between partners in long-term relationships and autobiographical memories. Attachment bonding and formation of autobiographical memories for current romantic relationship memories might take time. For instance, Alea and Bullock (2007) operationally defined a long-term relationship as lasting at least 2 years to examine the intimacy function of autobiographical romantic memories. 9 couples (18 individuals) were excluded since they did not fit into the inclusion criteria as having romantic relationships for at least 2 years. Moreover, 19 individuals were removed because they indicated that they do not have a romantic relationship currently. 30 participants were eliminated due to being involved in romantic relationships of less than 2 years. Moreover, their partners did not participate in the present study. For the second inclusion criteria, Davies et al., (2018) indicated that women experienced a decline in general cognitive functions including memory and executive functions during the pregnancy period compared to non-pregnant women. 9 female participants were removed since they did not fit into the criteria as not being pregnant. 118 individuals were eliminated since they did not complete any of the questionnaires.

91 individuals were eliminated because they did not indicate any positive or negative memories. The researcher examined whether positive and negative memories reported by participants given in the first and second positions were identical. Participants gave different negative (positive) memories for the first and second positions.

Data from both partners were needed for dyadic analyses. To assess the statistical power of a sample comprising $N_{\text{couples}}=121$, the APIM Power analysis tool developed by Ackerman and Kenny was employed (Ackerman & Kenny, 2016). This web application can be accessed at <https://robert-a-ackerman.shinyapps.io/apimpower/>. The researcher considered the alpha level as 0.01, the desired power as 0.8, and actor and partner effects as 0.25. There is no existing study that could be used to infer the magnitude of actor and partner effects of attachment styles on autobiographical memory. 117 individuals were removed from the dataset because the researcher did not find their partner's pseudonym. Moreover, the partners who wrote different partner code names were eliminated since the researcher did not have any extra information to match the participants. One couple (2 individuals) was removed from the dataset since there was one multivariate. Therefore, the final sample comprised 108 couples who have been in romantic relationships for at least 2 years ($M_{\text{age}}=32.10$, $SD=9.25$). Because of the time restrictions, the researcher did not gather any data from couples; however, the APIM Power analysis tool indicated the desired N as 121. The Actor-Partner Interdependence Model (APIM) can be estimated using a range of statistical methods, with structural equation modeling being the most employed technique. Notably, Kline (2005) recommended a minimum sample size of 100 dyads for

structural equation modeling. Consequently, the sample size in this study can be considered as meeting the minimum criteria for conducting APIM analyses.

3.2. Data Collection Procedure

The participant recruitment process started after getting ethical approval from the Institutional Review Board of Ozyegin University. The Snowball sampling method was used. Social media platforms (e.g., Instagram), e-mail groups, and messaging applications (e.g., WhatsApp) were used to announce the study. The data were collected using the online survey software, Qualtrics. Paper pencil form was not used to collect data. Participants were asked to fill out the Participant Consent Form. The Participant Consent Form included study details and voluntary participation. Only participants who gave their consent were able to continue to survey. Their names were not taken because of confidentiality and anonymity. Participants were asked to write a pseudonym consisting of a word (e.g., 'çiçek') that both partners decided to enter since the study aims to investigate associations between the variables on a dyadic basis. Participants' questionnaires were matched based on the provided pseudonyms' names. In the Demographic Information Form, only the participants who have been in a romantic relationship for at least 2 years, and female participants who reported that they were not pregnant were offered Experience in Close Relationship-Revised (ECR-R). Each partner in dyads was asked to complete all questionnaires and to provide two positive and two negative relationship-related memories of their current romantic relationship. The order of positive and negative relationship-related memories was counterbalanced, suggesting that half of the participants reported positive memory (P), negative memory (N), positive memory, and negative memory and another half reported their memories in NPNP order. The

instruction for reporting both positive and negative memories was developed by the researcher. Then, participants were asked to rate the Memory Experience Questionnaire-Short Form (MEQ-SF) after reporting each positive and negative memory. Participants reported two positive and two negative memories and filled out MEQ-SF after indicating each memory. Participants completed the online questionnaires in about 40 minutes.

3.3. Measures

3.3.1. Demographic Information Form

The Demographic Information Form was used to obtain the participants' sociodemographic information including participants' gender, age, educational level (primary school, middle school, high school, undergraduate (Bachelor's), graduate (Master's), doctorate (Ph.D.)), relationship status (committed romantic relationship, engagement, and marriage), the duration of their current romantic relationship, and whether they are pregnant or not, for only female participants. The Demographic Information Form is presented in Appendix A.

3.3.2. Experiences in Close Relationship- Revised (ECR-R)

The Experiences in Close Relationships-Revised (ECR-R) was developed to measure adult attachment orientations in the context of romantic relationships. The Experience in Close Relationships- Revised (ECR-R) Scale includes two subscales: attachment anxiety and attachment avoidance to measure adult attachment in two dimensions (avoidance and anxiety) (Fraley et al., 2000). The ECR-R includes a total of 36 items; 18 items for the attachment avoidance dimension (e.g., 'I get uncomfortable when a romantic partner wants to be very close') to measure confidence about the availability of the romantic partner and 18 items for attachment

anxiety dimension (e.g., ‘‘I often worry that my partner will not want to stay with me’’) to measure sense of security when relying on the romantic partners.

Participants rate each statement on a 7-point-Likert scale ranging from Totally disagree (1) to Totally agree (7) after thinking about their overall experiences in romantic relationships.

The ECR-R was translated into Turkish and named ‘Yakın İlişkilerde Yaşantılar Envanteri-II (YİYE-II)’ (Selçuk et al., 2005). Participants were asked to rate the items on a 7-point Likert scale (1: Totally disagree, 7: Totally agree), taking into consideration their overall experiences in their current romantic relationship. ‘‘YİYE-II’’ includes 18 Likert type odd-numbered items for attachment anxiety (e.g., ‘‘Romantik ilişkide olduğum kişililerin beni, benim onları önemsedığım kadar önemsemeyeceklerinden endişe duyarım.’’; $\alpha=.73$). Items 17 and 21 were negatively worded for attachment anxiety sub-scale. ‘‘YİYE-II’’ consists of 18 Likert-type even-numbered items for attachment avoidance (e.g., ‘‘Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım.’’ $\alpha=.62$). Items 4,8,16,18,20,22,24,26,30,32,34 and 36 were scored reversely for attachment avoidance sub-scale. Each participant’s anxiety and avoidance scores are calculated by averaging the ratings in relevant dimensions. The Cronbach’s Alpha was found as .87 for the anxiety subscale and .89 for the attachment avoidance subscale (Selçuk et al., 2005). Therefore, ‘‘YİYE-II’’ had high levels of internal consistency. In the present study, The Turkish version of Experiences in Close Relationship-Revised (ECR-R) was used to measure the adult attachment orientations. The study assessed the reliability of Cronbach’s alpha coefficients for two subscales: avoidance and anxiety. In total, Cronbach’s alpha values were .85 for the anxious attachment

subscale and .88 for the avoidant attachment subscale. For women, the Cronbach's alpha values were .88 for the attachment avoidance and .86 for attachment anxiety. For men, Cronbach's alpha values were .89 for attachment avoidance and .81 for attachment anxiety. The Turkish version of Experiences in Close Relationship-Revised (ECR-R) is presented in Appendix B.

3.3.3. *Memory Experience Questionnaire-Short Form (MEQ-SF)*

Sutin and Robins (2007) developed the Memory Experience Questionnaire (MEQ) to assess the phenomenological properties of autobiographical memories in ten short and reliable subscales: emotional intensity (e.g., 'My emotions are very intense concerning this event.'), visual perspective (e.g., 'In my memory, I see this experience through my own eyes.'), sensory details (e.g., 'As I remember the event, I can hear it in my mind.'), accessibility (e.g., 'This memory was easy for me to recall.'), vividness (e.g., 'My memory for this event is very detailed.'), valence (e.g., 'The overall tone of the memory is positive.'), time perspective (e.g., 'My memory for the day when the event took place is clear.'), coherence (e.g., 'The order of events in the memory is clear.'), sharing (e.g., 'I frequently think about or talk about this event with others.' and distancing (e.g., 'I feel like the person in this memory is a different person than who I am today.'). For vividness, there are 6 items, and 3 of them are reversed (e.g., 'My memory for this event is very vague.'). 6 items are presented for distancing dimension, and there are 3 reversed items (e.g., 'My behavior in this memory is consistent with my personality.'). For coherence, there are 8 items, 4 of which are reversed items (e.g., 'This memory is a blending of many similar, related events rather than a specific memory about a particular event.'). There are

6 items for sharing dimension, and 3 of these items are reverse coded items (e.g., ‘‘I rarely tell others about this memory.’’). 6 items are presented for valence, and there are 3 reversed items (e.g., ‘‘The overall tone of the memory is negative.’’). For accessibility, there are 5 items, and 3 of them are revised items (e.g., ‘‘I really had to search my ‘‘memory bank’’ for this experience.’’). For sensory details, there are 8 items, 4 of them are revised items (e.g., ‘‘My memory for this event does not involve a lot of sensory information (sounds, smells, tastes, etc.).’’). 6 items are presented for visual perspective, and there are 3 reversed items (e.g., ‘‘I view this memory as if I was an observer to the experience.’’). For emotional intensity, there are 6 items, and 3 of them were reversed items (e.g., ‘‘I do not have strong emotions about this memory.’’). There are 6 items for time perspective, and 3 of these items are reverse coded items (e.g., ‘‘My memory for the day when the event took place is vague.’’). The MEQ includes a total of 63 items and participants rate each item on a 5-point-Likert scale ranging from Totally disagree (1) to Totally agree (5).

The Memory Experience Questionnaire-Short Form (MEQ-SF) as a self-report 31-item questionnaire is a short version of the Memory Experience Questionnaire to measure the phenomenological properties of autobiographical memories (Luchetti, & Sutin, 2015). The median Cronbach’s Alpha was found as .79 for each subscale of MEQ-SF and each subscale was found to be highly correlated with the long form of MEQ (median $r = .95$) (Luchetti, & Sutin, 2015). Therefore, MEQ-SF with acceptable internal consistency can be seen as a reliable and psychometrically sound measure of autobiographical phenomenology. For vividness, there are 3 items, 1 item is reverse coded (‘‘My memory for this event

is dim.’’). 3 items are presented for distancing dimension, and there is 1 reversed item (e.g., (‘‘ I feel like I am the same person in the memory as I am today.’’). For coherence, there are 4 items, 2 of which are reversed items (e.g., ‘‘ This memory comes back to me in bits and pieces, not as a logical, coherent story.’’). There are 3 items for sharing dimension, and only 1 item is a reverse coded item (‘‘ I rarely tell others about this memory. ‘’). The valence dimension includes 2 questions for the negative and positive tone of the memory: 1 reversed item for the negative tone (‘‘ The overall tone of the memory is negative.’’), and 1 item for positive tone (‘‘ The overall tone of the memory is positive.’’). For accessibility, there are 3 items, 2 of which are revised items (e.g., ‘‘ It was difficult for me to think of this memory.’’). For sensory details, there are 2 items, 2 of which are revised items (e.g., ‘As I remember the event, I have a difficult time recalling the particular physical reactions and sensations I had during the experience.’’). 3 items are presented for visual perspective, and there are 2 reversed items (e.g., ‘I view this memory as if I was an observer to the experience.’’). For emotional intensity, there are 3 items, 1 item is reversed (‘‘ This memory does not evoke strong emotions in me.’’). There are 3 items for time perspective, and 1 item is reverse coded item (‘‘ My memory for the year when the event took place is vague. ‘’). For the present study, the researcher decided to use the Memory Experience Questionnaire-Short Form (MEQ-SF) rather than the Memory Experience Questionnaire because short form and long form seemed to have the same properties. Participants might experience a significant burden while fulfilling the full 63 items for each memory because participants were asked to provide two negative and positive memories. In addition to the burden, the length of the survey might create a problem for specific

populations due to limited attention, cognition, and literacy. Therefore, using MEQ-SF has appeared to be more efficient.

The Memory Experience Questionnaire was translated into Turkish and factor analysis was conducted (Erdoğan, 2008). Küçüktaş (2019) used MEQ-SF to assess the association between cognitive emotion regulation strategies and autobiographical memory functioning. The Turkish version of the Memory Experience Questionnaire- Short Form (MEQ-SF) is presented in Appendix C.

3.3.4. Memory Report for Positive and Negative Romantic Relationship-Related Memories

Memory Report Instruction was utilized by the researcher. Participants were asked to report specific and detailed negative and positive memories experienced in their current romantic relationships. The memory literature has explored three temporal factors: 1) participants' age 2) the age at which the event in the memory occurred and 3) memory age (recency) on ratings of phenomenology of autobiographical memories. These factors have been investigated in relation to the assessment of the phenomenology of autobiographical memories (Luchetti & Sutin, 2018). According to Conway (2005), memories from adolescent and early adulthood period might maintain their vivid phenomenological qualities. Especially, individuals have first-time experiences and pivotal moments that might leave a lasting impact on one's identity, thus keeping these memories fresh in one's mind. Therefore, in later stages of life, individuals preserve these memories because of their significance. When individuals are asked to recall events from their past, they typically retrieve more memories from their adolescence and early adulthood, a phase often referred

to as the ‘reminiscence bump’ period. Therefore, those memories may exhibit distinct characteristics compared to memories from other phases of life. Moreover, memories of events that happened more recently are typically remembered better than memories of more distant events, and they might lose some of their phenomenological richness if they are not connected with personally relevant information (Luchetti & Sutin, 2018). Furthermore, Sutin and Robins (2007) reported that there were theoretical significant correlations between memory recency and all then scales of MEQ-SF. They found that there were noticeable variations in phenomenology between early and recent memories. Therefore, the researcher decided to look at memories from a specific time period, which helps us separate the effects of the age that the event occurred and memory age (recency) from our main focus. Memory Experience Questionnaire-Short Form (MEQ-SF) does not include questions about the time of the event. That’s why Memory Report Instruction specifically asked about positive and negative romantic relationship-related memories experienced within the last 6 months. Memory Report Instruction for both positive and negative memories is presented in Appendix D.

3.4. Data Analytical Approach

3.4.1. Data Screening

For the preliminary analyses, IBM SPSS 27.0.1 was utilized to carry out the accuracy of data entry, missingness, univariate and multivariate outliers, and multicollinearity, univariate and multivariate normality, linearity, homogeneity, and homoscedasticity to examine attachment orientations and the phenomenological properties of romantic relationship-related autobiographical memories. These variables were studied for 109 couples (218 individuals) in the

present study. The data set was found to be accurate since there were no values out of maximum and minimum scores. Subscale scores for ECR-R and MEQ-SF were calculated after utilizing item-level analyses. Higher levels in the related construct are indicated by higher scores on the scale. First, the accuracy of data entry was examined with the descriptive statistics. The means, standard deviations, and maximum and minimum values were found normal. Then, reliability analyses were put into the process to check item-total correlations. The Cronbach's alpha values were found to be acceptable for all scales used in the present study. The missing value analysis was utilized for attachment orientations and the phenomenological characteristics of autobiographical remembering. For attachment anxiety and avoidance, no missing value was detected; however, the missing data varied depending on the type of memory. In the case of positive memories, there were 12 instances of missing values across the sharing, visual perspective, distancing, vividness, coherence, emotional intensity, sensory details, valence, time perspective, and accessibility subscales. On the other hand, negative memories exhibited 23 instances of missing values across the same set of subscales: sharing, visual perspective, distancing, vividness, coherence, emotional intensity, sensory details, valence, time perspective, and accessibility. The range of missing values across all MEQ-SF subscales varied from 5.5% to 10.6%. Hair et al., (2016) indicated that the recommended strategy for addressing missing values involves imputing them with the mean when the proportion of missing values per item falls below 5%. Therefore, the decision was made to not replace these missing values using the mean imputation technique. Furthermore, The Little's (1988) MCAR (Missing Completely at Random) test was utilized to

comprehend the mechanism of the missing data. As a result of missing value analysis, The Little's (1988) MCAR test indicated that missing values were not completely at random (MCAR), $\chi^2 = 49.692$, $p = .003$. Because the significance value is lower than 0.05, the conclusion is that the data exhibited a non-random pattern of missingness. Consequently, no imputation methods were applied, and the investigation into the underlying missingness mechanism was deemed beyond the scope of the current study.

In addition, missing value analyses were conducted separately for males and females. For females, no missing value was detected for attachment anxiety and avoidance; however, 7 missing values for all MEQ-SF subscales assessing positive memories. Missing value analyses showed that in 6.5% of the data from females, all MEQ-SF subscales for positive memories were missing. Furthermore, to comprehend the missing data mechanism, The Little's (1988) MCAR (Missing Completely at Random) test revealed that missing values were completely at random (MCAR), $\chi^2 = 3.37$, $p = .185$. Moreover, 10 missing values for all MEQ-SF subscales assessing negative memories were detected. 9.3% of data from females all MEQ-SF subscales for negative memories were missing. Furthermore, to comprehend the missing data mechanism, The Little's (1988) MCAR (Missing Completely at Random) test revealed that missing values were completely at random (MCAR), $\chi^2 = 1.97$, $p = .374$.

For males, there were no missing data for attachment anxiety and avoidance; however, 5 missing values were detected for all MEQ-SF subscales assessing positive memories. Missing value analyses showed that in 4.6% of the data from males, all MEQ-SF subscales for positive memories were missing. Furthermore, to

comprehend the missing data mechanism, The Little's (1988) MCAR (Missing Completely at Random) test revealed that missing values were completely at random (MCAR), $\chi^2 = 2.75$, $p = .256$. Moreover, 13 missing values for all MEQ-SF subscales assessing negative memories were detected. 12% of data from male all MEQ-SF subscales for negative memories were missing. Furthermore, to comprehend the missing data mechanism, The Little's (1988) MCAR (Missing Completely at Random) test revealed that missing values were completely at random (MCAR), $\chi^2 = 0.32$, $p = .851$.

The univariate outliers were identified by calculating Z-scores to determine the univariate outliers. According to Tabachnick et al., (2013), a score that exceeds the threshold of 3.29 is considered a potential outlier ($p < .001$, two-tailed). Therefore, one outlier was detected for avoidance attachment. One outlier was identified among positive memories within the distancing dimension, and a similar outlier was found among negative memories in the context of the valence dimension. Once univariate outliers were identified, the Mahalanobis Distance was computed to examine the presence of multivariate outliers. The Mahalanobis Distance was utilized specifically for the attachment dimension because the MEQ-SF does not involve multivariate data with multiple correlated variables. Instead, it relies on participants' answers to questions that assess their memory experiences. The data generated from the MEQ-SF questionnaire is univariate or low-dimensional, with each question representing a single variable. Consequently, the Mahalanobis Distance was not employed as part of the data screening procedure for the MEQ-SF. One multivariate outlier in the above χ^2 value of 13.82, $p < .001$ was noticed (Tabachnick et al., 2013). Therefore, this value was deleted from the dataset for

future analyses, leaving 108 cases. Subsequently, a bivariate correlation analysis was performed to assess the presence of multicollinearity among all the variables included in the present study. No evidence of multicollinearity among all the study variables except time perspective and vividness for positive and negative memories was observed. Specifically, there was a high correlation between time perspective and vividness for positive memories, $r(204) = .931, p < .001$, two-tailed. Moreover, time perspective and vividness for negative memories were found to be highly correlated, $r(193) = .909, p < .001$, two-tailed. Sutin and Robins (2007) assumed that there exists a common relationship among all the memory factors. There were no modifications were made since a consistent and recurrent finding suggests a high degree of correlation among specific memory dimensions in the literature (Fitzgerald & Broadbridge, 2013; Sutin, & Robins, 2007). Furthermore, time perspective for positive memories and vividness for negative memories were not highly correlated, $r(187) = .662, p < .001$, two-tailed. Similarly, time perspective for negative memories and vividness for positive memories also were not highly correlated, $r(187) = .650, p < .001$, two-tailed. Therefore, it might be stated that time perspective and vividness in MEQ-SF are distinct phenomenological properties. To further investigate the presence of multicollinearity, VIF values and tolerance scores were computed. According to James et al., (2013) criteria of VIF (<10 or <5) and tolerance ($<.10$), the results revealed the absence of multicollinearity issues for Attachment dimensions and the phenomenological properties for negative memories (Attachment Avoidance, *Tolerance*= .60, *VIF*= 1.67; Attachment Anxiety, *Tolerance*= .67, *VIF*= 1.50; Sharing, *Tolerance*= .32, *VIF*= 3.13; Visual Perspective, *Tolerance*= .25, *VIF*= 4.01; Distancing, *Tolerance*= .64, *VIF*= 1.57; Vividness, *Tolerance*= .12, *VIF*= 8.70;

Coherence, *Tolerance*= .23, *VIF*= 4.40; Emotional Intensity, *Tolerance*= .19, *VIF*=5.21; Sensory Details, *Tolerance*= .13, *VIF*= 7.53; Valence, *Tolerance*= .73, *VIF*= 1.36; Time Perspective, *Tolerance*= .13, *VIF*= 7.80; Accessibility, *Tolerance*= .27, *VIF*= 3.70). For positive memories, the results revealed the absence of multicollinearity among all variables except vividness (Vividness, *Tolerance*= .09, *VIF*= 11.11; Sharing, *Tolerance*= .42, *VIF*= 2.41; Visual Perspective, *Tolerance*= .17, *VIF*= 5.91; Distancing, *Tolerance*= .62, *VIF*= 1.61; Coherence, *Tolerance*= .25, *VIF*= 4.11; Emotional Intensity, *Tolerance*= .16, *VIF*= 6.39; Sensory Details, *Tolerance*= .14, *VIF*= 7.42; Valence, *Tolerance*= .20, *VIF*= 5.12; Time Perspective, *Tolerance*= .10, *VIF*= 9.83; Accessibility, *Tolerance*= .24, *VIF*= 4.16).

Consequently, the VIF value for vividness was slightly above the expected value. Therefore, no modifications were made. The assumption of normality was assessed by conducting skewness and kurtosis tests on the variables. Results indicated that all variables fell within the acceptable range for normality, meeting the criteria of existing between +3 and -3 (Kline, 2011). The multivariate normality plot further confirmed the overall normal distribution, however, it revealed a slight positive skew was observed in distancing for both positive and negative memories, as well as in valence for negative memories. Additionally, a slight negative skew was observed for sensory details, valence, and accessibility in positive memories, as well as for time perspective in negative memories. Furthermore, the normal P-P Plot of the regression standardized residual scatter plot suggested linearity among the variables. Additionally, the Standardized Regression Scatter plot demonstrated the homogeneity and homoscedasticity of the results.

3.4.2. Analytical Approach

.xlsx and .sav formats were used to export collected data from Qualtrics. After exporting data, the researcher cleaned data. The analyses were carried out using both SPSS 27.01 and APIM_SEM (Stas et al., 2008). The data were converted into a dyadic structure using a web application called "Restructure and Describe Dyadic Data" (RDDD) developed by Ledermann and Kenny (2015). It can be accessed through this web application at <https://davidakenny.net/RDDD.htm>. After converting the dyadic structure, the APIM model, along with the structural equation model, and the program lavaan (Rosseel, 2011), were utilized through a web application for the analysis of dyadic data. This web application is known as APIM_SEM (Stas et al., 2008), and it can be accessed at https://apimsem.ugent.be/shiny/apim_sem/.

CHAPTER 4

RESULTS

In this chapter, the results of the statistical analyses conducted in the current study are presented in two distinct sections. The outcomes of preliminary analyses and descriptive statistics are presented in the first section. The second section reports the result of the Partial Correlation Analyses, with a focus on the relationship between attachment orientations and the phenomenological properties of autobiographical memories, and the Actor-Partner Interdependence Model (APIM), aiming to identify the relationship between one's attachment orientations and their partner's phenomenological properties of autobiographical memories. The outcomes of the analyses mentioned above are presented in the alignment with the research hypotheses and thoroughly discussed in the following chapter.

4.1. Preliminary Analysis and Descriptive Statistics

Participants' age ranged from 19 to 69; female participants' age range was 19 to 65 ($M=31,28$, $SD=8.963$), and male participants' age range was 20 to 69 ($M=32.94$, $SD=9,503$). 66,2 % of couples reported their romantic relationship as flirting/ committed romantic relationship ($n=143$). 25.9 % of couples reported their romantic relationship as being engaged ($n=56$). 7,9 % of couples reported their romantic relationship as being married ($n=17$). Table 1 display age information of all participants.

Table 1
Age information of participants

	Female (<i>n</i> =108)			Male (<i>n</i> =108)			All Participants (<i>n</i> =216)		
	<i>M</i>	<i>SD</i>	Range <i>Min-Max</i>	<i>M</i>	<i>SD</i>	Range <i>Min-Max</i>	<i>M</i>	<i>SD</i>	Range <i>Min-Max</i>
Age (in years)	31.32	8.99	19-65	32.88	9.48	20-69	32.10	9.25	19-69

Note: *n*=number of participants

The educational level of female participants is that 2.8 % of them elementary school graduated (*n*=3). .9 % of them secondary school graduated (*n*=1). 65.1 % of them high school graduated (*n*=71). 11.1 % of them university graduated (*n*=12). 19.4 % had Doctor of Philosophy (PhD) (*n*=21). 65.7 % of them reported that they have committed/flirting relationship (*n*=71). 25.9 % of them referred their romantic relationship as being engaged (*n*=28). 8.3 % of them reported that they have been married (*n*=9). The educational level of male participants is that 2.8 % of them elementary school graduated (*n*=3). .9 % of them secondary school graduated (*n*=1). 58.3 % of them high school graduated (*n*=63). 20.4 % of them university graduated (*n*=22). 1.9% had master's degree (MA) (*n*=2). 15.7 % had Doctor of Philosophy (PhD) (*n*=17). 66.7 % of them reported that they have committed/flirting relationship (*n*=72). 25.9 % of them referred their romantic relationship as being engaged (*n*=28). 7.4 % of them reported that they have been married (*n*=8). Detailed demographic information is demonstrated in Table 2.

Table 2
Detailed demographic information

	Female	Male	All participants
Number of participants (%)	108 (50%)	108 (50%)	216
Educational Level (%)			
Elementary School	3 (2.8%)	3 (2.8%)	6 (2.8%)
Secondary School	1 (.9%)	1 (.9%)	2 (.9%)
High School	71 (65.7%)	63 (58.3%)	134 (62%)
Bachelor's degree	12 (11.1%)	22 (20.4%)	34 (15.7%)
Master's degree	-	2 (1.9%)	2 (.9%)
Ph.D.	21 (19.4%)	17 (15.7%)	38 (17.6%)
Relationship Status (%)			
Committed/Flirting	71 (65.7%)	72 (66.7%)	143 (66.2%)
Engaged	28 (25.9%)	28 (25.9%)	56 (25.9%)
Married	9 (8.3%)	8 (7.4%)	17 (7.9%)

The descriptive statistics for the study variables of attachment anxiety, attachment avoidance, and the phenomenological properties of positive romantic relationship-related autobiographical memory are displayed in the Table 3. The descriptive statistics for the study variables of the phenomenological properties of negative romantic relationship-related autobiographical memories are demonstrated in the table 4.

Table 3
Descriptive Statistics for the study variables, positive memories

Scales	<i>N</i>	<i>M</i>	<i>SD</i>	Range		% Missing	Skewness	Kurtosis
				<i>Min</i>	<i>Max</i>			
Anxiety-ECR-R	216	59.61	17.00	24	113	0	0.59	0.59
Avoidance-ECR-R	216	39.40	15.92	18	85	0	0.77	0.77
Coherence-MEQ-SF	204	27.55	8.84	7	40	5.6	-0.41	-0.41
Emotional Intensity-MEQ-SF	204	22.57	6.81	7	30	5.6	-0.63	-0.63
Sensory Details-MEQ-SF	204	29.55	8.61	9	40	5.6	-0.59	-0.59
Sharing-MEQ-SF	204	15.58	6.43	3	30	5.6	0.17	0.17
Visual Perspective-MEQ-SF	204	17.75	4.92	7	26	5.6	-0.78	-0.78
Distancing-MEQ-SF	204	9.29	5.03	3	29	5.6	1.09	1.09
Vividness-MEQ-SF	204	22.34	6.45	9	30	5.6	-0.51	-0.51
Valence-MEQ-SF	204	16.73	4.42	5	20	5.6	-1.00	-1.00
Time Perspective-MEQ-SF	204	22.70	6.34	8	30	5.6	-0.51	-0.51
Accessibility-MEQ-SF	204	22.00	7.26	5	30	5.6	-0.58	-0.58

Note. ECR-R= Experience in Close Relationship-Revised, MEQ-SF= Memory Experience Questionnaire-Short Form

Table 4

Descriptive Statistics for the study variables, negative memories

Scales	<i>N</i>	<i>M</i>	<i>SD</i>	Range		% Missing	Skewness	Kurtosis
				<i>Min</i>	<i>Max</i>			
Anxiety-ECR-R	216	59.61	17.00	24	113	0	0.59	0.59
Avoidance-ECR-R	216	39.40	15.92	18	85	0	0.77	0.77
Coherence-MEQ-SF	193	25.64	9.13	4	40	10.6	-0.22	-0.22
Emotional Intensity-MEQ-SF	193	19.11	7.59	3	30	10.6	-0.23	-0.23
Sensory Details-MEQ-SF	193	26.07	8.70	8	40	10.6	-0.31	-0.31
Sharing-MEQ-SF	193	11.39	5.94	2	25	10.6	0.30	0.30
Visual Perspective-MEQ-SF	193	17.45	5.14	4	30	10.6	-0.67	-0.67
Distancing-MEQ-SF	193	12.53	6.28	3	30	10.6	0.53	0.53
Vividness-MEQ-SF	193	20.15	6.69	3	30	10.6	-0.42	-0.42
Valence-MEQ-SF	193	5.92	2.81	2	16	10.6	0.98	0.98
Time Perspective-MEQ-SF	193	21.33	6.49	5	30	10.6	-0.34	-0.34
Accessibility-MEQ-SF	193	19.80	6.98	4	30	10.6	-0.16	-0.16

Note. ECR-R= Experience in Close Relationship-Revised, MEQ-SF= Memory Experience Questionnaire-Short Form

4.1.1. Correlation Analysis

To examine the relationships between the attachment orientations, phenomenological properties of autobiographical memory (sharing, visual perspective, distancing, vividness, coherence, emotional intensity, sensory details, valence, time perspective, accessibility), and demographic variables as age,

education status, and relationship status, Pearson bivariate correlation analyses were calculated. Age was negatively correlated with relationship status, $r(214) = -.468, p < .001$, and positively correlated with attachment avoidance, $r(214) = .138, p = .043$, two tailed; however, age was not correlated with education status, $r(214) = -.069, p = .315$, and attachment anxiety, $r(214) = .008, p = .904$. Education status was not found to be correlated with any of the study variables. Attachment anxiety and relationship status was negatively correlated, $r(214) = -.140, p = .040$, two tailed.

Table 5 and 6 demonstrate the correlation coefficients between the phenomenological properties of autobiographical memories and insecure attachment orientations (anxiety and avoidance) for positive and negative memories, respectively.

Table 5

Pearson Bivariate Correlations of positive memory characteristic with attachment orientations for female and male participants

Variables	1	2	3	4	5	6	7	8	9	10	11	12
1.Anxiety	-											
2.Avoidance	.349**	-										
3.Sharing	.108	-.156*	-									
4. Visual Perspective	.117	-.114	.622**	-								
5.Distancing	.238**	.270**	.234**	.348**	-							
6. Vividness	-.082	-.194**	.604**	.771**	.179*	-						
7.Coherence	.058	-.106	.482**	.727**	.250**	.779**	-					
8. Emotional Intensity	-.024	-.278**	.606**	.819**	.260**	.865**	.710**	-				
9. Sensory Details	.016	-.206**	.641**	.831**	.219**	.855**	.791**	.873**	-			
10. Valence	.022	-.165*	.579**	.871**	.300**	.789**	.760**	.821**	.853**	-		
11. Time Perspective	-.034	-.159*	.555**	.800**	.221**	.931**	.812**	.823**	.854**	.800**	-	
12.Accessibility	.030	-.175*	.606**	.772**	.257**	.802**	.688**	.810**	.792**	.757**	.779**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed).

Table 6

Pearson Bivariate Correlations of negative memory characteristic with attachment orientations for female and male participants

Variables	1	2	3	4	5	6	7	8	9	10	11	12
1.Anxiety	-											
2.Avoidance	.349**	-										
3.Sharing	.216**	-.048	-									
4. Visual Perspective	.178*	-.072	.652**	-								
5.Distancing	.235**	.039	.393**	.385**	-							
6. Vividness	.101	-.146**	.648**	.719**	.363**	-						
7.Coherence	.063	-.213**	.535**	.742**	.340**	.774**	-					
8. Emotional Intensity	-.199**	-.144**	.637**	.723**	.397**	.819**	.712**	-				
9. Sensory Details	.157*	-.082	.694**	.796**	.327**	.854**	.744**	.859**	-			
10. Valence	-.003	-.010	.166**	.201**	.004	.095	.134	-.057	.070	-		
11. Time Perspective	-.036	-.203**	.553**	.707**	.303**	.909**	.812**	.781**	.828**	.077	-	
12. Accessibility	.114	-.102	.627**	.666**	.236**	.784**	.686**	.711**	.750**	.125	.742**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed).

Due to dyadic structure of the data, correlation analyses were separately conducted for female and male participants for both the main and demographic variables. For male participants, age was negatively correlated with relationship status, $r(106) = -.468, p < .001$, two tailed, and positively correlated with sharing negative memories, $r(93) = .255, p = .013$, two tailed. Education status was not correlated with any study variables. Relationship status was negatively correlated with attachment anxiety, $r(106) = -.216, p = .025$, two tailed, sharing negative memories, $r(93) = -.304, p = .004$, two tailed, sharing positive memories, $r(101) = -.211, p = .033$, two tailed, visual perspective for positive memories, $r(101) = -.242, p = .014$, two tailed, visual perspective for negative memories, $r(93) = -.218, p = .034$, two tailed, vividness for positive memories, $r(101) = -.246, p = .012$, two tailed, coherence for positive memories, $r(101) = -.289, p = .003$, two tailed, sensory details for positive memories, $r(101) = -.229, p = .020$, two tailed, sensory details for negative memories, $r(93) = -.210, p = .041$, two tailed, time perspective for positive memories, $r(101) = -.213, p = .031$, two tailed, and accessibility for positive memories, $r(101) = -.199, p = .043$, two tailed. For female participants, age was negatively related with relationship status, $r(106) = -.469, p < .001$, two tailed. Females' education status was positively correlated with relationship status, $r(106) = .264, p = .006$, two tailed, and negatively correlated with sharing negative memories, $r(96) = -.205, p = .042$, two tailed, distancing from positive memories, $r(99) = -.244, p = .014$, two tailed, and sensory details in positive memories, $r(99) = -.214, p = .031$, two tailed. Relationship status was negatively correlated with visual perspective for positive memories, $r(99) = -.239, p = .016$, two tailed, vividness for positive memories, $r(99) = -.224, p = .025$, two tailed, vividness for negative

memories, $r(96) = -.215, p = .033$, two tailed, emotional intensity for positive memories, $r(99) = -.305, p = .002$, two tailed, sensory details for positive memories, $r(99) = -.257, p = .009$, two tailed, valence for positive memories, $r(99) = -.209, p = .036$, two tailed, time perspective for positive memories, $r(99) = -.197, p = .049$, two tailed, and accessibility for negative memories, $r(96) = -.261, p = .009$, two tailed. Tables 7 and 8 present correlation coefficients related to the phenomenological properties of autobiographical memories among female participants, classified by memory type. Specifically, Table 7 pertains to positive memories, and Table 8 pertains to negative memories. Additionally, Tables 9 and 10 display the correlation coefficients for male participants.

Table 7

Pearson Bivariate Correlations of positive memory characteristic with attachment orientations for female participants

Variables	1	2	3	4	5	6	7	8	9	10	11	12
1.Anxiety	-											
2.Avoidance	.340**	-										
3.Sharing	.004	-.185	-									
4. Visual Perspective	-.006	-.109	.632**	-								
5.Distanceing	.187	.325**	.230*	.219*	-							
6. Vividness	-.224*	-.233*	.570**	.772**	.099	-						
7.Coherence	-.068	-.161	.464**	.694**	.204*	.794**	-					
8. Emotional Intensity	-.141	-.309**	.599**	.802**	.189	.838**	.682**	-				
9. Sensory Details	-.122	-.216*	.663**	.842**	.167	.868**	.766**	.856**	-			
10. Valence	-.096	-.139	.588**	.853**	.174	.824**	.767**	.779**	.860**	-		
11. Time Perspective	-.159	-.141	.516**	.778**	.126	.920**	.826**	.764**	.829**	.785**	-	
12. Accessibility	-.078	-.175	.599**	.726**	.191	.730**	.634**	.749**	.762**	.705**	.689**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed).

Table 8

Pearson Bivariate Correlations of negative memory characteristic with attachment orientations for female participants

Variables	1	2	3	4	5	6	7	8	9	10	11	12
1.Anxiety	-											
2.Avoidance	.340**	-										
3.Sharing	.186	-.020	-									
4. Visual Perspective	.126	-.020	.616**	-								
5.Distancing	.219*	.075	.379**	.321**	-							
6. Vividness	.084	-.068	.645**	.721**	.324**	-						
7.Coherence	-.031	-.192	.495**	.704**	.214*	.774**	-					
8. Emotional Intensity	.146	-.104	.634**	.732**	.314**	.791**	.680**	-				
9. Sensory Details	.097	.004	.684**	.808**	.305**	.861**	.729**	.842**	-			
10. Valence	-.100	-.011	.108	.149	-.014	.125	.076	-.105	.018	-		
11. Time Perspective	-.011	-.148	.507**	.674**	.238*	.882**	.813**	.751**	.806**	.102	-	
12. Accessibility	.083	-.009	.601**	.579**	.199*	.761**	.686**	.636**	.690**	.138	.668**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed).

Table 9

Pearson Bivariate Correlations of positive memory characteristic with attachment orientations for male participants

Variables	1	2	3	4	5	6	7	8	9	10	11	12
1.Anxiety	-											
2.Avoidance	.350**	-										
3.Sharing	.209**	-.138	-									
4. Visual Perspective	.244*	-.127	.612**	-								
5.Distancing	.297**	.229*	.240*	.453**	-							
6. Vividness	.048	-.168	.630**	.770**	.239*	-						
7.Coherence	.172	-.069	.491**	.757**	.293**	.767**	-					
8. Emotional Intensity	.094	-.255**	.611**	.833**	.320**	.889**	.735**	-				
9. Sensory Details	.138	-.216*	.619**	.824**	.264**	.845**	.809**	.889**	-			
10. Valence	.129	-.205*	.568**	.886**	.398**	.759**	.751**	.859**	.846**	-		
11. Time Perspective	.086	-.185	.586**	.819**	.295**	.940**	.803**	.875**	.876**	.813**	-	
12. Accessibility	.145	-.178	.614**	.815**	.310**	.864**	.742**	.867**	.825**	.804**	.856**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed).

Table 10

Pearson Bivariate Correlations of negative memory characteristic with attachment orientations for male participants

Variables	1	2	3	4	5	6	7	8	9	10	11	12
1.Anxiety	-											
2.Avoidance	.350*	-										
3.Sharing	.249*	-.092	-									
4. Visual Perspective	.226*	-.132	.694**	-								
5.Distancing	.247*	-.008	.405**	.439**	-							
6. Vividness	.118	-.231*	.660**	.719**	.399**	-						
7.Coherence	.162	-.248*	.578**	.776**	.463**	.775**	-					
8. Emotional Intensity	.249*	-.195	.646**	.714**	.470**	.843**	.739**	-				
9. Sensory Details	.218*	-.183	.708**	.786**	.344**	.849**	.757**	.874**	-			
10. Valence	.128	.004	.251*	.265**	.035	.072	.211*	.001	.134	-		
11. Time Perspective	.081	-.269**	.604**	.734**	.361**	.932**	.810**	.805**	.847**	.064	-	
12. Accessibility	.146	-.212*	.657**	.744**	.270**	.808**	.686**	.780**	.807**	.120	.812**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed).

To investigate the relationship between attachment orientations in females and males and the phenomenological properties of autobiographical memories, Pearson bivariate correlation analyses were employed. Males' attachment anxiety displayed a significant positive correlation with females' attachment anxiety, $r(108) = .313, p < .001$, two tailed, and avoidance, $r(108) = .299, p = .002$, two tailed. Furthermore, males' attachment anxiety exhibited a positive relationship with females' tendencies to share negative memories, $r(98) = .292, p = .004, r^2 = .09$, 95% CI [.42, 9.66], , two tailed, and their sensory details of negative memories, $r(98) = .205, p = .043, r^2 = .04$, 95% CI [13.81, 26.62], two tailed. Additionally, males' attachment avoidance was positively associated with females' attachment anxiety, $r(108) = .223, p = .021$, two tailed, and avoidance, $r(108) = .442, p < .001$, two tailed. Moreover, males' attachment avoidance was found to be positively related to females' tendency to distance themselves from positive memories, $r(101) = .398, p < .001, r^2 = .16$, 95% CI [2.33, 6.90], two tailed.

4.1.2. Paired Samples T-Tests

Paired sample t-tests were utilized to examine whether there are significant differences between females and males on the attachment anxiety, and avoidance, and phenomenological properties of autobiographical memories. The difference between females ($M = 28.83, SD = 8.50$) and males ($M = 26.72, SD = 8.84$) on coherence for positive memories was statistically significant, $t(98) = -2.57, p = .012, d = -0.26$, with females scoring higher than males; however, there was no statistically significant differences on coherence for negative memories, $t(88) = -1.45, p = .150$.

No significant gender differences were detected in attachment anxiety, $t(107) = -1.49, p = .138$, attachment avoidance, $t(107) = -1.48, p = .141$, sharing for

positive, $t(98) = -0.10, p = .321$, and negative memories, $t(88) = -1.29, p = .200$, visual perspective for both positive, $t(98) = -0.66, p = .508$, and negative memories, $t(88) = -1.61, p = .111$, distancing for both positive, $t(98) = 0.28, p = .781$, and negative, $t(88) = -1.04, p = .299$, memories, vividness for both negative, $t(88) = -1.08, p = .283$, and positive, $t(98) = -1.09, p = .279$, memories. There was no statistically significant difference between female's and male's emotional intensity for positive memories, $t(98) = -0.70, p = .485$, and negative memories, $t(88) = -1.44, p = .153$. There was no statistically significant difference between genders on sensory details for positive, $t(98) = -1.87, p = .065$, and negative, $t(88) = -1.84, p = .069$, memories. Table 11 and 12 present the results of paired sample t-test results for study variables, separately for positive and negative memories among females and males, respectively.

Table 11

Paired Sample T-tests results among study variables for positive memories by gender

	Female		Male		<i>t</i> -test
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Anxiety-ECR-R	61.05	18.23	58.18	15.63	-1.49
Avoidance-ECR-R	40.60	16.88	38.19	14.88	-1.48
Sharing-MEQ-SF	16.11	6.24	15.44	6.57	-.998
Visual Perspective-MEQ-SF	18.02	4.80	17.70	4.91	-.664
Distancing-MEQ-SF	9.21	4.55	9.38	5.46	.279
Vividness -MEQ-SF	22.88	6.06	22.19	6.72	-1.09
Coherence- MEQ-SF	28.83	8.50	26.72	8.84	-2.57*
Emotional Intensity-MEQ-SF	22.95	6.74	22.46	6.84	-.701
Sensory Details-MEQ-SF	30.57	8.23	28.95	8.66	-1.87
Time Perspective-MEQ-SF	23.09	6.06	22.63	6.54	-.727
Valence-MEQ-SF	17.13	4.19	16.59	4.54	-1.36
Accessibility-MEQ-SF	22.17	7.08	22.20	7.38	.040

Note. * $p < .05$ ** $p < .01$. ECR-R= Experience in Close Relationship-Revised, MEQ-SF= Memory Experience Questionnaire-Short For

Table 12

Paired sample t-tests results among study variables for negative memories by gender

	Female		Male		t-test
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Anxiety-ECR-R	61.05	18.23	58.18	15.63	-1.49
Avoidance-ECR-R	40.60	16.88	38.19	14.88	-1.48
Sharing-MEQ-SF	12.13	6.14	11.35	5.62	-1.29
Visual Perspective-MEQ-SF	18.28	4.48	17.48	5.32	-1.61
Distancing-MEQ-SF	13.37	6.28	12.55	6.15	-1.04
Vividness-MEQ-SF	21.02	5.96	20.29	7.06	-1.08
Coherence-MEQ-SF	27.01	8.61	25.58	9.09	-1.45
Emotional Intensity-MEQ-SF	20.19	6.83	19.11	7.85	-1.44
Sensory Details-MEQ-SF	27.60	7.96	26.19	8.84	-1.84
Time Perspective-MEQ-SF	22.16	5.98	21.37	6.66	-1.20
Valence-MEQ-SF	5.75	2.89	6.16	2.79	1.10
Accessibility-MEQ-SF	20.62	6.70	19.82	7.00	-1.01

Note. * $p < .05$ ** $p < .01$. ECR-R= Experience in Close Relationship-Revised, MEQ-SF= Memory Experience Questionnaire-Short Form

To understand difference between first-reported and second-reported memories, paired sample t-tests were utilized. For females, the difference between first reported ($M = 7.70$, $SD = 3.22$) and second reported ($M = 8.74$, $SD = 3.62$) on sharing for negative memories was statistically significant, $t(76) = -2.57$, $p = .015$, $d = -0.28$, with second reported memories higher than first reported. For males, the difference between first reported ($M = 13.29$, $SD = 2.17$) and second reported ($M = 12.40$, $SD = 2.82$) on time perspective for positive memories was statistically significant, $t(74) = 3.49$, $p = .005$, $d = 0.39$, with first reported memories scoring higher than second reported. Lastly, the difference between first reported ($M = 13.25$, $SD = 3.63$) and second reported ($M = 12.35$, $SD = 2.98$) on accessibility for positive memories was statistically significant, $t(74) = 2.45$, $p = .017$, $d = 0.28$, with first reported memories scoring higher than second reported memories.

To examine the difference between female's and male's first and second-

reported memories, paired sample t-tests were utilized. For the first-reported memories, there was a statically significant gender differences on time perspective for positive memories, $t(96) = 2.11, p = .037, d = 0.21$, with males ($M = 13.40, SD = 2.10$) higher than females ($M = 12.85, SD = 2.15$). For the second-reported memories, the paired-sample t-test revealed a significant gender difference on coherence for negative memories, $t(71) = -2.14, p = .036, d = 0.21$, with males ($M = 15.17, SD = 3.68$) scoring higher than females ($M = 16.08, SD = 3.44$). Table 12 demonstrates the means and standard deviations for memory characteristics at each level.

Table 13

Means and standard deviations of memories for female and male participants

	Female								Male							
	Positive Memories				Negative Memories				Positive Memories				Negative Memories			
	1 st Report		2 nd Report		1 st Report		2 nd Report		1 st Report		2 nd Report		1 st Report		2 nd Report	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Sharing	9.04	3.30	8.69	3.20	8.68	3.59	7.50	3.23	8.79	3.31	8.77	3.56	7.49	3.13	8.24	3.05
Visual	9.78	1.65	10.23	1.54	9.98	1.60	9.96	1.52	10.14	1.33	10.12	1.33	9.74	1.85	9.96	1.81
Perspective																
Distancing	5.26	2.80	4.96	2.66	7.60	3.84	6.73	3.68	5.36	3.11	5.48	2.95	7.15	3.72	6.63	3.02
Vividness	12.69	2.12	12.52	2.40	11.53	3.06	11.19	2.84	13.00	2.34	12.32	2.96	11.44	3.11	11.57	2.88
Coherence	15.76	3.57	16.01	3.43	14.90	4.04	14.53	4.14	15.41	3.70	15.25	3.65	14.09	3.50	14.73	3.54
Emotional	12.80	2.47	12.64	2.56	10.60	3.50	11.48	3.34	13.04	2.23	12.61	2.67	10.51	3.83	10.94	3.40
Intensity																
Sensory	16.99	2.63	16.83	2.89	14.58	3.34	15.29	3.52	16.78	3.13	16.28	3.19	14.55	3.58	14.89	3.67
Details																
Valence	9.37	1.31	9.60	0.91	2.23	1.79	3.10	1.74	9.59	1.02	9.33	1.43	3.79	2.15	3.26	1.60
Time	12.84	2.16	12.63	2.25	12.34	2.80	11.86	2.80	13.42	2.06	12.40	2.81	12.18	2.77	11.96	3.04
Perspective																
Accessibility	12.42	3.08	12.05	3.28	11.48	3.53	10.99	3.67	12.92	2.96	12.35	2.98	11.27	3.34	11.14	3.65

Age, education status and relationship status were controlled for further hypotheses since they are related with the phenomenological properties of autobiographical memories.

4.2. Testing the Hypotheses

Hypothesis 1 expected that attachment anxiety would be positively associated with event characteristic as valence and rehearsal characteristics as sharing, and phenomenological characteristics as vividness, sensory details, and emotional intensity. The association between attachment anxiety and event and rehearsal characteristics was examined by controlling age, relationship, and education status. Partial Pearson correlation analysis was computed among attachment anxiety, valence, sharing, vividness, sensory details, and emotional intensity with controlling age, relationship status, and education status. The results of these correlational analyses revealed that attachment anxiety was not correlated with the valence, sharing, vividness, sensory details, and emotional intensity. For the positive memories, attachment anxiety was not correlated with valence, sharing, vividness, sensory details, and emotional intensity. On the other hand, attachment anxiety was positively correlated with sharing for negative memories, $r(188) = .197, p = .006$, two tailed, sensory details for negative memories, $r(182) = .150, p = .042$, two tailed, and emotional intensity for negative memories, $r(188) = .169, p = .020$, two tailed. Table 14 displays partial correlation analyses results among study variables.

Table 14

Partial Correlation Analyses among attachment anxiety, sharing, valence, vividness, emotional intensity, sensory details by gender

Variables		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Anxiety																							
1.	Female	-																					
2.	Male	.351*	-																				
Sharing (P)																							
3.	Female	.090	.050	-																			
4.	Male	.132	.188	.527**	-																		
Sharing (N)																							
5.	Female	.269*	.306*	.599**	.349*	-																	
6.	Male	.005	.215	.457**	.593**	.453**	-																
Valence (P)																							
7.	Female	-.016	.118	.527**	.317*	.376**	.240*	-															
8.	Male	.045	.101	.452**	.472**	.355*	.498**	.580**	-														
Valence (N)																							
9.	Female	-.009	.061	.198	.157	.079	-.021	.183	.174	-													
10.	Male	.092	.182	.329*	.355*	.271*	.249*	.203	.235*	.220	-												
Vividness (P)																							
11.	Female	-.161	.028	.456**	.304*	.331*	.153	.774**	.485**	.193	.000	-											
12.	Male	.022	-.067	.393**	.530**	.165	.327*	.455**	.665**	.047	.161	.527**	-										
Vividness (N)																							
13.	Female	.118	.084	.427**	.321*	.558**	.315*	.569**	.506**	.127	.139	.598**	.367**	-									
14.	Male	.117	.024	.211	.380**	.264*	.619**	.200	.607**	-.122	.078	.226*	.605**	.412**	-								
Emotional Intensity (P)																							
15.	Female	-.135	-.094	.534**	.283*	.367**	.190	.707**	.475**	.174	.103	.801**	.508**	.462**	.168	-							
16.	Male	.028	-.021	.446**	.523**	.277*	.433**	.501**	.821**	.156	.133	.473**	.864**	.409**	.625**	.507**	-						
Emotional Intensity (N)																							
17.	Female	.195	.097	.379**	.265*	.557**	.362*	.479**	.506**	-.161	.064	.484**	.432**	.718**	.390**	.388**	.441**	-					
18.	Male	.166	.158	.285*	.439**	.313*	.615**	.275*	.578**	-.182	.018	.242*	.527**	.398**	.817**	.218	.592**	.454**	-				
Sensory Details (P)																							
19.	Female	-.091	.066	.599**	.319*	.475**	.317*	.819**	.505**	.211	.169	.839**	.417**	.562**	.204**	.805**	.453**	.498**	.243*	-			
20.	Male	.079	.015	.430**	.540**	.346*	.485**	.445**	.829**	.024	.169	.425**	.799**	.451**	.697**	.480**	.865**	.481**	.622**	.422**	-		
Sensory Details (N)																							
21.	Female	.182	.088	.454**	.358*	.633**	.398**	.634**	.531**	-.027	.118	.585**	.497**	.800**	.418**	.473**	.507**	.795**	.449**	.644**	.522**	-	
22.	Male	.189	.122	.390**	.529**	.381*	.661**	.311*	.679**	-.090	.154	.288*	.602**	.445**	.820**	.322*	.655**	.451**	.849**	.268*	.749**	.477**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed). P= positive memories, N=negative memories.

Hypothesis 2 expected that there could be negative association between attachment anxiety and coherence for positive romantic relationship-related memories. Pearson partial correlation coefficients analysis was conducted to understand the association between attachment anxiety and coherence for positive romantic relationship-related memories while controlling age, relationship, and education status. Attachment anxiety was not correlated with coherence for positive relationship-related memories, $p > .05$. Therefore, hypothesis 2 was not confirmed in the present study. Pearson partial correlation coefficients analysis was conducted for both females and males with controlling demographic variables. Additionally, for both females and males, there was no significant correlation between attachment anxiety and their own coherence concerning positive romantic relationship-related memories, $p > .05$. Therefore, hypothesis 2 was not confirmed for both female and male participants.

Hypothesis 3 expected that attachment anxiety would be associated with coherence, accessibility, and Phenomenological Characteristics (PC) as vividness, sensory details, and emotional intensity for negative romantic relationship-related memories. The association between attachment anxiety and coherence, accessibility, vividness, sensory details, emotional intensity was examined by controlling age, relationship, and education status. Pearson partial correlation analysis was computed among the study variables of attachment anxiety, coherence, accessibility, vividness, sensory details, and emotional intensity for negative romantic-relationship related memories with controlling age, relationship status, and education status. The results of these correlational analyses revealed that attachment anxiety was not correlated with the coherence, $r(188) = .040, p = .587$, accessibility, $r(188) = .078, p = .282$,

vividness, $r(188) = .068, p = .352$, sensory details, $r(188) = .124, p = .088$; however, attachment anxiety was positively correlated with emotional intensity, $r(188) = .169, p = .020$, two-tailed. Pearson partial correlation analysis was conducted separately for males and females. Males' attachment anxiety was positively correlated with emotional intensity for negative memories, $r(90) = .218, p = .037$, two-tailed; however, males' attachment anxiety was not correlated with coherence, accessibility, vividness, and sensory details, $p > .05$. For females, there was no significant correlation between attachment anxiety and coherence, accessibility, sensory details, vividness, and emotional intensity, $p > .05$. Table 15 represents the partial correlation analyses for the association between attachment anxiety and five study variables in the hypothesis 3 with controlling age, relationship status, and education status, categorized by gender.

Table 15

Partial Correlation Analyses among attachment anxiety, coherence, accessibility, vividness, emotional intensity for negative memories by gender

Variables	1	2	3	4	5	6	7	8	9	10	11	12
Anxiety												
1. Female	-											
2. Male	.346*	-										
Coherence (N)												
3. Female	-.002	.038	-									
4. Male	-.007	.103	.440**	-								
Accessibility (N)												
5. Female	.103	.105	.623**	.462**	-							
6. Male	.209	.107	.343*	.659**	.405**	-						
Vividness (N)												
7. Female	.094	.070	.742**	.429**	.703**	.391**	-					
8. Male	.116	.048	.372**	.748**	.409**	.800**	.473**	-				
Emotional Intensity (N)												
9. Female	.172	.115	.643**	.424**	.557**	.384**	.754**	.448**	-			
10. Male	.165	.195	.378**	.694**	.414**	.767**	.438**	.826**	.496**	-		
Sensory details (N)												
11. Female	.164	.107	.700**	.447**	.647**	.447**	.821**	.471**	.821**	.490**	-	
12. Male	.183	.143	.473**	.728**	.423**	.801**	.498**	.834**	.503**	.857**	.526**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed). N=negative memories.

Hypothesis 4 expected that attachment avoidance would be positively associated with distancing and negatively associated with accessibility to romantic relationship-related autobiographical memories. The association between attachment avoidance and distancing, and accessibility was examined by controlling demographic variables. The results of Pearson partial correlation analyses revealed that attachment avoidance was positively correlated with distancing, $r(182) = .206, p = .005$, two-tailed; however, there was no correlation between attachment avoidance and accessibility, $p > .05$. For negative memories, attachment avoidance was not correlated with distancing and accessibility, $p > .05$. For positive memories, attachment avoidance was positively correlated with distancing, $r(182) = .294, p < .001$, two-tailed, and negatively correlated with accessibility, $r(182) = -.173, p = .019$, two-tailed. For females, attachment avoidance was positively correlated with distancing from positive memories, $r(89) = .348, p < .001$, two-tailed; however, there was no significant association between attachment avoidance and distancing from negative memories, accessibility for positive, and negative memories, $p > .05$. For males, there was a significant positive correlation between attachment avoidance and distancing from positive memories, $r(88) = .254, p = .016$, two-tailed; however, there was no significant association between attachment avoidance and distancing from negative memories, accessibility for positive and negative memories, $p > .05$. Therefore, hypothesis 4 was partially confirmed in the present study. Table 16 displays partial correlation analyses results among study variables.

Table 16

Partial Correlation Analyses among attachment avoidance, distancing, accessibility by gender

Variables	1	2	3	4	5	6	7	8	9	10
Avoidance										
1. Female	-									
2. Male	.365**	-								
Distancing (P)										
3. Female	.339*	.504**	-							
4. Male	.088	.274*	.213	-						
Distancing (N)										
5. Female	.101	.190	.121	.174	-					
6. Male	-.017	.011	.325*	.371**	.224*	-				
Accessibility (P)										
7. Female	-.226	.048	.149	.107	.144	.257*	-			
8. Male	.010	-.175	.286*	.227*	.066	.297*	.471**	-		
Accessibility (N)										
9. Female	-.012	-.067	.102	.114	.104	.124	.552**	.375**	-	
10. Male	.099	-.175	.174	.117	-.042	.149	.236*	.683**	.357*	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed). N=negative memories. P= positive memories.

Hypothesis 5 expected that attachment avoidance would be associated with Phenomenological Characteristics (PC) as vividness, sensory details, and emotional intensity, coherence, and sharing for positive romantic relationship-related memories. Pearson partial correlation analysis was computed among the study variables of attachment avoidance, vividness, sensory details, emotional intensity, coherence and sharing for positive romantic relationship-related memories while controlling age, relationship status, and education status. For positive memories, the results of these correlational analyses revealed that attachment avoidance was negatively correlated with the sharing, $r(199) = -.173, p = .014$, two-tailed, vividness, $r(199) = -.214, p = .002$, two-tailed, sensory details, $r(199) = -.220, p = .002$, two-tailed, emotional intensity, $r(199) = -.295, p < .001$, two-tailed; however, there was no significant correlation between attachment avoidance and coherence for positive memories, $p > .05$. For positive memories, males' attachment avoidance was negatively related with sensory details, $r(98) = -.230, p = .021$, two-tailed, and emotional intensity, $r(98) = -.263, p = .008$, two-tailed; however, there was no significant correlation between males' attachment avoidance and vividness, coherence and sharing, $p > .05$. For positive memories, there was a significant negative association between females' attachment avoidance and vividness, $r(96) = -.251, p = .013$, two-tailed, sensory details, $r(96) = -.242, p = .017$, two-tailed, emotional intensity, $r(96) = -.347, p < .001$, two-tailed, and sharing, $r(96) = -.209, p = .039$, two-tailed; however, there was no significant association between females' attachment avoidance and coherence, $p > .05$.

Table 17

Partial Correlation Analyses among attachment avoidance, vividness, sensory details, emotional intensity, coherence, sharing for positive memories by gender

Variables	1	2	3	4	5	6	7	8	9	10	11	12
Avoidance												
1. Female	-											
2. Male	.400**	-										
Vividness (P)												
3. Female	-.264*	-.083	-									
4. Male	-.064	-.205*	.494**	-								
Sensory Details (P)												
5. Female	-.262*	-.062	.876**	.427**	-							
6. Male	-.103	-.271*	.443**	.839**	.442**	-						
Emotional Intensity (P)												
7. Female	-.374**	-.091	.853**	.470**	.842**	.478**	-					
8. Male	-.099	-.284*	.452**	.890**	.458**	.886**	-.468**	-				
Coherence (P)												
9. Female	-.176	.027	.789**	.452**	.776**	.458**	.689**	.450**	-			
10. Male	-.181	-.112	.430**	.747**	.448**	.793**	.448**	.729**	.552**	-		
Sharing (P)												
11. Female	-.223*	.037	.543**	.356**	.649**	.403**	.588**	.392**	.446**	.387**	-	
12. Male	.025	-.153	.330*	.598**	.348**	.601**	.325*	.593**	.273*	.466**	.467**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed). P=positive memories.

Hypothesis 6 indicated that attachment avoidance would be negatively associated with coherence and sharing for negative romantic relationship-related memories. Pearson partial correlation analysis was computed among the study variables of attachment avoidance, sharing and coherence sharing for negative romantic relationship-related memories while controlling age, relationship status, and education status. Pearson partial correlation analysis was computed among all the variables of attachment avoidance, coherence and sharing for negative romantic relationship-related memories. The results of these correlational analyses revealed that attachment avoidance was negatively correlated with coherence, $r(188) = -.219$, $p = .002$, two-tailed; however, attachment avoidance was not correlated sharing, $p > .05$. For females, there was no significant association between attachment avoidance and sharing, and coherence for negative romantic relationship-related memories, $p > .05$. On the other hand, males' attachment avoidance was negatively correlated with coherence for negative memories, $r(90) = -.257$, $p = .013$, two-tailed; however, there was no significant association between males' attachment avoidance and sharing for negative memories, $p > .05$.

Table 18

Partial Correlation Analyses among attachment avoidance, coherence, sharing for negative memories by gender

Variables	1	2	3	4	5	6
Avoidance						
1. Female	-					
2. Male	.421**	-				
Coherence (N)						
3. Female	-.255*	-.139	-			
4. Male	-.121	-.263*	.440**	-		
Sharing (N)						
5. Female	.075	.054	.451**	.334*	-	
6. Male	-.083	-.151	.338*	.540**	.487**	-

Note. * $p < .05$ (2-tailed), ** $p < .001$ (2-tailed). N= negative memories.

4.2.1. APIM Analyses for Attachment Anxiety

The association between attachment anxiety and the phenomenological properties of autobiographical memories was investigated throughout APIM model using APIM_SEM (Stas et al., 2008). Moreover, the first step in the APIM analysis involved conducting a test of distinguishability. As a preliminary step, the Test of Distinguishability was considered. As mentioned earlier, gender differences were observed in terms of attachment orientations and the phenomenological properties of autobiographical memories. Consequently, gender was chosen as a distinguishable variable in the analysis. Some of test of distinguishability results did not show statistically significant findings regarding distinguishability based on gender; however, the analysis proceeded using the distinguishable-dyads method. This decision was based on the a priori theoretical argument put forth in this thesis, which posited that females and males could be distinguishable from each other based on gender. Moreover, the analysis followed the approach of distinguishable dyads, as recommended by Sadler et al., (2021). They emphasized the importance of considering a priori theoretical and conceptual foundations alongside empirical

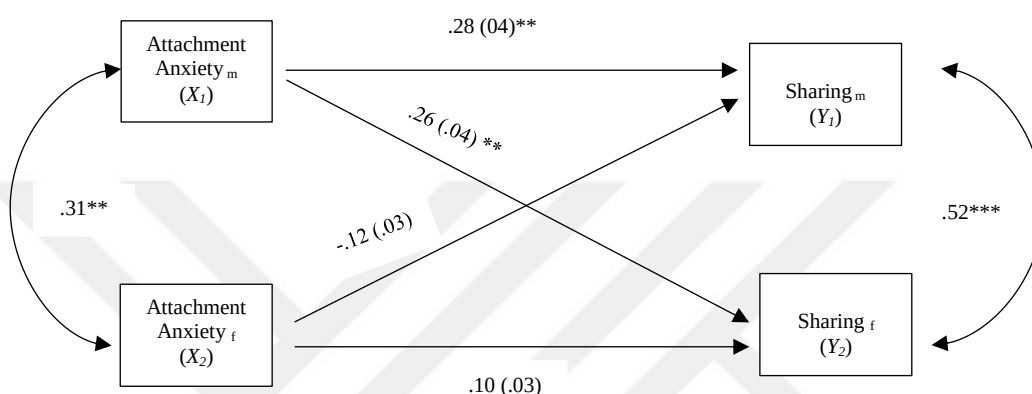
results when determining distinguishability.

Test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 9.396, p = .153$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The direct actor effect of male's own attachment anxiety on their own sharing was significant, ($\beta = .21, p = .033$); however, the direct actor effect of female's attachment anxiety on their own sharing was not significant, ($\beta = -.01, p = .913$). There was no partner effect for attachment anxiety on sharing dimension for both female and male, ($\beta = .16, p = .154$) and ($\beta = -.03, p = .749$), respectively.

For positive romantic relationship-related memories, test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 9.787, p = .134$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The direct actor effect of female's attachment anxiety on their own sharing was not significant, ($\beta = -.02, p = .850$). The direct actor effect of male's attachment anxiety on their own sharing was not significant, ($\beta = .19, p = .053$). There was no significant partner effect for attachment anxiety on sharing dimension for both female and male, ($\beta = .04, p = .596$) and ($\beta = .06, p = .658$), respectively.

For negative romantic relationship-related memories, test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 14.507, p = .024$), indicating that within this particular model, females and males could be statistically differentiated from each other. The direct actor effect of male's attachment anxiety on their own sharing was significant, ($\beta = .28, p = .007$). The direct actor effect of female's attachment anxiety on their own sharing was not significant, ($\beta = .10, p =$

.318). Moreover, male's attachment anxiety was positively related with female's sharing for negative memories, ($\beta = .26, p = .009$). On the other hand, female's attachment anxiety was not related with male's sharing, ($\beta = -.12, p = .250$) (See Figure 3).



Note. * $p < .05$; ** $p < .01$; *** $p < .001$ (two-tailed).

Figure 3

Basic Structured APIM Model with Standardized Effect Estimates for negative memories

Table 19

Basic Saturated APIM with Attachment Anxiety as Predictor Variable:
Unstandardized Effect Estimates

	Estimate	<i>p</i>
Actor Effects		
Males $X_1 \rightarrow Y_1$	.101	.007
Females $X_2 \rightarrow Y_2$	.034	.318
Partner Effects		
Males to Females $X_1 \rightarrow Y_2$	.103	.009
Females to Males $X_2 \rightarrow Y_1$	-.038	.250

Note. X = Attachment Anxiety, Y = Sharing; subscript 1 refers to males, subscript 2 refers to females; p is two-tailed.

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 11.273, p = .134$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The actor effect was not significant for female ($\beta = -.05, p = .605$), and male ($\beta = .18, p = .080$), between

attachment anxiety and visual perspective. Therefore, females' and males' attachment anxiety were not related with their own visual perspective. There was no significant partner effect for female ($\beta = .01$, $p = .949$), and male ($\beta = .04$, $p = .699$) between attachment anxiety and visual perspective. Moreover, females' or males' attachment anxiety were not related with their partners' visual perspective.

For positive memories, Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 11.275$, $p = .080$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The actor effect was significant for male ($\beta = .24$, $p = .017$), but not for female ($\beta = -.02$, $p = .840$), between attachment anxiety and visual perspective for positive romantic relationship-related memories. Therefore, males' attachment anxiety was related with their own visual perspective. There was no partner effect for female ($\beta = .02$, $p = .897$), and male ($\beta = -.01$, $p = .989$) between attachment anxiety and visual perspective for positive memories.

For negative memories, Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 11.122$, $p = .085$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Female's own attachment anxiety was not significantly associated with their own visual perspective, ($\beta = .11$, $p = .278$). The actor effect was not significant for males between attachment anxiety and visual perspective, ($\beta = .20$, $p = .056$). Moreover, there was not partner effect for both females ($\beta = .05$, $p = .601$), and males, ($\beta = .05$, $p = .651$).

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 7.931$, $p = .243$), indicating that within this particular model, females and males

could not be statistically differentiated from each other. There was not statistically significant partner effect for attachment anxiety and distancing from relationship-related memories for both female ($\beta = .01$, $p = .889$), and male ($\beta = -.08$, $p = .391$); however, the actor effect was significant for male ($\beta = .03$, $p = .002$), but not female ($\beta = .13$, $p = .181$) between attachment anxiety and distancing from relationship-related memories.

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 10.114$, $p = .120$), indicating that within this particular model, females and males could not be statistically differentiated from each other. For positive memories, the actor effect was significant for male ($\beta = .01$, $p = .003$), but not female ($\beta = .17$, $p = .110$) between attachment anxiety and distancing. Moreover, there was not significant partner effect between attachment anxiety and distancing for both female ($\beta = .01$, $p = .957$), and male, ($\beta = .06$, $p = .575$).

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 6.161$, $p = .405$), indicating that within this particular model, females and males could not be statistically differentiated from each other. For negative memories, females' own attachment anxiety was related with their own distancing, ($\beta = .24$, $p = .022$). Males' own attachment anxiety was associated with their own distancing, ($\beta = .31$, $p = .003$). There was not significant partner effect between females' attachment anxiety and males' distancing, ($\beta = -.18$, $p = .099$). Males' attachment anxiety was not associated with females' distancing from negative memories, ($\beta = -.04$, $p = .695$).

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 9.300$, $p = .157$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There was no association

between attachment anxiety and vividness for both female, ($\beta = -.17$, $p = .002$), and male, ($\beta = .04$, $p = .002$). Therefore, there was not significant actor effect for participants' own attachment anxiety on vividness. Moreover, there was no association between females' attachment anxiety and males' vividness, ($\beta = .01$, $p = .886$). The partner effect for males' attachment anxiety on females' vividness was not significant, ($\beta = .10$, $p = .308$).

For positive memories, test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 13.11$, $p = .041$), indicating that within this particular model, females and males could be statistically differentiated from each other. Females' own attachment anxiety was negatively related with their own vividness, ($\beta = -.26$, $p = .011$). On the other hand, males' own attachment anxiety was not related with males' vividness, ($\beta = .04$, $p = .703$). There was no significant association between females' attachment anxiety and males' vividness for positive memories, ($\beta = -.01$, $p = .903$). Males' attachment anxiety was not associated with females' vividness for positive memories, ($\beta = .09$, $p = .374$).

Test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 7.892$, $p = .246$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The actor effect was not significant for female ($\beta = .09$, $p = .423$), and male ($\beta = .13$, $p = .218$) between attachment anxiety and vividness for negative memories.

Test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 13.344$, $p = .038$), indicating that within this particular model, females and males could be statistically differentiated from each other. There was no association between attachment anxiety and coherence for both female, ($\beta = -.15$, $p = .123$), and

male, ($\beta = .14$, $p = .166$). Therefore, there was not significant actor effect for participants' own attachment anxiety on coherence. There was no association between females' attachment anxiety and males' coherence, ($\beta = -.05$, $p = .622$). The partner effect for males' attachment anxiety on females' coherence was not significant, ($\beta = .11$, $p = .275$).

For positive memories, test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 15.148$, $p = .019$), indicating that within this particular model, females and males could be statistically differentiated from each other. Females' own attachment anxiety was not related with their own coherence, ($\beta = -.12$, $p = .265$). Males' own attachment anxiety was not related with males' coherence, ($\beta = .16$, $p = .107$). There was no significant association between females' attachment anxiety and males' coherence for positive memories, ($\beta = -.03$, $p = .776$). Males' attachment anxiety was not associated with females' coherence for positive memories, ($\beta = .13$, $p = .220$).

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 9.823$, $p = .132$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The actor effect was not significant for female, ($\beta = -.07$, $p = .499$), and male ($\beta = .18$, $p = .081$) between attachment anxiety and coherence for negative memories. The partner effect was not significant for female ($\beta = -.08$, $p = .487$), and male ($\beta = .12$, $p = .236$) between attachment anxiety and coherence for negative memories.

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 11.114$, $p = .085$), indicating that within this particular model, females and males could not be statistically differentiated from each other. No significant associations

were found between attachment anxiety and emotional intensity for both females ($\beta = -.01$, $p = .374$) and males ($\beta = .14$, $p = .165$). Thus, there were no significant actor effects of participants' own attachment anxiety on emotional intensity. No associations were observed between females' attachment anxiety and males' emotional intensity ($\beta = .01$, $p = .898$), and the partner effect of males' attachment anxiety on females' emotional intensity was not significant ($\beta = .09$, $p = .371$).

For positive memories, Test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 9.942$, $p = .127$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Females' own attachment anxiety was unrelated to their own emotional intensity ($\beta = -.16$, $p = .134$), and males' attachment anxiety was not related to males' emotional intensity ($\beta = .01$, $p = .316$). Furthermore, no significant associations were found between females' attachment anxiety and males' emotional intensity for positive memories ($\beta = -.03$, $p = .756$), and males' attachment anxiety was not associated with females' emotional intensity for positive memories ($\beta = .01$, $p = .923$).

Lastly, Test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 9.799$, $p = .133$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There were no significant actor effects of attachment anxiety on emotional intensity for negative romantic relationship-related memories for females ($\beta = .09$, $p = .364$); however, males' attachment anxiety was positively correlated with their own emotional intensity ($\beta = .21$, $p = .047$), and the partner effects were also not significant for females ($\beta = .08$, $p = .440$) and males ($\beta = .15$, $p = .132$).

Test of distinguishability revealed non-significant outcome

($X^2(6, N = 108) = 12.662, p = .049$), indicating that within this particular model, females and males could be statistically differentiated from each other. There was no association between attachment anxiety and sensory details for both female, ($\beta = -.14, p = .165$), and male, ($\beta = .13, p = .215$). Therefore, there was not significant actor effect for participants' own attachment anxiety on sensory details. Moreover, there was no association between females' attachment anxiety and males' sensory details, ($\beta = .02, p = .835$). The partner effect for males' attachment anxiety on females' sensory details was not significant, ($\beta = .15, p = .129$).

For positive memories, Test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 14.519, p = .024$), indicating that within this particular model, females and males could be statistically differentiated from each other. Females' own attachment anxiety was not related with their own sensory details, ($\beta = -.18, p = .084$). Males' own attachment anxiety was not related with males' sensory details, ($\beta = .13, p = .190$). There was no significant association between females' attachment anxiety and males' sensory details for positive memories, ($\beta = .01, p = .962$). Males' attachment anxiety was not associated with females' sensory details for positive memories, ($\beta = .16, p = .132$).

Lastly, Test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 9.488, p = .148$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The actor effect was not significant for female ($\beta = .03, p = .760$), and male ($\beta = .18, p = .092$) between attachment anxiety and sensory details for negative memories. The partner effect was not significant for female ($\beta = .08, p = .457$), and male ($\beta = .19, p = .070$) between attachment anxiety and sensory details for negative memories.

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 9.234, p = .161$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There was no significant association observed between attachment anxiety and valence in both females ($\beta = -.18, p = .081$) and males ($\beta = .12, p = .249$). Consequently, there was an absence of a significant actor effect indicating that participants' own attachment anxiety did not significantly relate with valence. Additionally, no correlation was found between females' attachment anxiety and males' valence ($\beta = -.06, p = .538$). The partner effect of males' attachment anxiety on females' valence was not statistically significant ($\beta = .06, p = .569$).

Regarding positive memories, Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 11.426, p = .076$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Females' personal attachment anxiety was not found to be associated with their own valence ($\beta = -.13, p = .207$). Similarly, males' attachment anxiety did not correlate with their own valence ($\beta = .14, p = .185$). There was no significant association observed between attachment avoidance and valence in both females ($\beta = -.13, p = .248$) and males ($\beta = -.20, p = .058$). Furthermore, there was no relationship between females' attachment anxiety and males' valence for positive memories ($\beta = -.05, p = .594$), nor between males' attachment anxiety and females' valence for positive memories ($\beta = .09, p = .418$).

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 9.757, p = .135$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The actor effect was not seen

significant for either females ($\beta = -.11$, $p = .292$) or males ($\beta = .03$, $p = .748$) in the context of attachment anxiety and valence for negative memories. The partner effect was not statistically significant for either females ($\beta = -.04$, $p = .748$) or males ($\beta = .03$, $p = .753$) concerning attachment anxiety and valence for negative memories.

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 9.535$, $p = .146$), indicating that within this particular model, females and males could not be statistically differentiated from each other. No significant correlation was detected between attachment anxiety and time perspective in both females ($\beta = -.19$, $p = .060$) and males ($\beta = .05$, $p = .600$) within this study. Consequently, there was a lack of a significant actor effect, suggesting that participants' own attachment anxiety was not significantly associated with time perspective. Additionally, no statistically significant relationship was identified between females' attachment anxiety and males' time perspective ($\beta = -.01$, $p = .943$). The partner effect of males' attachment anxiety on females' time perspective also did not reach statistical significance ($\beta = .09$, $p = .354$).

Regarding positive memories, Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 10.047$, $p = .123$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Females' personal attachment anxiety was not found to be linked to their own time perspective ($\beta = -.18$, $p = .076$). Similarly, males' attachment anxiety did not show a significant correlation with their own time perspective ($\beta = .09$, $p = .374$). Furthermore, there was no noteworthy association between females' attachment anxiety and males' time perspective for positive memories ($\beta = -.05$, $p = .612$), nor between males' attachment anxiety and females' time perspective for positive

memories ($\beta = .07, p = .513$).

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 8.21, p = .223$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The actor effect was not found to be significant for either females ($\beta = -.05, p = .605$) or males ($\beta = .05, p = .605$) in the context of attachment anxiety and time perspective for negative memories. The partner effect was not statistically significant for either females ($\beta = .07, p = .525$) or males ($\beta = .13, p = .222$) in relation to attachment anxiety and time perspective for negative memories.

Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 8.152, p = .227$), indicating that within this particular model, females and males could not be statistically differentiated from each other.

There was no association between attachment anxiety and accessibility for both female, ($\beta = .12, p = .244$), and male, ($\beta = .09, p = .378$). Therefore, there was not significant actor effect for participants' own attachment anxiety on accessibility. Moreover, there was no association between females' attachment anxiety and males' accessibility, ($\beta = .05, p = .597$). The partner effect for males' attachment anxiety on females' accessibility was not significant, ($\beta = .13, p = .213$).

For positive memories, Test of distinguishability revealed non-significant outcome ($X^2 (6, N = 108) = 8.389, p = .211$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Females' own attachment anxiety was not related with their accessibility, ($\beta = -.12, p = .241$). Males' own attachment anxiety was not related with males' accessibility, ($\beta = .13, p = .202$). There was no significant association between females' attachment

anxiety and males' accessibility for positive memories, ($\beta = .02$, $p = .814$). Males' attachment anxiety was not associated with females' accessibility for positive memories, ($\beta = .11$, $p = .297$).

Test of distinguishability revealed non-significant outcome ($X^2(6, N = 108) = 6.198$, $p = .401$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The actor effect was not significant for female ($\beta = .04$, $p = .735$), and male ($\beta = .08$, $p = .471$) between attachment anxiety and accessibility for negative memories. The partner effect was not significant for female ($\beta = .15$, $p = .161$), and male ($\beta = .14$, $p = .187$) between attachment anxiety and accessibility for negative memories.

4.2.2. APIM Analyses for Attachment Avoidance

The investigation of the relationship between attachment avoidance and the phenomenological characteristics of autobiographical memories was carried out using the APIM model with the APIM_SEM approach developed by Stas et al., (2008). As an initial step, the Test of Distinguishability was employed. As mentioned earlier, gender differences were observed in attachment orientations and the phenomenological attributes of autobiographical memories. Consequently, gender was selected as a distinguishable variable for the analysis. While some of the test of distinguishability results did not yield statistically significant findings related to gender-based distinguishability, the analysis continued using the distinguishable-dyads method. This decision was based on the a priori theoretical argument presented in this thesis, which suggested that gender could serve as a distinguishing factor between females and males. Additionally, this analysis approach aligned with the recommendations of Sadler et al. (2021), who underscored the significance of

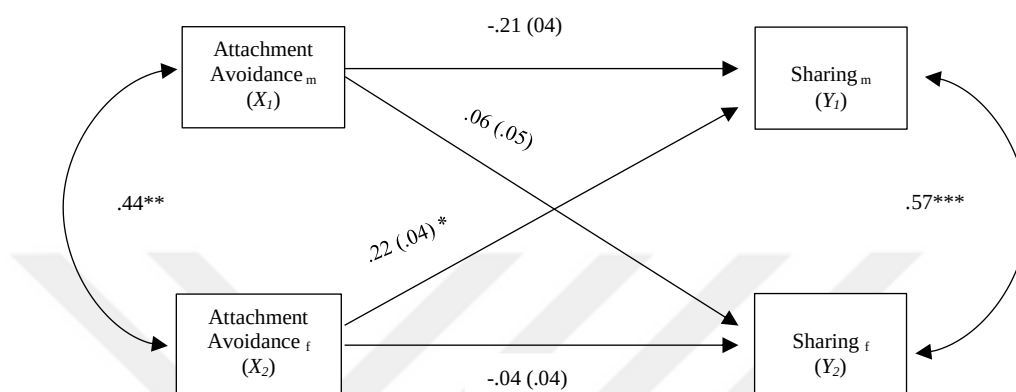
considering both a priori theoretical and conceptual foundations alongside empirical results when determining distinguishability.

Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 9.03, p = .172$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' own attachment avoidance was negatively related with their own sharing ($\beta = -.21, p = .047$); however, females' avoidance was not related with their own sharing, ($\beta = -.02, p = .055$). There was no partner effect for attachment avoidance on sharing dimension for both female and male, ($\beta = .15, p = .145$) and ($\beta = .08, p = .454$), respectively.

For positive memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 7.844, p = .250$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Females' avoidance was negatively associated with sharing for positive memories, ($\beta = -.23, p = .033$); however, there was no association between males' attachment avoidance and their own sharing for positive memories, ($\beta = -.02, p = .058$). There was no significant partner effect for attachment avoidance on sharing dimension for both female and male, ($\beta = .14, p = .210$) and ($\beta = .12, p = .243$), respectively.

In the context negative romantic relationship-related memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 10.312, p = .112$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The direct actor effect of male attachment avoidance on their own sharing was found to be not significant ($\beta = -.21, p = .055$). Similarly, the direct actor effect of female attachment avoidance on their own sharing did not reach statistical significance ($\beta = -.04, p = .692$). Furthermore, female

attachment avoidance exhibited a positive association with male sharing for negative memories ($\beta = .22, p = .043$). Conversely, male attachment avoidance was not found to be related to female sharing ($\beta = .06, p = .605$) (Refer to Figure 4).



Note. * $p < .05$; ** $p < .01$; *** $p < .001$ (two-tailed).

Figure 4

Basic Structured APIM Model with Standardized Effect Estimates for sharing negative memories

Table 20

Basic Saturated APIM with Attachment Avoidance as Predictor Variable:
Unstandardized Effect Estimates

	Estimate	p
Actor Effects		
Males $X_1 \rightarrow Y_1$	-.079	.055
Females $X_2 \rightarrow Y_2$	-.016	.692
Partner Effects		
Males to Females $X_1 \rightarrow Y_2$	.024	.605
Females to Males $X_2 \rightarrow Y_1$	.073	.043

Note. X = Attachment Avoidance, Y = Sharing; subscript 1 refers to males, subscript 2 refers to females; p is two-tailed.

Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 7.712, p = .260$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Females' own attachment avoidance was not related with their own visual perspective, ($\beta = -.09, p = .384$).

Males' own attachment avoidance was not associated with their own visual perspective, ($\beta = -.17$, $p = .114$). The partner effect for males' attachment avoidance on females' visual perspective was not significant, ($\beta = -.12$, $p = .243$). The partner effect for females' attachment avoidance on females' visual perspective was not significant, ($\beta = .03$, $p = .806$).

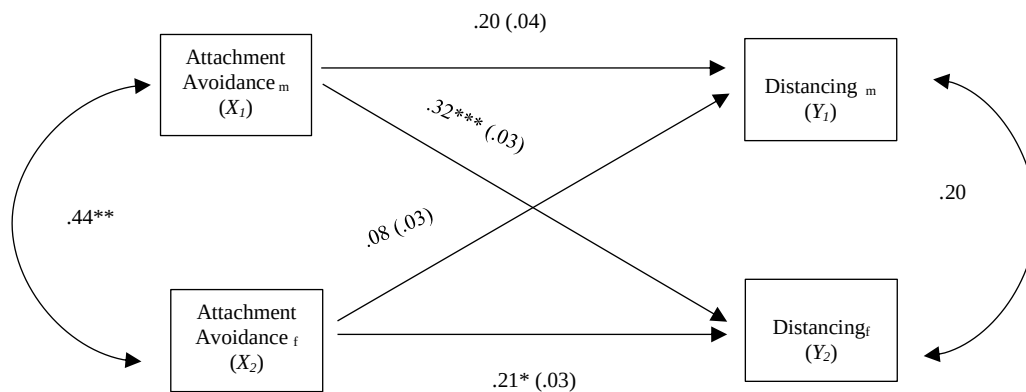
In the context of positive romantic relationship-related memories, Test of distinguishability revealed significant outcome ($X^2 (6, N = 108) = 5.995$, $p = .424$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was not related with their own visual perspective, ($\beta = -.13$, $p = .214$). Females' attachment avoidance was not associated with their own visual perspective, ($\beta = -.05$, $p = .669$). There was no partner effect for female ($\beta = .03$, $p = .803$), and male ($\beta = -.11$, $p = .318$) between attachment avoidance and visual perspective for positive memories.

For negative memories, Test of distinguishability revealed significant outcome ($X^2 (6, N = 108) = 11.922$, $p = .064$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There was no association between attachment avoidance and visual perspective for both females, ($\beta = .02$, $p = .838$), and males, ($\beta = -.18$, $p = .092$). Therefore, there was not significant actor effect for participants' own attachment avoidance on visual perspective. Moreover, there was no association between females' attachment avoidance and males' visual perspective, ($\beta = .12$, $p = .280$). The partner effect for males' attachment avoidance on females' visual perspective was not significant, ($\beta = -.07$, $p = .521$).

Test of distinguishability revealed significant outcome

($X^2(6, N = 108) = 7.042, p = .317$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There was no statistically significant partner effect observed for attachment avoidance and distancing from relationship-related memories, both among females ($\beta = .04, p = .679$) and males ($\beta = .07, p = .542$). Similarly, the actor effect was not significant for males ($\beta = .04, p = .726$) and females ($\beta = .16, p = .120$) in the context of attachment avoidance and distancing from relationship-related memories.

For positive memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 14.196, p = .028$), indicating that within this particular model, females and males could be statistically differentiated from each other. For attachment avoidance, the significant actor effect varied depending on gender. The actor effect was significant for females, ($\beta = .21, p = .036$), but not males, ($\beta = .20, p = .065$), in the relationship between attachment avoidance and distancing from positive romantic relationship-related memories. On the other hand, males' attachment avoidance was significantly associated with females' distancing from positive romantic relationship-related memories, ($\beta = .32, p < .001$); however, females' attachment avoidance was not related with males' distancing from positive romantic relationship-related memories, ($\beta = .08, p = .476$).



Note. * $p < .05$; ** $p < .01$; *** $p < .001$ (two-tailed).

Figure 5

Basic Structured APIM Model with Standardized Effect Estimates for distancing from positive memories

Table 21

Basic Saturated APIM with Attachment Avoidance as Predictor Variable: Unstandardized Effect Estimates

	Estimate	p
Actor Effects		
Males $X_1 \rightarrow Y_1$	.072	.065
Females $X_2 \rightarrow Y_2$	.057	.036
Partner Effects		
Males to Females $X_1 \rightarrow Y_2$	.099	<.001
Females to Males $X_2 \rightarrow Y_1$	.025	.476

Note. X = Attachment Avoidance, Y = Sharing; subscript 1 refers to males, subscript 2 refers to females; p is two-tailed.

For negative memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 6.191, p = .402$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There was no association between attachment avoidance and distancing from negative romantic relationship-related memories for both female, ($\beta = .04, p = .771$), and male, ($\beta = -.03, p = .642$). Similarly, there was no significant partner effect between females' attachment avoidance and males' distancing ($\beta = .05, p = .642$). Males' attachment avoidance was not linked to females' distancing from negative

memories ($\beta = .10$, $p = .373$).

Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 7.638$, $p = .266$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively associated with their own vividness, ($\beta = -.27$, $p = .011$). On the other hand, females' attachment avoidance was not related with their own vividness, ($\beta = -.19$, $p = .069$). The partner effect was not significant for both females, ($\beta = -.07$, $p = .525$), and males, ($\beta = .09$, $p = .392$) concerning the relationship between attachment avoidance and vividness.

For positive memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 8.858$, $p = .182$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There was a negative association between attachment avoidance and vividness for both females, ($\beta = -.22$, $p = .039$) and males, ($\beta = -.21$, $p = .049$). There was not significant association between females' attachment avoidance and males' vividness, ($\beta = .08$, $p = .486$). Moreover, males' attachment avoidance was not associated with females' vividness for positive memories, ($\beta = .01$, $p = .959$).

For negative memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 10.223$, $p = .116$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively related with their own vividness, ($\beta = -.31$, $p = .004$). Females' attachment avoidance was not related with their own vividness, ($\beta = -.05$, $p = .615$). There was no significant partner effect between participants' own attachment avoidance and their partners' vividness for both

females, ($\beta = -.06$, $p = .615$), and males, ($\beta = .19$, $p = .068$).

Test of distinguishability revealed significant outcome ($X^2 (6, N = 108) = 9.931$, $p = .128$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Females' attachment avoidance was negatively associated with their own coherence, ($\beta = -.23$, $p = .030$). On the other hand, males' attachment avoidance was not associated with their own coherence, ($\beta = -.17$, $p = .114$). The partner effect for attachment avoidance on coherence was not significant for both females, ($\beta = -.02$, $p = .824$), and males, ($\beta = -.04$, $p = .738$).

For positive memories, Test of distinguishability revealed significant outcome ($X^2 (6, N = 108) = 12.968$, $p = .044$), indicating that within this particular model, females and males could be statistically differentiated from each other.

For attachment avoidance, there was no significant actor effect for attachment avoidance on coherence for positive memories for both females ($\beta = -.17$, $p = .117$), and males, ($\beta = -.05$, $p = .648$). The partner effect was not significant for females ($\beta = .09$, $p = .392$) and males ($\beta = -.07$, $p = .513$) in the context of attachment avoidance and coherence for positive memories.

For negative memories, Test of distinguishability revealed significant outcome ($X^2 (6, N = 108) = 8.028$, $p = .236$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Females' attachment avoidance was not related with their own coherence for negative memories, ($\beta = -.16$, $p = .134$); however, males' attachment avoidance was negatively related with their own coherence for negative memories, ($\beta = -.26$, $p = .134$). The partner effect was not significant for female ($\beta = -.04$, $p = .690$), and male

($\beta = .06$, $p = .589$) between attachment avoidance and coherence for negative memories.

Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 9.124$, $p = .167$), indicating that within this particular model, females and males could not be statistically differentiated from each other. The significant negative association between attachment avoidance and emotional intensity was found for both females, ($\beta = -.26$, $p = .011$), and males, ($\beta = -.28$, $p = .007$). Therefore, participants' own attachment avoidance was associated with their own emotional intensity. There were no observed associations between females' attachment avoidance and males' emotional intensity ($\beta = .06$, $p = .562$). Furthermore, the partner effect of males' attachment avoidance on females' emotional intensity was not considered significant ($\beta = -.03$, $p = .809$).

For positive memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 6.694$, $p = .350$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There was a significant negative association between attachment avoidance and Emotional intensity for both females, ($\beta = -.33$, $p = .002$), and males, ($\beta = -.27$, $p = .009$). No significant associations were discovered between females' attachment avoidance and males' emotional intensity for positive memories ($\beta = .05$, $p = .618$), and males' attachment avoidance was not linked to females' emotional intensity for positive memories ($\beta = .07$, $p = .490$).

For negative memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 11.035$, $p = .087$), indicating that within this particular model, females and males could not be statistically differentiated from each other.

There were no significant actor effects of attachment avoidance on emotional intensity for negative romantic relationship-related memories among females ($\beta = -.08$, $p = .463$). However, there was a negative correlation between males' attachment avoidance and their own emotional intensity ($\beta = -.26$, $p = .016$). Additionally, the partner effects were not found to be significant for females ($\beta = -.05$, $p = .655$) and males ($\beta = .14$, $p = .199$).

Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 9.772$, $p = .135$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance showed significant negative association with their own sensory details, ($\beta = -.24$, $p = .022$); however, females' attachment avoidance was not related with their own sensory details, ($\beta = -.17$, $p = .146$). There was not significant partner effect of attachment avoidance on sensory details for both females, ($\beta = -.06$, $p = .549$), and males, ($\beta = .05$, $p = .665$).

For positive memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 11.399$, $p = .077$), indicating that within this particular model, females and males could not be statistically differentiated from each other. A significant negative association was found between attachment avoidance and sensory details for positive memories among males, ($\beta = -.24$, $p = .023$). Females' own attachment avoidance was not related with their own sensory details, ($\beta = -.21$, $p = .050$). Therefore, males' own attachment avoidance was negatively related with their own sensory details for positive memories. No significant correlation was found between females' attachment avoidance and males' sensory details for positive memories ($\beta = .06$, $p = .599$). Males' attachment avoidance did not exhibit an

association with females' sensory details for positive memories ($\beta = .05$, $p = .646$).

For negative memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 10.81$, $p = .094$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively correlated with their own sensory details for negative memories, ($\beta = -.23$, $p = .036$). Females' attachment avoidance was not related with their own sensory details, ($\beta = .05$, $p = .681$). Females' attachment avoidance was not related with sensory details among males, ($\beta = .12$, $p = .283$), and there was not significant correlation between attachment males' avoidance and females' sensory details for negative memories, ($\beta = -.01$, $p = .385$).

Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 4.75$, $p = .576$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively related with their own valence, ($\beta = -.21$, $p = .048$); however, females' attachment avoidance was not correlated with their own valence, ($\beta = -.02$, $p = .055$). Males' attachment avoidance was not related with females' valence, ($\beta = .01$, $p = .952$). Females' attachment avoidance was not correlated with males' valence, ($\beta = .01$, $p = .977$).

For positive memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 9.178$, $p = .164$), indicating that within this particular model, females and males could not be statistically differentiated from each other. There were no significant actor effects of attachment avoidance on emotional intensity for negative romantic relationship-related memories among females ($\beta = .13$, $p = .248$), and males, ($\beta = -.20$, $p = .058$). There was no association between

females' attachment avoidance and males' valence for positive memories, ($\beta = -.01$, $p = .984$). The partner effect for males' attachment avoidance on females' valence was not significant, ($\beta = -.01$, $p = .961$).

For negative memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 5.951$, $p = .426$), indicating that within this particular model, females and males could not be statistically differentiated from each other. No significant correlation was detected between attachment avoidance and valence for negative memories in both females ($\beta = -.09$, $p = .410$) and males ($\beta = -.05$, $p = .673$). No statistically significant relationship was identified between females' attachment avoidance and males' valence for negative memories ($\beta = .11$, $p = .331$). The partner effect of males' attachment avoidance on females' valence also did not reach statistical significance ($\beta = .17$, $p = .121$).

Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 7.23$, $p = .300$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively correlated with their own time perspective, ($\beta = -.27$, $p = .010$); however, females' own attachment avoidance was not related with their own time perspective, ($\beta = -.17$, $p = .104$). There was not significant partner effect of attachment avoidance on time perspective for both females, ($\beta = -.11$, $p = .312$), and males, ($\beta = .05$, $p = .626$).

For positive memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 6.768$, $p = .343$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance showed significant negative correlation with time

perspective for positive romantic relationship-related memories, ($\beta = -.21$, $p = .049$); however, there was no association between females' attachment avoidance and their own time perspective for positive memories, ($\beta = -.11$, $p = .321$). There was no relationship between females' attachment avoidance and males' time perspective for positive memories ($\beta = .04$, $p = .710$), nor between males' attachment avoidance and females' time perspective for positive memories ($\beta = -.03$, $p = .799$).

For negative memories, Test of distinguishability revealed significant outcome ($\chi^2(6, N = 108) = 9.852$, $p = .131$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively related with their own time perspective for negative memories, ($\beta = -.32$, $p = .002$). Females' attachment avoidance was not related with their own time perspective for negative memories, ($\beta = -.10$, $p = .352$). There was no significant partner effect for either females ($\beta = -.11$, $p = .307$) or males ($\beta = .15$, $p = .172$) concerning attachment avoidance and time perspective for negative memories.

Test of distinguishability revealed significant outcome ($\chi^2(6, N = 108) = 6.528$, $p = .367$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively associated with their own accessibility, ($\beta = -.26$, $p = .012$). Females' attachment avoidance was not related with their own accessibility, ($\beta = -.14$, $p = .174$). There was no significant partner effect for either females ($\beta = -.06$, $p = .561$) or males ($\beta = .10$, $p = .344$) concerning attachment avoidance and accessibility.

For positive memories, Test of distinguishability revealed significant outcome ($\chi^2(6, N = 108) = 5.025$, $p = .541$), indicating that within this

particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively related with their own accessibility for positive memories, ($\beta = -.22$, $p = .037$); however, females' attachment avoidance did not show significant association with accessibility, ($\beta = -.19$, $p = .088$). There was no significant partner effect for either females ($\beta = .05$, $p = .657$) or males ($\beta = .10$, $p = .338$) concerning attachment avoidance and accessibility for positive memories.

For negative memories, Test of distinguishability revealed significant outcome ($X^2(6, N = 108) = 9.621$, $p = .142$), indicating that within this particular model, females and males could not be statistically differentiated from each other. Males' attachment avoidance was negatively associated with their own accessibility for negative memories, ($\beta = -.29$, $p = .007$). The direct actor effect of females' own attachment avoidance on their own accessibility for negative memories was not significant, ($\beta = .03$, $p = .801$). There was no significant partner effect for either females ($\beta = -.10$, $p = .387$) or males ($\beta = .18$, $p = .102$) concerning attachment avoidance and time perspective for negative memories.

CHAPTER 5

DISCUSSION

This study aimed to explore the relationship between attachment orientations and the properties of autobiographical memories. Specifically, we examined the associations between insecure attachment orientations, encompassing both attachment avoidance and anxiety, and ten distinct autobiographical memory phenomenology within negative and positive autobiographical memories. These dimensions included sharing, coherence, vividness, time perspective, sensory details, emotional intensity, valence, visual perspective, accessibility, and distancing. Additionally, we explored whether an individual's insecure attachment orientation is associated with their partner's autobiographical memories. In the subsequent sections, we discuss the main findings within the context of attachment theory. We also evaluate the strengths and limitations of this study, while providing recommendations for future research.

According to Partial Correlational Analyses, for negative memories, a significant positive association between attachment anxiety and sharing, and emotional intensity was found. For males, attachment anxiety was positively related to emotional intensity. And there was a negative association between attachment avoidance and coherence. For positive memories, there was no significant association between attachment anxiety and coherence. There was a significant positive association between attachment avoidance and distancing and a negative association between attachment avoidance and accessibility. For males, there was a negative association between attachment avoidance sensory details, and emotional intensity. There was a positive association between attachment avoidance and

distancing. For females, attachment avoidance was negatively related to vividness, emotional intensity, sensory details, emotional intensity, and sharing. Moreover, there was a positive relationship between attachment avoidance and distancing. On the other hand, we did not find any significant association between insecure attachment orientations such as attachment avoidance and anxiety and other phenomenological properties of positive and negative autobiographical memories. According to APIM results, for negative memories, males' attachment anxiety and their own sharing of negative memories were found to be positively related. Attachment anxiety and participants' own distancing were related for both females and males. Males' attachment anxiety was associated with their own emotional intensity. Females' attachment avoidance was positively correlated with males' sharing of negative memories. Males' attachment avoidance was negatively related to their own vividness, coherence, sensory details, time perspective, accessibility, and emotional intensity. For positive memories, males' attachment anxiety and their own visual perspective, and distancing were related. Females' own attachment anxiety was negatively related to their own vividness. Females' avoidance was negatively associated with sharing for positive memories, and positively related with distancing from memories. Males' attachment avoidance was positively related to females' distancing from positive memories. Females' and males' attachment avoidance was negatively related to vividness and emotional intensity. Males' attachment avoidance was negatively related to sensory details, time perspective, and accessibility.

5.1. Discussion of Correlation Analysis Findings Regarding Demographic Variables

The aim of the present study did not mainly focus on demographics; however, the findings regarding demographic variables were discussed. The link between the main study variables and demographic variables of the couple, such as education status, relationship status, and age, was analyzed. Attachment avoidance and age were positively correlated; however, there was no association between age and attachment anxiety in the present study. Results regarding the correlation between age and attachment orientation partially supported the findings in the literature. In the existing literature, there is an absence of consensus on the association between age and attachment orientations. For instance, attachment anxiety was found to be decreased with aging, and individuals in middle or late adulthood showed a lower degree of attachment anxiety compared to young adults and adolescents (Klohnen & John, 1998; Chopik et al., 2019; Chopik & Edelstein, 2014; Van Assche et al., 2013); however, Birnbaum (2007) reported that age and attachment anxiety were not correlated. Van Assche et al., (2013) indicated that attachment anxiety can exhibit varying patterns as individuals age. Some individuals might experience a decline in attachment anxiety as they become more convinced that others can be caring and responsive, ultimately altering their IWMs and possibly resulting in what is termed ‘earned security’. On the contrary, in certain individuals, attachment anxiety may remain stable or even intensify with age. This is often influenced by experiences that affirm their belief that others are unavailable or unresponsive, such as the failure to establish a stable romantic relationship. Chopik et al., (2019) found that being in relationship is linked to lower levels of anxiety and

avoidance. Additionally, they observed that as people get older, those who are single tend to experience sharper decrease in these orientations, while age does not have the same effect on those in relationships. They explained that having an emotional bond in romantic relationships has potential to reduce anxiety. Such relationships often encourage and require improved emotional regulation, which can result in decreased negative emotions, ultimately reducing anxiety. In our current study, all participants were involved in romantic relationships lasting for at least two years. Consequently, it is possible that their anxiety levels have decreased during this time frame, making it challenging to identify a direct link between age and attachment anxiety. A longitudinal study would be more suitable for exploring the relationship between attachment anxiety and age from the start of a relationship to two years later.

In the literature, age-related variations in avoidance remain uncertain. Some studies support that avoidance and age are positively correlated suggesting that avoidance increases over time (Birnbaum 2007; Chopik & Edelstein, 2014); however, other studies reported that there was no negative change in avoidance with age (Klohn & John, 1998; Chopik et al., 2019). Van Assche et al., (2013) conducted an analysis of research studies published from 1983 to 2012 to investigate how attachment patterns change as individuals age. Most cross-sectional studies focusing on attachment in middle and later adulthood indicate a higher occurrence of avoidant attachment compared to young adulthood and adolescence. Zhang and Labovie-Vief (2004) conducted a six-year longitudinal study on adult attachment styles involving individuals ranging from 15 to 87 years of age. The results indicated that attachment styles demonstrated a degree of stability during a six-year period for secure individuals; however, over time, older individuals tended to become either

more avoidant or more secure while becoming less anxious in comparison to a group of younger adults. They explained that individuals might try to maintain their happiness by simplifying their lives in later life. For instance, when older individuals face losses in their attachment relationship (e.g., losses of close friends, family members etc.) and self-capacity, they might cope by prioritizing independence and self-reliance while reducing their focus on interdependence. They discovered that people's coping and well-being over six years were strongly tied to their sense of attachment security. Improved coping led to increased feelings of security, while feeling worse or reporting more depressive symptoms resulted in heightened feelings of insecurity. Our study indicates a potential positive correlation between attachment avoidance and age, where older individuals tend to display a greater inclination toward avoidant attachment styles. These results enhance our comprehension of how attachment patterns can change and adjust over the course of a lifetime, especially in response to the challenges and transitions that accompany aging. In future research, it could be beneficial to consider life experiences when examining the relationship between attachment avoidance and age. This might entail inquiring about various life events, such as losing a home, children leaving home, retiring from work, or experiencing significant health changes. By delving into these experiences, we might gain insights into how attachment avoidance might be linked to age in the context of life transitions. They underscore the notion that attachment styles are not static throughout one's life but can undergo shifts, particularly in later adulthood, highlighting the dynamic nature of attachment and its susceptibility to the impact of various life experiences.

Males' attachment anxiety and relationship status (committed/flirt, engaged,

and married) were negatively correlated; however, there was no significant association between attachment anxiety and relationship status for female participants. On the other hand, attachment avoidance was not related to relationship status. These findings are consistent with the literature. Crowell et al., (2002) indicated that securely attached individuals' attachment orientations were stable in the transition to marriage; however, anxiously attached individuals were more prone to change in their attachment orientations than avoidantly attached individuals in the transition to marriage. Avoidantly attached individuals might have limited access to attachment-related information or restrict intimacy as their relationships evolve because of deactivating strategies. Therefore, changes in their attachment orientations might be different than anxiously attached individuals. On the other hand, anxiously attached individuals might experience proximity both physical and emotional in marriage which in turn decrease in their fear of abandonment. Roisman (2007) indicated that married men were coded more secure than single men. Anxiously attached males during the dating phase might tend to be more susceptible to feelings of threat and fear of abandonment than in the engagement or marriage phases. This finding might suggest that males could get evidence that their relationship will last, subsequently reducing their anxiety due to the perceived availability of their partners. Males with an anxious attachment orientation in dating might become preoccupied with their relationship status and seek reassurance. Schachner et al., (2008) indicated that there was no difference for females in attachment anxiety and relationship status; however, single men were more prone to show higher attachment anxiety than men who have romantic relationships. They explained that these gender differences might be associated with cultural norms. Men

might be culturally expected to initiate romantic relationships; therefore, they might face more risk of rejection. In the present study, a decrease in attachment anxiety for males, but not females might be associated with the lower degree of perceived risk of rejection due to cultural norms.

5.2. Discussion of Partial Correlation Analysis Findings Regarding Attachment Orientations and the Phenomenological Properties of Autobiographical Memories

The partial correlation of attachment orientations and the phenomenological properties of positive and negative autobiographical memories for both females and males were analyzed. For the positive memories, attachment anxiety was not correlated with coherence, valence, sharing, vividness, sensory details, and emotional intensity. These findings are supported by the previous studies, which mainly indicated that the information processing of anxiously attached individuals exhibited a bias toward negative stimuli rather than positive ones. Gillath et al., (2005) conducted an fMRI experiment with 20 women. These participants were asked to think about different relationship scenarios and try to stop these thoughts during the experiment. Individuals with attachment anxiety displayed both increased activity in the anterior temporal pole (ATP), a region linked to feelings of sadness, and decreased activity in the orbitofrontal cortex (OFC), a region associated with the regulation of emotions. Additionally, their findings showed that attachment anxiety was linked to increased activation in the hippocampus, a region known for its role in memory retrieval, suggesting that highly anxious individuals tend to have enhanced access to negative memories. Consequently, a higher level of attachment anxiety may hinder the processing of positive relational information that could potentially

alter the existing schema (Öner & Gülgöz, 2016; Edelstein, 2006; Mikulincer et al., 2004; Wang et al., 2018). Furthermore, Sutin and Gillath (2009) suggested that significant relational experiences of anxiously attached individuals tended to be saturated with negative emotions. Mikulincer and Orbach (1995) reported that individuals with attachment anxiety tend to have a quicker recall of negative experiences with attachment figures, as opposed to positive ones. They were prone to easily access the negative content and emotions in their memories, suggesting that they might struggle to inhibit the recall of negative experiences, and may find it challenging to leverage the soothing function that memories typically offer. Öner and Gülgöz (2016) reported that individuals with anxious attachment did not give personal significance to positive memories, even though these memories were frequently rehearsed. Conway et al., (2004) reported that memories are associated with self-beliefs and self-knowledge, and positive memories might create discrepancy for self-memory systems of anxiously attached individuals. Therefore, processing positive information might intersect with their IWMs, which turns into a bias toward negative stimuli rather than positive ones.

As consistent with previous literature (Boyacıoğlu, 2012; Edelstein, 2006; Öner & Gülgöz, 2016), we found that attachment avoidance was positively correlated with distancing, and negatively correlated with accessibility, sharing, vividness, sensory details, and emotional intensity for positive memories. Öner and Gülgöz (2016) indicated that poorer phenomenology and memory rehearsal are associated with higher levels of attachment avoidance, suggesting that individuals with higher attachment avoidance decrease the subjective value of the experience. Therefore, individuals with high levels of avoidance initially restricted their

experience, both cognitively and emotionally, during the encoding process. Consequently, memories of lower levels of significance, consequence, and emotional impact were subsequently recalled with reduced emotional intensity and sensory vividness, akin to the retrieval of autobiographical memories (D'Argembeau et al., 2003; Talarico et al., 2004). Boyacıoğlu (2012) indicated that avoidantly attached individuals used deactivation in their affective system for positive memories, suggesting that affect regulation strategies of avoidantly attached individuals have an impact on the positively charged memories. Boyacıoğlu (2012) reported that individuals' report of love and happiness for positive memories was negatively related to attachment avoidance. For positive memories, attachment avoidance was not linked with coherence. Öner and Gülgöz (2016) explained that individuals with avoidant attachment orientations are prone to disregard the emotional intensity and significance of relational experiences, even if these experiences are positive, resulting in reduced revisitation or contemplation of such experiences. Therefore, individuals with avoidant attachment orientations may tend to recollect their positive romantic memories less frequently and perceive them as more distant, primarily due to deactivation in their affective system concerning positive memories. Sutin and Robins (2007) indicated that sharing is linked with an increase in intimacy between individuals. Individuals with attachment avoidance might avoid forming intimacy which turns into less sharing. Avoidantly attached individuals' lower level of sharing positive experiences might decrease the further elaboration of positive memories which results in poorer phenomenology. Ein-Dor et al., (2011) pointed out that attachment avoidance is linked with the fight-slight schema for processing relational information, and individuals with avoidant attachment orientations tend to exhibit a

lower occurrence of schematic memories related to information that does not align with their established schema. Therefore, individuals with avoidant attachment orientations might distance themselves from their positive memories and tend to exhibit lower-level access because these memories might not align with their IWMs. Öner and Gülgöz (2016) indicated that avoidance-biased information processing intervenes in processing positive information and encoding positive memories, which turns into avoidantly attached individuals who are prone to keep their memories distant and exhibit lower levels of detail and emotions in their remembering. Moreover, individuals with avoidant attachments take precautions against possible negative and even positive experiences to reduce the impact of intimacy-related events (Fraley & Shaver, 2007). Moreover, remembering positive romantic memories increases perceived warmth in long-term relationships, suggesting that positive romantic memories have an intimacy function (Alea & Bluck, 2007); however, individuals with avoidant attachment experience discomfort in closeness and intimacy (Trebourg et al., 2004). In the case of avoidant individuals, the likelihood of incorporating positive experiences and utilizing them as corrective feedback within their relationship is diminished, as suggested by research (Bluck & Habermas, 2000; Bluck et al., 2010). Nonetheless, the recollection of positive memories, which serves an intimacy-related function, may introduce conflicts within the IWMs of individuals with avoidant attachment orientations. Consequently, the deliberate distancing from positive memories and reduced recollection frequency may intersect with their IWMs.

For negative memories, attachment avoidance was negatively correlated with coherence. In existing literature, there are mixed and inconclusive findings

concerning attachment avoidance and narrative coherence. Wang et al., (2018) reported that adults with higher avoidance were more likely to present their positive and negative autobiographical memories related to married life in incoherent narratives. They explained that the negative beliefs that avoidant individuals hold about their interactions with attachment figures might hinder their ability to construct attachment-related memories coherently. Moreover, the defensive processes employed by avoidant adults, such as denying or distorting thoughts and feelings related to attachment experiences, may disrupt their narration of attachment-related experiences. This interference might lead to narrative description that are either off-topic or incorrect in their logical sequence. Mikulincer and Orbach (1995) reported that memories of interpersonal experiences as reported by individuals with avoidant attachment tend to exhibit characteristics, such as being less coherent and emotionally intense. Sutin and Gillath (2009) explained that individuals with high levels of avoidance may recall a relationship memory in an incoherent manner as a strategy to diminish its immediate emotional impact. On the other hand, Boyacıoğlu (2012) found that attachment avoidance had a positive effect on narrative coherence. Individuals with avoidant attachment tendencies might tend to construct memory narratives marked by overgeneralization, where they describe events devoid of emotions or thoughts, as a part of their secondary affect regulation strategies. In our current study, we found that higher attachment avoidance was associated with lower levels of coherence in negative memories. This connection could be attributed to the emotional impact that romantic relationship-related memories might have on individuals with attachment avoidance. Consequently, they might attempt to suppress these memories, potentially resulting in increased incoherence.

For negative memories, attachment anxiety was positively correlated with sharing and emotional intensity; but not related to coherence. Previous studies displayed different results in terms of attachment anxiety and coherence. For instance, Sutin and Gillath (2009) found the negative association between memory coherence and attachment insecurities. Moreover, attachment anxiety had a negative impact on narrative coherence for negative memories (Boyacıoğlu, 2012). On the other hand, attachment anxiety did not display a significant association with reduced coherence in negative attachment-related memories (Wang et al., 2018).

Vanderveren et al., (2017) discussed that memory coherence has been studied in different ways, and various research fields use different methods to assess it in personal stories. This lack of consistency makes it hard to compare studies across these fields. Hence, the variation between our study's results and those of other studies could be linked to differences in how measurements were conducted. Sutin and Gillath (2009) found the positive association between attachment anxiety, and negative affect and emotional intensity in negative memories. Öner and Gülgöz (2016) reported that anxiously attached individuals are more likely to remember negative memories because of their more frequent rehearsal. Haggerty et al., (2010) indicated that individuals with high attachment anxiety experience heightened emotional arousal, especially in the context of relationship-related memories, particularly negative ones. A higher level of anxiety was found to be correlated with more frequent rehearsal of negative experiences, which turn into intensified memory representations. In case of negative experiences, this situation might indicate efforts to safeguard the self, thereby keeping the individual in a state of heightened vigilance against potential relational threats. Additionally, individuals may engage in

discussion about their relational issues and seek support from others to alleviate their anxiety. When individuals recall past attachment-related experiences, those with insecure attachment tendencies draw upon their negative IWMs, perceiving others as unavailable and unresponsive if they lean toward avoidance, or viewing themselves as unworthy of love and affection from others if they tend toward anxiety (Mikulincer & Orbach, 1995). As a result, they may exhibit less efficient emotion regulation and process relationship-related information in a more negative manner compared to secure adults, who score low in both anxiety and avoidance.

In our present study, our primary emphasis was on understanding how individuals personally perceive the coherence of their memories related to romantic relationships. Previous research on avoidance and memory coherence has predominantly relied on assessments of coherence made by external research raters (e.g., Conway et al., 2004). In our study, individuals might rate their memories as more or less coherent based on their subjective evaluation. This is why our study's findings may differ from other research on attachment orientations and coherence, as these differences could be attributed to variations in the measurement methods used.

5.3. APIM Results regarding Attachment Orientations and the Phenomenological Properties of Autobiographical Remembering

The relationship between attachment orientations and the phenomenological aspects of autobiographical memories was examined using the Actor-Partner Interdependence Model (APIM) through APIM_SEM. In the literature, there was no existing study examining the association between males' and females' attachment orientations and their partners' phenomenological properties. The result of this study demonstrated that an individual's insecure attachment orientation, whether

characterized by anxiety or avoidance, manifests distinct associations with their partners' phenomenological properties. Furthermore, gender differences were observed in the association between one's insecure attachment and their partner's autobiographical recollection. Additionally, the types of memories, positive or negative, showed different patterns in these associations.

According to APIM results, female attachment avoidance showed a positive association with their partners' sharing for negative memories, and male's attachment anxiety was positively related with their partners' sharing for negative memories. Crawford et al., (2021) indicated that individuals with higher attachment anxiety was linked to higher assessment of the significance of relationship-specific memories and experienced a slower fading of associated emotions. Hence, males with anxious attachment orientations might struggle with self-soothing, making it challenging for them to let go of negative emotions associated with their relational memories. This, in turn, could lead to an increased tendency for their partners to share negative memories as well. This may be because attachment-anxious individuals often seek reassurance and emotional support from their partners. Consequently, their anxiety might prompt their partners to engage in more sharing and discussion, particularly concerning negative memories, to provide the needed support. Boyacıoğlu and Sümer (2011) indicated that attachment anxiety's link to how people view their past can be explained by their hyperactivating strategies. These strategies include recalling negative memories, fixating on personal shortcomings, the automatic triggering of negative emotions, the amplification of emotional responses, and the continual focus on concerns related to threats. For individuals with attachment anxiety, this often results in negative and

dissatisfactory assessments of their personal history, primarily because of their persistent attention to self-perceived deficiencies and negative emotions. Therefore, males with anxious attachment orientation might have difficulty in letting go of negative experiences with their partners, which might be associated with their partners' sharing negative memories as well. This situation might be associated with difficulty for their partners also forgetting or accepting their negative romantic relationship-related memories, which might be associated with sharing more.

Philippe et al., (2013) explained that individuals often recall memories related to their relationships when they are reminded of their partners or other cues related to their relationships. This activation of memories might immediately influence their attitudes and behaviors toward their partners, depending on how satisfying the memory is. These attitudes and behaviors, in turn, might be perceived by their partners and affect how their partners view the quality of the relationship. In the case of female attachment avoidance, the positive association with male sharing suggests that when females exhibit higher levels of avoidance, their partners, in this case, males, tend to share more of their negative memories. This might be due to females with higher avoidance levels being less open to discussing these negative experiences directly, prompting their partners to take on a more active role in sharing and discussing such memories.

According to APIM results, males' attachment avoidance was found to be positively related to females' tendency to distance themselves from positive memories. Alea and Vick (2010) indicated that the ability to recall meaningful relationship events, such as the first meeting or kiss, with greater sense of positivity is a strong predictor of higher marital satisfaction throughout one's life. Avoidant

attachment is linked to the use of deactivation strategies, which entail creating emotional distance from intimacy and closeness. This behavior might potentially trigger feelings of insecurity in their partners, leading to a greater emotional disconnect from positive memories. The utilization of deactivation strategies might weaken their partners' capacity to recollect positive and meaningful relationship events. Lemay and Neal (2013) reported that individuals' recollection of events and experiences could shift either a positive or negative direction depending on their perceptions of their partners. When individuals highly value a relationship with a specific person, as evidenced by their strong commitment to the relationship, a genuine desire to prioritize the other person's well-being, and a positive regard for that person, they tend to remember that person's behavior as more responsive. This means they see the behavior as indicative of reciprocity of these positive sentiments, compared to their initial perception of that person's behavior and the person's actual behavior. Simply, individuals may exhibit a positive memory bias for some people and a negative memory bias for others, and these biases may change as their valuation of different individuals evolves. Rodriguez et al., (2019) examined how attachment anxiety and avoidance influence the tendency to either overestimate or underestimate their partners' relationship satisfaction, commitment, and responsiveness. They found that individuals with higher levels of avoidance, as well as individuals whose partners had higher levels of avoidance, tended to perceive their partners as less satisfied and less committed. Furthermore, individuals with higher levels of avoidance exhibited a pessimistic bias, perceiving their partners as less satisfied and less committed than their partners reported being. Individuals with higher levels of attachment avoidance tend to engage in schema-driven processing,

as outlined in Dykas and Cassidy (2011). In this cognitive process, their perceptions of their partners are influenced by negative relationship beliefs and expectations. These perceptual biases play a crucial role in how attachment avoidance can disrupt the healthy functioning of relationships, primarily by triggering maladaptive responses, as suggested by Mikulincer and Shaver (2003). Brassad et al., (2009) reported that men's avoidance tendencies predicted conflict experienced by women, and the connections between attachment insecurities and relationship dissatisfaction were influenced by the presence of conflict. Cortes et al., (2018) reported that individuals who have happiness in their current relationships tend to perceive positive relationship events as subjectively closer in time and more significant compared to negative events. Moreover, the perceived temporal closeness of positive events, as opposed to negative ones, operates in a similar manner to positive illusions and has a relationship-enhancing effect, which turns into higher level of relationship satisfaction, commitment, love, trust, and perceived relationship quality. Males with attachment avoidance and their maladaptive responses may be associated with how females perceive their partners and relationship satisfaction with their partners, potentially hindering the development of closer, more positive memories that are associated with enhancing intimacy in relationship.

5.4. Limitations, Contributions, Future Directions and Clinical Implications

The limitations of the current study should be taken into consideration when interpreting the results and guiding future research directions. In the current study, we separately incorporated attachment avoidance and anxiety into the APIM model. Dewitte et al., (2021) investigated cross-lagged effects and concurrent changes in partner forgivingness and attachment over a 2-year period, using data from two

measurement points. Furthermore, dyadic analyses were performed within their study. They found that attachment dimensions (anxiety and avoidance) were positively correlated. In terms of cross-lagged relationships, higher Time 1 (T1) attachment anxiety predicted higher Time 2 (T2) attachment avoidance, and higher T1 attachment avoidance predicted higher T2 attachment anxiety. Hence, attachment avoidance and anxiety in couples may evolve and exhibit interconnected patterns in enduring relationships. Consequently, interpreting the study results based solely on individual assessments of attachment avoidance and anxiety might be challenging. For instance, while females' attachment avoidance was linked to males' sharing of negative romantic relationship-related memories, this association could also be related with the males' own anxiety levels. In the future studies, especially those with larger samples, it might be significant to simultaneously account for couples' attachment avoidance and anxiety within a single model. It's important to note that it employs a cross-sectional design, which does not enable the prediction of cause-and-effect relationships. To address this limitation, future research could benefit from utilizing a longitudinal research approach, which would facilitate the establishment of causal links based on the findings and the examination of how insecure attachment orientations (anxiety and avoidance) influence the encoding and retrieval of autobiographical memories over an extended period, thus enhancing our comprehension of their potential bidirectional relationships. These longitudinal studies should include more diverse racial and cultural samples. This is a crucial factor to address one of the limitations concerning generalizability. Despite the strengths of our study's sample, the findings can only be applied to Turkish couples who have been in committed relationship at least 2 years and are willingly to

complete questionnaires and report their romantic memories. Researchers have discovered significant cultural variations in the level of detail and the volume of narrative in autobiographical memories (Şahin & Mebert, 2013; Wang & Conway, 2004). In a study conducted by Şahin and Mebert (2013), U.S. students and Turkish students were compared to investigate memory variables from both cross-cultural and four cultural self-construal perspectives. The findings at a cultural level revealed that U.S. students' earliest memories were dated roughly six months earlier, had a larger volume, and tended to be more positive. Additionally, U.S. students reported their memories as being more important. In contrast, Turkish students' memories exhibited more detail, a higher proportion of propositions, contained self-, other-, and we-related words, had higher other–self ratios, and were generally clearer when compared to the memories of U.S. students. In a study conducted by Wang and Conway (2004), European American and Chinese adults were invited to recall memories spanning various periods of their lives. The research outcomes indicated that European Americans tended to offer more memories related to individual experiences and unique, one-time events. Their narratives often revolved around their own roles and emotions. In contrast, the Chinese participants exhibited a stronger tendency to emphasize social interactions and the significance of others in their memory narratives. The study's sample is restricted to couples in committed relationships, which poses a challenge in generalizing the findings to a broader population not included in this study. Earlier research, like the work of Öner and Gülgöz (2016), has demonstrated that the nature of the relationship (current or previous) is linked to distinct memory characteristics. Future research endeavors could incorporate a more diverse range of relationship types, including LGBTQ+

couples, divorced couples, or couples expecting a child. Conducting a longitudinal study to investigate whether one partner's attachment orientation influences their partner's recollection could offer valuable insights into this dynamic. The data for this study was gathered through self-report techniques, which can be susceptible to social desirability bias. Moreover, individuals might not want to give detailed relationship-related memories. Therefore, future research could benefit from a combination of self-report data and experimental methods. Participants in this study have the autonomy to select which events to share, which means that the chosen positive or negative events might not be representative of all romantic relationship-related events. Even though the study includes an equal number of positive and negative romantic relationship-related memories, it does not imply that individuals experience an equal number of positive and negative memories. Collins et al. (2004) highlighted the importance of implicit and explicit working models and the potential limitations of self-reporting on internal working models (IWMs). They suggested that self-reporting and explicit measures of IWMs might capture conscious aspects of IWMs but may not fully capture unconscious elements. Individuals might not always accurately report their feelings and thoughts due to self-regulation or self-representation mechanisms. Bowlby (1973) also pointed out that individuals may experience a disconnect between conscious and unconscious elements of IWMs. Thus, some individuals may not provide entirely accurate information when using self-report measures. Future studies could employ paradigms designed to capture implicit features of IWMs, such as the Adult Attachment Interview or Current Relationship Interview. Additionally, measuring physiological responses during the retrieval of romantic relationship-related memories or utilizing unstructured or

projective tasks to access these memories might be beneficial in assessing the relationship between attachment orientations and memory functioning. Another limitation to consider relates to personality traits. Haggerty et al. (2010) emphasized that differences in recalling past experiences are associated with differences in personality traits. This current study does not examine personality traits.

Despite these limitations, the study's results may yield significant findings regarding partner effects and the underlying memory mechanisms involved in romantic relationship-related memories. To the best of our knowledge, the connection between attachment orientations and the phenomenological properties of autobiographical memories has not previously been explored in a Turkish sample using the Actor-Partner Interdependence Model. This study aims to shed light on the association between males' and females' insecure attachment orientations in their remembering. The association between attachment orientations and the phenomenological properties of autobiographical memories was found in the present study. There was a different mechanism for positive and negative romantic relationship-related memories for women and men. The partner effect was found in the present study; however, the mechanism behind this association could be studied in future research studies.

In this study, The Little's (1988) MCAR test indicated that the missing values were not randomly distributed ($\chi^2 = 234.32$, $p = .000$). There was variation in missingness based on memory types, distinguishing between positive and negative memories. Specifically, for positive memories, the missingness percentage for MEQ-SF subscales was 5.5. On the other hand, negative memories exhibited a missingness percentage of 10.5 for MEQ-SF subscales. Therefore, differences in missingness

emerged between positive and negative memories. However, examining the missingness patterns was not within the scope of the current study. This leaves a gap in understanding the reasons behind this discrepancy and the potential implications for the study's outcomes. Burnell et al. (2020) highlighted distinctions between positive and negative memories concerning their adaptive and maladaptive functions. Positive memories, as suggested by their findings, tended to be more beneficial than detrimental, indicating an adaptive pattern. Conversely, negative memories displayed a mixed pattern in terms of adaptive and maladaptive functioning. Moreover, participants reported that they were unwilling to erase the positive memories; however, they found mixed results for negative memories. Participants tended to either show a high likelihood or no likelihood at all erasing their most negative memories. These outcomes indicate that there are individuals who are strongly inclined to eliminate their most negative memories, while others are very hesitant to do so. Participants' willingness to erase their negative memories differed based on the functions of the negative memories. Participants did not want to erase their negative memories if they believed that these memories have adaptive functioning in their lives. For understanding the missingness pattern might help understand individuals' willingness to remember and report their memories. Future studies might examine how individuals differ in reporting positive and negative memories. There is an effort to suppress memories when these memories generate anxiety or negative emotions and contradict our plans, goals, and beliefs (Conway, 2005; Conway & Pleydell-Pearce, 2000). Moreover, self-memory systems (SMS) explain the association between autobiographical memory and the self. Within the Self-Memory System (SMS), goals play a crucial role in shaping how information is

encoded, stored, and retrieved, ultimately influencing the content and accessibility of autobiographical memories. A central concept in the Self-Memory System (SMS) is that our autobiographical memories, including what we remember and what we forget, are influenced by our current self-concept, known as the "working self." Memories that align with the goals and values of our working self are more likely to be remembered, while memories that contradict or conflict with our working self may be forgotten or less accessible. Depending on current goals, the working self can either enhance or inhibit the recall of specific memories. According to the SMS (Self-Memory System) model, autobiographical forgetting is a deliberate, purposeful process driven by goals and executive functions. This process involves actively suppressing or gating certain memories, preventing them from entering consciousness. Memories that are considered irrelevant, inconsistent with an individual's current identity goals, or emotionally distressing are especially prone to be forgotten or pushed aside in this goal-driven memory management system. Therefore, participants who did not report negative memories about their current romantic relationship might differ from others based on their current goals or the emotional intensity of these memories in the present study. Future studies might consider conducting subgroup analyses to explore whether missingness patterns vary across different demographic or psychological factors. This could shed light on whether specific participant characteristics are associated with missing data and its implications.

From a clinical perspective, this study can provide valuable insights for therapists working with couples. When therapists engage with couples and inquire about their memories of their romantic relationships, they should consider the

influence of attachment orientations. Couple and family therapists should pay special attention to the couple's attachment history and orientations when constructing a narrative of their relationship. Throughout the therapy process, how one partner recalls their romantic relationship-related memories can serve as an indicator of their attachment orientation in romantic relationships.



APPENDICES**APPENDIX A****Demografik Bilgi Formu**

1. Cinsiyetiniz: Kadın / Erkek / Non-binary / Diğer
2. Yaşınız:
3. Eğitim durumunuz:
İlkokul / Ortaokul / Lise / Lisans / Yüksek Lisans / Doktora
4. Şu anda devam etmekte olan romantik ilişkiniz var mı? Evet / Hayır
5. Romantik ilişki durumunuz? Flört-Sevgili / Söz-Nişan / Evli
6. Partnerinizle ilişkinizin başlangıcından bugüne kadar geçen süre: 0-6 Ay arası / 6 Ay-1 Yıl arası / 1-2 Yıl arası / 2 Yıl ve üzeri
7. Hamile misiniz? Evet / Hayır

APPENDIX B

Yakın İlişkilerde Yaşantılar Envanteri II (YİYE-II)

Aşağıdaki maddeler romantik ilişkilerinizde hissettiğiniz duygularla ilgilidir. Bu araştırmada sizin ilişkinizde yalnızca şu anda değil, genel olarak neler olduğuyla ya da neler yaşadığınızla ilgilenmekteyiz. Maddelerde sözü geçen "birlikte olduğum kişi" ifadesi ile romantik ilişkide bulunduğunuz kişi kastedilmektedir. Her bir maddenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşısındaki 7 aralıklı ölçek üzerinde, ilgili rakam üzerine tıklayarak gösteriniz: 1 (Hiç katılmıyorum), 4 (Kararsızım/fikrim yok), 7 (Tamamen Katılıyorum).

Birlikte olduğum kişinin sevgisini kaybetmekten korkarım	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissedirim.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Sıklıkla, birlikte olduğum kişinin beni gerçekten sevmediği kaygısına kapılırım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişilere güvenip inanmak konusunda kendimi rahat bırakmakta zorlanırım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)

Romantik ilişkide olduğum kişilerin beni, benim onları önemsedğim kadar önemsemeyeceklerinden endişe duyarım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişilere yakın olma konusunda çok rahatımdır.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Sıklıkla, birlikte olduğum kişinin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişilere açılma konusunda kendimi rahat hissetmem.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
İlişkilerimi kafama çok takarım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişilere fazla yakın olmamayı tercih ederim.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Benden uzakta olduğunda, birlikte olduğum kişinin başka birine ilgi duyabileceği korkusuna kapılırım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişiyle kolayca yakınlaşabilirim.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)

Birlikte olduğum kişinin beni terk edeceğinden pek endişe duymam.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişiyle yakınlaşmak bana zor gelmez.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişi kendimden şüphe etmeme neden olur.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Genellikle, birlikte olduğum kişiyle sorunlarımı ve kaygılarımı tartışırım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Terk edilmekten pek korkmam.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Zor zamanlarımda, romantik ilişkide olduğum kişiden yardım istemek bana iyi gelir.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişinin, bana benim istediğim kadar yakınlaşmak istemediğini düşünürüm.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişiye hemen hemen her şeyi anlatırım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişiler bazen bana olan duygularını sebepsiz yere değiştirirler.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Başımdan geçenleri birlikte olduğum kişiyle konuşurum.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Çok yakın olma arzum bazen insanları korkutup uzaklaştırır.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissederim.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)

Romantik ilişkide olduğum bir kişi beni yakından tanıdıkça, “gerçek ben” den hoşlanmayacağından korkarım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkeliendirir.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Başka insanlara denk olamamaktan endişe duyarım.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişiye şefkat göstermek benim için kolaydır.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişi beni sadece kızgın olduğumda önemser.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)
Birlikte olduğum kişi beni ve ihtiyaçlarımı gerçekten anlar.	1 (Hiç Katılmıyorum)	2	3	4 (Kararsızım/ Fikrim yok)	5	6	7 (Tamamen Katılıyorum)

APPENDIX C

Bellek Deneyimleri Anketi-Kısa Form

Lütfen az önce yazdığınız anıyı düşünerek, aşağıdaki her ifadeye en kadar katıldığınızı, 1’den 5’e kadar size en uygun olan sayıyı işaretleyerek değerlendiriniz: 1 (Tamamen Katılmıyorum)- 5 (Tamamen Katılıyorum).

1. Bu anının aklıma gelmesi benim için zordu.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
2. Olayı hatırladığımda, zihnimde seslerini duyabiliyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
3. Bu anının genel havası olumlu.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
4. Bu olayla ilgili anım flu.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
5. Bu anıdaki olay sırası net.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
6. Bu anıyı nadiren başkalarına anlatırım.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
7. Bu olayla ilgili hislerim çok yoğun.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
8. Bu anıyı sanki bu deneyimime dışardan bakan bir gözlemciymişim gibi görebiliyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
9. Bu anının yaşandığı yıllarla ilgili anım flu.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
10. Bu olayla ilgili anım çok canlı.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)

11. Bu anı benim için hatırlaması kolay bir anıydı.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
12. Yaşandığından beri, bu olayla ilgili birçok kez konuştum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
13. Bu anıdaki kişinin bugün olduğumdan farklı bir kişi olduğunu hissediyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
14. Bu anının yaşandığı günle ilgili anım net.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
15. Bu anının genel havası olumsuz.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
16. Bu anıyı tutarlı ve mantıklı bir hikâye olarak değil, parçalar halinde hatırlıyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
17. Bu anıyı hatırlayabilmem için öncesinde bir süre düşünmem gerekti.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
18. Sık sık bu anı hakkında düşünür ya da başkalarıyla konuşurum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
19. Bu anıyı hatırladığımda ‘ben artık bu değilim’ diye düşünüyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
20. Bu olayın anısı güçlü duygular uyandırıyor.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
21. Bu olayı hatırladığımda, kendimi olayı izleyen bir gözlemci gibi görüyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
22. Bu anı bir kez belirli bir yerde ve zamanda olan tek bir olayla ilgilidir, birçok benzer ya da ilişkili olayın bir özeti ya da birleşimi değildir.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
23. Bu anıdaki kişinin bugün olduğum aynı kişi olduğunu hissediyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)

24. Bu olayı hatırladığımda, olay olduğu anda düşündüğüm aynı şeyleri düşünüyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
25. Bu anıyı hatırladığımda, deneyimimi kendi gözlerimle görüyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
26. Bu anının yaşandığı saatle ilgili anım net.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
27. Bu olayla ilgili anım çok ayrıntılı.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
28. Bu anı belirli bir olayla ilgili bir anı değil, birçok benzer ve ilişkili olayın karışımı.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
29. Bu anı bende güçlü duygular uyandırmıyor.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
30. Bu olayla ilgili anım çok fazla duyuşsal bilgi içermiyor (sesler, kokular, tatlar, vs.)	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)
31. Bu olayı hatırladığımda, bu deneyimim sırasındaki belirli fiziksel tepki ve duyumlarımı hatırlamakta zorlanıyorum.	1 (Tamamen katılmıyorum)	2	3	4	5 (Tamamen katılıyorum)

APPENDIX D

Memory Report Instruction

Memory Report Instruction for Positive Memories

Bu bölümde sizden başınızdan geçmiş önemli olaylardan bahsetmenizi isteyeceğiz.

İlk aşamada lütfen şu anki romantik ilişkiniz içinde **son 6 ayda** yaşamış olduğunuz **olumlu** anılarınızı düşünün ve bu anılardan en önemli gördüğünüzü anlatın. Bu anı herhangi bir olaya ait olabilir. Önemli olan belirli bir gün ve zamanda gerçekleşmiş önemli bir olumlu olaya ilişkin olması.

Şimdi lütfen böyle bir olayı düşünün ve aşağıda yer alan kutucuğa şu anki romantik partneriniz ile yaşadığınız ilişkinize dair **olumlu** anıyı mümkün olduğunca ayrıntıları ile yazınız.

Memory Report Instruction for Negative Memories

Bu bölümde sizden başınızdan geçmiş önemli olaylardan bahsetmenizi isteyeceğiz.

İlk aşamada lütfen şu anki romantik ilişkiniz içinde **son 6 ayda** yaşamış olduğunuz **olumsuz** anılarınızı düşünün ve bu anılardan en önemli gördüğünüzü anlatın. Bu anı herhangi bir olaya ait olabilir. Önemli olan belirli bir gün ve zamanda gerçekleşmiş önemli bir olumsuz olaya ilişkin olması.

Şimdi lütfen böyle bir olayı düşünün ve aşağıda yer alan kutucuğa şu anki romantik partneriniz ile yaşadığınız ilişkinize dair **olumsuz** anıyı mümkün olduğunca ayrıntıları ile yazınız.

APPENDIX E

Ethic Committee Approval



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İNSAN ARAŞTIRMALARI ETİK KURULU
TOPLANTI TUTANAĞI

TOPLANTI SAYISI : 2023/08
TOPLANTI TARİHİ : 09.05.2023
ONAY KODU : 2023/08/02
TOPLANTI YERİ : Özyeğin Üniversitesi
KATILANLAR : Prof. Dr. G. Canan Ergin
Dr. Öğr. Üyesi Ceren Hayran Şanlı
Dr. Öğr. Üyesi A. Nilay Şenol

ARAŞTIRMA ETİK KURULU PROJE BAŞVURU FORMU (FORM A)	
Projenin Adı	Yetişkin Bağlanma Stilleri ile Otobiyografik Anıların Fenomonolojik Özellikleri Arasındaki İlişki: Aktör-Partner Etkilerinin İncelenmesi
Proje Yürütücüsü	Bahar Filiz
Proje Yürütücüsünün İletişim Bilgileri	Özyeğin Üniversitesi Nişantepe Mah. Orman Sok. No: 13 34794 Alemdağ/Çekmeköy E-posta: Tel: +
Projeye Katılan Diğer Araştırmacılar	Thesis advisors: Doç. Dr. Nilüfer Kafescioğlu Dr. Serkan Özgün
Araştırmanın Amacı ve Özeti	Bu çalışmanın amacı en az 2 yıldır romantik bir ilişkide olan ve çocuk beklemeyen (kadın partnerin hamile olmaması) çiftlerin yetişkin bağlanma stilleri ile şu anki romantik ilişkilerine ait otobiyografik anıların fenomenolojik özellikleri arasındaki ilişkiyi incelemektir ve bir partnerin (partner A) yetişkin bağlanma stillerinin diğer partnerin (partner B) şu anki romantik ilişkisine ait otobiyografik anıların fenomenolojik özellikleri ile ilişkisinin bulunup bulunmadığını Aktör-partner Karşılıklı Bağımlılık Modeli (Actor-Partner Interdependence Model) ile araştırılmaktadır. Çalışmadan elde edilen bulgular Türkiye’de Çift ve Aile Terapisi alanında çiftlerden alınan çift ilişkisine dair anıların yetişkin bağlanma stillerini anlamlandırmada yardımcı olabileceği düşünülmektedir. Bunun yanı sıra çalışmadan elde edilen bulgular çift dinamikleri (kişilerarası dinamikler) ile bilişsel operasyonların (hafıza sistemlerinin) bağlantısının anlaşılmasına katkı sağlayacaktır.



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Araştırmanın Yöntemi	Katılımcılar en az 2 yıldır romantik ilişkide olan ve bebek sahibi olmayı beklemeyen çiftlerden oluşacaktır. Katılımcılara sosyal medya (Instagram, Facebook, Whatsapp, LinkedIn, Telegram) ve e-posta grubu (liste@lists.psiko-alan.com) üzerinden ulaşılabilecektir. Kartopu örnekleme yöntemi kullanılacaktır. Araştırmaya katılım gönüllü olacaktır ve her katılımcıdan gönüllü onay formunu doldurması istenecektir. Katılımcıların gönüllü onay formunu doldurmadan anket sorularına erişimi olmayacaktır. Onay formunun doldurulmasının ardından katılımcıların anket sorularını doldurması istenecektir. Anket soruları demografik bilgi formu, Yakın İlişkilerde Yaşantılar Envanteri-II (YİYE-II), ve Memory Experience Questionnaire-Short Form (MEQ-SF) ölçek maddelerinden oluşacaktır. Katılımcılardan güncel ilişkilerindeki anılarla ilişkili olan 2 adet ilişkisel pozitif (P) anı ve 2 adet ilişkisel negatif anının (N) raporlanması istenecektir. Bu anılar katılımcılara PNP ve NPNP şeklinde sunulacaktır. Anket sorularının cevaplanması yaklaşık 40 dakika sürmesi beklenmektedir. Araştırmanın anket kısmında herhangi bir fiziksel, duygusal veya bilişsel etkilenme söz konusu değildir. Katılımcıların sorularına dair iletişime geçebilmeleri için araştırmacının iletişim bilgileri onay formunda paylaşılabilecektir.
Etik ve Veri Yönetim Planı	Katılımcıların kimliğinin tespit edilmesini sağlayabilecek bilgiler toplanmayacaktır. Çiftler birbirleriyle eşleştirilirken kod isim kullanılacaktır, bu sayede çiftlerin kimlikleri ve çift ilişkisine dair bilgiler gizli tutulacaktır. Araştırma sürecinde elde edilen veriler, şifresi yalnızca araştırmacı tarafından bilinen şifrelenmiş harici hard diskte saklanacaktır.
Katılımcı Özellikleri	Katılımcılar en az 2 yıldır güncel romantik ilişkisi olan çiftler ve güncel ilişkilerinden bebek beklemeyen çiftlerdir. Katılımcı sayısı 199 çift olacaktır.
Araştırma Bütçesi ve Kaynakları	Herhangi bütçe ve/veya kaynak desteği alınmayacaktır.



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Özyeğin Üniversitesi Psikoloji yüksek lisans programı öğrencisi Bahar Filiz'in yürütücülüğünü üstleneceği "Yetişkin Bağlanma Stilleri ile Otobiyografik Anıların Fenomonolojik Özellikleri Arasındaki İlişki: Aktör-Partner Etkilerinin İncelenmesi" başlıklı proje değerlendirilmiştir.

Proje etik açısından uygun bulunmuştur.



Projenin etik açısından geliştirilmesi gerekmektedir.



Proje etik açısından uygun bulunmamıştır.



İmzalar:

Prof. Dr. G. Canan Ergin
Etik Kurulu Başkanı

Dr. Öğr. Üyesi Ceren Hayran Şanlı
Etik Kurulu Üyesi

Dr. Öğr. Üyesi A. Nilay Şenol
Etik Kurulu Üyesi

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