The Role of Self-Compassion as Mediator between Attachment Dimensions and Young Adults' Dating Relationship Quality

Irene Angela, Setiasih
Master of Psychology Professional, Faculty of Psychology, Universitas Surabaya, Surabaya

Abstract. A dating relationship is a time for individuals to know their partner before getting married. Therefore, poor dating relationship quality negatively affects the quality of marital relationships. Previous studies found that individuals' attachment affects dating relationship quality mediated by self-compassion. The mechanism of the attachment effect was also mediated by self-compassion, though this still needs further investigation. Therefore, this study aimed to examine self-compassion's role in mediating attachment and dating relationship quality. It used a quantitative method by distributing an online questionnaire to 176 participants. The data obtained were analyzed using PROCESS within SPSS. The results showed that self-compassion cannot mediate between attachment and dating relationship quality. This means that individuals' behavior toward themselves did not affect the perception of their relationship or partner. Therefore, future studies should conduct dyadic analyses using attachment to examine self-compassion as the mediator variable.

Keywords: attachment, dating relationship quality, self-compassion

Peran Welas Asih Diri sebagai Mediator antara Dimensi Kelekatan dan Kualitas Hubungan Pacaran Dewasa Muda

Abstrak. Pacaran merupakan masa perkenalan sebelum individu memutuskan untuk menikah atau tidak bersama pasangannya. Kualitas hubungan pacaran menjadi penting karena dapat memengaruhi kualitas hubungan pernikahan. Peneliti sebelumnya menemukan bahwa kualitas hubungan dapat dipengaruhi oleh kelekatan individu dengan pasangannya. Mekanisme pengaruh kelekatan juga ditemukan dapat dimediasi oleh welas asih diri tetapi ini masih perlu diteliti lebih jauh. Penelitian ini bertujuan untuk menguji peran dari welas asih diri dalam memediasi kelekatan dan kualitas hubungan pacaran individu dewasa muda. Penelitian ini menggunakan pendekatan kuantitatif dengan menyebarkan kuesioner *online*. Jumlah partisipan penelitian ini sebanyak 176 partisipan. Analisis mediasi pada penelitian ini dilakukan menggunakan PROCESS melalui aplikasi SPSS. Hasil yang diperoleh menunjukkan bahwa welas asih diri tidak dapat menjadi variabel mediasi antara dimensi kelekatan dan kualitas hubungan pacaran. Dengan kata lain, perilaku individu terhadap dirinya sendiri tidak dapat memengaruhi pandangan individu terhadap hubungannya, atau pasangannya. Peneliti-peneliti berikutnya disarankan untuk melakukan penelitian pada kedua pihak yang menjalin hubungan pacaran, melakukan analisa berdasarkan jenis kelekatan, dan menggali lebih dalam welas asih diri sebagai variabel mediator.

Kata Kunci: kelekatan, kualitas hubungan pacaran, welas asih diri

Correspondence: Setiasih. Email: setiasih@staff.ubaya.ac.id

The National Commission on Violence against Women (2021) reported 1,309 cases of violence in dating relationships in Indonesia. This is the second most frequent case of violence after violence against wives. According to Viejo et al. (2016), dating violence negatively correlates with relationship quality. It means that poor dating relationship quality increases the likelihood of violence occurring. Additionally, Grace et al. (2020) explained that the poor quality of relationships makes an individual defensive, triggering violent behavior when faced with problems.

Fletcher et al. (2000) stated that relationship quality is the objective assessment of an individual's relationship with their partner. The relationship quality improves when perceived as better by the individuals, and vice versa. This means that poor quality indicates the individuals' distrust of the dating relationship with their partner (Grace et al., 2020). Dating is a period of acquaintance before individuals decide on marriage. Poor quality dating relationships affect individuals' marital satisfaction in the future (Harris, 2013). Therefore, it is important to assess the dating relationship quality before proceeding to marry. This is because poor marriage relationship quality could result in divorce (Elizabeth & Ariela, 2020).

Individuals' perspectives on dating relationship quality are influenced by attachment (Li & Chan, 2012). According to Bowlby and Feist et al. (2013), attachment is an internalized bond functioning as a working model that builds individual friendships and romantic relationships. In this regard, the attachment formed for the first time with caregivers or parents is very important and difficult to change. Working models become individuals' knowledge activated when interacting with new people (Mikulincer & Shaver, 2016). Individuals use a working model formed before when undergoing a dating relationship. New attachments with partners are formed after repeated interactions. In this case, the working model constitutes attachment anxiety and avoidance, implying views of oneself and others (Bartholomew & Horowitz, 1991).

Low attachment avoidance and anxiety dimensions are common in people with secure attachments. This shows that individuals are comfortable with partners because they do not view themselves and others as bad. Conversely, individuals with high attachment avoidance and anxiety dimensions have fearful attachments. These people desire to be close to their partners but find it difficult to trust others because they see themselves and others as bad. Furthermore, a high attachment anxiety dimension makes people afraid of rejection from their partners. This is because they see themselves as bad, showing very emotional reactions when facing conflicts with partners. In contrast, high attachment avoidance dimensions make people individuals perceive themselves and others as good. They feel comfortable with themselves and avoid conflict or withdraw when too close

to a partner. Therefore, attachment dimensions affect the dating relationship quality (Li & Chan, 2012). Insecure attachments also cause difficulties in dating relationships (Mikulincer & Shaver, 2016).

Studies have found that attachment significantly influences the quality of dating and marriage relationships (Collins & Feeney, 2013; Elizabeth & Ariela, 2020; Li & Chan, 2012). However, only a few studies have discussed self-compassion variables mediating attachment and dating relationship quality. Amani and Khosroshahi (2021) found that self-compassion mediates attachment and marital relationship quality. Secure attachments enable individuals to build self-worth and trust others, facilitating self-compassion. This differs from individuals with insecure attachments because they need other people to build trust and self-esteem. Consequently, these individuals are not compassionate towards themselves and others, and even tend to be self-critical (Neff & McGehee, 2010).

Individuals with high self-compassion have the self-awareness to care about and respect others (Neff, 2003). They understand that everyone has strengths and weaknesses, and are more positive when solving problems with a partner (Lathren et al., 2021). This could improve the quality of the marriage relationship (Amani & Khosroshahi, 2021). In contrast, individuals with low self-compassion reduce intimacy with partners because they are angrier when in conflict (Neff, 2003). This leads

to the low quality of the marriage relationship (Amani & Khosroshahi, 2021).

Neff dan Beretvas (2013) showed that individuals with high self-compassion have higher intimacy with their partners than those with low self-compassion. This is because high self-compassion enables individuals to accept partners as they are. They provide space for partners to become independent individuals. Conversely, individuals with low self-compassion find it difficult to love themselves, impacting relationships with their partners. These people struggle to give freedom to their partners, even for their partners' happiness. Supporting Jacobson et al. (2018), Neff and Beretvas (2013) also found that self-compassion predicts and maintains a high-quality relationship with a partner. This happens because high self-compassion helps people realize their negative feelings and resolve conflicts with partners. Therefore, self-compassion affects the dating relationship quality. Individuals' self-treatment influences their relationships with partners.

Based on the background description, this study aimed to examine the role of self-compassion in mediating attachment and dating relationship quality. The hypothesis proposed is that self-compassion mediates attachment and the dating relationships quality in young adults.

Method

This study aimed to examine self-compassion's role in mediating attachment and

dating relationship quality. It was conducted using a quantitative method and a questionnaire through a cross-sectional approach.

Participants

The search for participants was conducted through social media by asking young adults to fill out a questionnaire. Therefore, the search was not limited to one area but to young adults in general in Indonesia. The regression test was performed between attachment and dating relationship quality with self-compassion as a mediating variable using SPSS 23. The criteria for participants are young adults aged 20-40 who have been in a dating relationship for at least three months. Additionally, the type of dating in was also limited to heterosexuals and not engaged or married.

Data collection

Data were collected by distributing a digital questionnaire through social media accounts such as Line, Instagram, and Facebook. The measuring tools used are Experiences Close Relationship-Revised (ECR-R), the Indonesian version of the Self-Compassion Scale (SCS), and The Perceived Relationship Quality Component (PRQC). All these measurement tools were proven valid and reliable.

The adult attachment was measured using the Experiences of Close Relationship-Short Form (ECR-SF) by Wei et al. (2007) and Fletcher et al. (2000). This study referred to Wei et al. (2007), which developed the measuring instrument with 36 statements items. The instrument was later modified to 12 items through confirmatory factor analysis. The analysis by Wei et al. (2007) showed a match after eliminating half of the previously received data responses. However, this measuring tool still tests the two attachment dimensions of anxiety and avoidance. Statement items are filled with a Likert scale ranging from 1 for "strongly disagree" to 7 for "strongly agree". The measurement tools used in this study were translated through content validation with expertise. The instrument's internal reliability was measured using Cronbach's Alpha and obtained 0.606 and 0.613 for the avoidance and anxiety dimensions, respectively. Therefore, the ECR-SF measuring instrument has good reliability, according to Lafontaine et al. (2016) because it is between the range of 0.50 - 0.75.

Self-compassion was measured using the Indonesian version of the Self-Compassion Scale (SCS) adapted by Muttaqin et al. (2020). This measuring instrument has 26 statement items representing self-compassion and self-criticism dimensions with six factors. The factors include self-kindness, self-judgment, common humanity, isolation, mindfulness, and over-identification. Each statement item was answered with a Likert scale ranging from 1 to 5 for "never", "rarely", "sometimes", "often", and "very often". Additionally, the SCS measuring instrument obtained good reliability results of 0.758.

The dating relationship quality was measured using the Perceived Relationship Quality-Components (PRQC) tool. This measuring tool was developed by Fletcher et al. (2000) and has been adopted in Indonesia by Indrawati et al. (2020). It comprises 18 statement items covering six aspects, including relationship satisfaction, commitment, intimacy, trust, passion, and love. Each aspect was measured from three statements that describe aspects using a Likert scale from 1 for "not at all", to 7 for "very describing". The Cronbach Alpha reliability results obtained were relatively high at 0.917.

The results were processed using PROCESS in SPSS version 23 (Hayes, 2018). The study hypotheses are (1) the attachment dimension influences self-compassion (path a), (2) self-compassion affects the dating relationship quality (path b), (3) the direct influence of the attachment dimension on the dating relationship quality, and (4) the indirect effects through paths (a) and (b). In this case, self-compassion is a mediator when the direct effect is insignificant.

Results

Preliminary analysis

The study participants comprised 176 young adults in dating relationships in Indonesia. The average age of the participants was 23.82 (SD = 2.25). The data showed that 147 participants were women and 29 were men, with an average dating duration of 33.47 months. Furthermore, 100 participants were in close courtship relationships and 76 were in long-distance relationships. The data also indicated that 143 participants had dating relationships with partners of different religions, while 33 had partners of the same religion. Moreover, 111 participants had relationships with partners from different ethnicities, while 65 had partners from the same ethnicity. Table 1 shows the participant demographic data.

Table 1

Participant Demographics

Demographic Data	*n*	%
Gender		
Female	147	83.5
Male	29	16.5
Young Adult Age (20-40)		
20-30 years old	174	98.9
31-40 years old	2	1.1
Dating Duration		
3-30 months	95	54
31-60 months	54	30.7
61-90 months	20	11.3
91-120 months	7	4
Religion		
Same	143	81.2
Different	33	18.8
Ethnicity		
Same	111	63.1
Different	65	36.9
Distance		
Close	100	56.8
Long	76	43.2

Note. N = 176.

Table 2 shows the categories of participants based on each measuring tool used. The data indicates that 64 and 3 participants had very low and high attachment avoidance. Participants with low and high attachment anxiety were 11 and 31, respectively. Moreover, participants with low high self-compassion were 89 and 2, respectively. For the category of relationship quality, 90 participants had high relationship quality, and 2 had low-quality relationships.

Table 2

Variable Categorization

Variable	Very Low		Low		Medium		High		Very H
	N	%	*n*	%	*n*	%	*n*	%	*n*
Attachment Avoidance	64	36.3	86	48.9	23	13.1	3	1.7	
Attachment Anxiety	11	6.3	66	37.5	65	36.9	31	17.6	3
Self-compassion			2	1.1	78	44.3	89	50.6	7
Relationship Quality	1	0.6	2	1.1	8	4.6	90	51.1	75

Note. N = 176.

Hypotheses were tested through multiple regression tests by first assessing the assumptions. First, the normality test using a histogram showed normal data close to 0 or average. In this case, the data decreased as the value moved further to the left or right. Second, the linearity test using plots showed that the points are close to a straight line, meaning the data is normal. Furthermore, the

homoscedasticity test using a scatter plot showed that the points approached the straight line. From the assumption test, multicollinearity was based on the VIF attachment avoidance, anxiety, and self-compassion values of 1.006, 1.136, and 1.141, respectively, implying no multicollinearity. With the fulfillment of the assumption test, the next step was multiple regression tests.

Mediation analysis

Mediation analysis was conducted using PROCESS via SPSS (Hayes, 2018) to determine the role of self-compassion in mediating attachment and the dating relationship quality among young adults in Indonesia. The results in Table 3 show that attachment anxiety predicts individual self-compassion $B = 0.34$ and $p = $ 0.00). Attachment anxiety ($p = 0.92$) and self-compassion ($p = 0.36$) cannot predict the dating relationship quality. On the contrary, Table 4 shows that attachment avoidance does not significantly affect self-compassion, with $B = $ 0.06 and $p = 0.37$) but significantly affect relationship quality, with $B = -0.481$ and $p = $ 0.00). This means that self-compassion cannot mediate attachment anxiety and avoidance dimensions with relationship quality, rejecting the hypothesis. However, the correlation results showed that attachment anxiety is only significantly positively correlated with three aspects of self-compassion. These aspects are self-judgment, isolation, and over-identification, with $r = 0.304**$, $0.428**$, and $0.385**$, respectively.

Table 3

Mediation Analysis of Self-compassion on Attachment Anxiety and Relationship Quality

	t	p	B
Mediator Variable Model			
Overall Model		0.000	
Attachment Anxiety	4.84	0.000	0.34
Bound Variable Model			
Overall Model		0.64	
Attachment Anxiety	-0.09	0.92	-0.007
Self-compassion	0.90	0.36	0.073
	B	*Boot* SE	*Boot* 95% CI
Indirect Effect	0.058	0.061	[-0.055, 0.188]

Note. N = 176

Figure 1

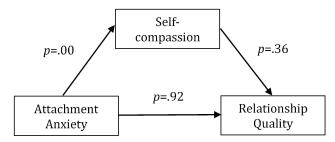*Mediation Effects of Self-compassion on Attachment Anxiety and Relationship Quality*
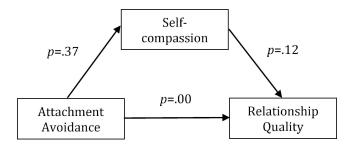

Table 4

Mediation Analysis of Self-compassion on Attachment Avoidance and Relationship Quality

	t	p	B
Mediator Variable Model			
Overall Model		0.37	
Attachment Avoidance	0.898	0.37	0.06
Bound Variable Model			
Overall Model		0.64	
Attachment Avoidance	-7.23	0.00	-0.481
Self-compassion	1.55	0.12	0.103
	B	*Boot* SE	*Boot* 95% CI
Indirect Effect	0.017	0.026	[-0.023, 0.084]

Note. N = 176

Figure 2

Mediating Effects of Self-compassion on Attachment Avoidance and Relationship Quality

Discussion

Amani and Khosroshahi (2021), and Bolt et al. (2019), showed that self-compassion could mediate attachment and relationship quality. However, this study found that self-compassion cannot mediate attachment anxiety and avoidance with relationship quality.

According to Neff (2003), self-compassion is individuals' behavior toward themselves. Meanwhile, relationship quality is the individual's perception of their partner (Fletcher et al., 2000). The results showed that individuals' behavior towards themselves does not affect their perception of others. In the

context of this study, other people are the participants' partners.

The results also indicated that the attachment anxiety dimension significantly affects self-compassion. Higher attachment anxiety increases self-compassion, and vice versa as shown by Amani and Khosroshahi (2021), Neff and Beretvas (2013), and Pepping et al. (2015). However, the correlation results showed that attachment anxiety is only significantly positively correlated with self-judgment, isolation, and over-identified. This means that higher individuals' attachment anxiety increases their judgment, isolation, and over-identified. Individuals with anxiety dimensions are likely to receive inconsistent parenting, resulting in a bad view of themselves. Additionally, they criticize themselves, need acceptance from others, and exaggerate their problems (Bolt et al., 2019; Mikulincer & Shaver, 2016).

Neff dan McGehee (2010) stated that the attachment avoidance dimension is negatively correlated with self-compassion, contradicting this study. The reason is that individuals with attachment avoidance evaluate others rather than themselves. They also view themselves positively and try not to realize problems in themselves. This ultimately makes individuals not feel the need to be compassionate toward themselves (Bolt et al., 2019). Conversely, individuals with high self-compassion accept themselves when facing problems and focus less on others (Mikulincer & Shaver, 2016). Therefore, they are not correlated with each other.

The results showed that the attachment avoidance dimension significantly affects the quality of life. This finding supports a previous study that attachment dimensions could directly affect dating relationship quality (Li & Chan, 2012). Higher individuals' attachment avoidance and anxiety worsen the relationship quality. However, attachment avoidance has a more significant effect than the attachment anxiety dimension (Bolt et al., 2019; Li & Chan, 2012). This is because individuals with attachment anxiety evaluate themselves more than their partners. They tend to improve themselves, prioritize their partner's wishes (Shaver et al., 2016), and maintain the relationship despite giving negative responses (Tan et al., 2012). In contrast, individuals with attachment avoidance evaluate others rather than themselves and are uncomfortable with close relationships. They avoid partners and problems and protect themselves when facing problems (Mikulincer & Shaver, 2016).

Individuals with the attachment anxiety dimension view their partners more positively despite negative experiences, affecting their quality of life (Li & Chan, 2012). According to Li and Chan (2012), individuals with attachment avoidance use deactivation strategies that decrease support from their partners. Meanwhile, individuals with attachment anxiety adopt hyperactive strategies that lead to conflict but are involved in the relationship.

Most study participants were female, meaning the results are not appropriate when generalized to young adult males. However, this limitation provides an understanding of the relationship between attachment dimensions, self-compassion, and dating relationship quality in young adults in Indonesia. Individuals with high attachment anxiety dimensions could learn to increase self-compassion aspects such as kindness, humanity, and mindfulness while reducing self-judgment, isolation, and over-identification. Similarly, individuals with high attachment avoidance dimensions could learn self-evaluation and be willing to face conflicts with their partners to increase the quality of the dating relationship. Regarding limitations, this study was conducted on one of the dating individuals and focused only on two attachment dimensions. Future studies could examine both parties and analyze the effect of four attachment dimensions on relationship quality to obtain more in-depth results. Furthermore, future studies could consider self-compassion as a moderator variable.

Conclusion

This study aimed to examine the role of self-compassion in mediating attachment and dating relationship quality. The results showed that self-compassion does not mediate attachment and the life quality of young adults in Indonesia, rejecting the hypothesis. Therefore, self-compassionate or self-judgmental behavior does not affect individuals'

view of their partner. The results also showed the importance of individuals' awareness of their attachments toward others. This awareness could make individuals understand their perceptions of themselves and others. Subsequently, they could learn to change poor perceptions of themselves and others.

Sugestion

Future studies could use male participants or couples, as well as other mediation variables besides self-compassion. This study recommends that individuals with attachment anxiety could increase self-compassion towards themselves through kindness, humanity, and mindfulness. Additionally, individuals with attachment avoidance could balance evaluations of others through self-evaluation.

References

Amani, R., & Khosroshahi, A. S. (2021). The structural model of marital quality based on secure attachment style through the mediating role of self-compassion, resilience, and perspective-taking. *The American Journal of Family Therapy*, *49*(1), 16–36. https://doi.org/10.1080/01926187.2020.1813653

Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. *Journal of Personality and Social Psychology*, *61*(2), 226–244. https://doi.org/10.1037/0022-3514.61.2.226

Bolt, O. C., Jones, F. W., Rudaz, M., Ledermann, T., & Irons, C. (2019). Self-compassion and compassion towards one's partner mediate the negative association between insecure attachment and relationship quality. *Journal of Relationships Research*, *10*, e20. https://doi.org/10.1017/jrr.2019.17

Collins, N. L., & Feeney, B. C. (2013). Attachment and caregiving in adult close relationships: Normative processes and individual differences. *Attachment and Human Development*, *15*(3), 241–245. https://doi.org/10.1080/14616734.2013.782652

Elizabeth, & Ariela, J. (2020). Forecasting relationship quality of Indonesian newlywed individuals: A quantitative study on the role of attachment. *Asia Pacific Journal of Counselling and Psychotherapy*, *11*(2), 109–121. https://doi.org/10.1080/21507686.2020.1781668

Feist, J., Feist, G. J., & Roberts, T.-A. (2013). *Theories of personality* (8th ed.). McGraw-Hill Education.

Fletcher, G. J. O., Simpson, J. A., & Thomas, G. (2000). The measurement of perceived relationship quality components: A confirmatory factor analytic approach. *Personality and Social Psychology Bulletin*, *26*(3), 340–354. https://doi.org/10.1177/0146167200265007

Grace, S., Pratiwi, P. C., & Indrawati, G. (2020). Hubungan antara rasa percaya dalam hubungan romantis dan kekerasan dalam pacaran pada perempuan dewasa muda di Jakarta. *Jurnal Psikologi Ulayat*, *5*(2), 169–186. https://doi.org/10.24854/jpu78

Harris, V. W. (2013). *Healthy dating leads to healthy marriage*. National Resource Center for Healthy Marriage and Families. https://www.researchgate.net/publication/260408504

Hayes, A. F. (2018). *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach* (2nd ed.). The Guilford Press.

Indrawati, F., Sani, R., & Ariela, J. (2020). Hubungan antara harapan dan kualitas hubungan pada dewasa muda yang sedang menjalani hubungan pacaran. *Jurnal Psikologi Ulayat*, *5*(1), 72–85. https://doi.org/10.24854/jpu72

Jacobson, E. H. K., Wilson, K. G., Solomon Kurz, A., & Kellum, K. K. (2018). Examining self-compassion in romantic relationships. *Journal of Contextual Behavioral Science*, *8*, 69–73. https://doi.org/10.1016/j.jcbs.2018.04.003

Komnas Perempuan. (2021). *Perempuan dalam himpitan pandemi: Lonjakan kekerasan seksual, kekerasan siber, perkawinan anak, dan keterbatasan penanganan di tengah COVID-19*. Komnas Perempuan. https://komnasperempuan.go.id/catatan-tahunan-detail/catahu-2021-perempuan-dalam-himpitan-pandemi-lonjakan-kekerasan-seksual-kekerasan-siber-perkawinan-anak-dan-keterbatasan-penanganan-di-tengah-covid-19

Lafontaine, M.-F., Brassard, A., Lussier, Y., Valois, P., Shaver, P. R., & Johnson, S. M. (2016). Selecting the best items for a short-form of the experiences in close relationships questionnaire. *European Journal of Psychological Assessment*, *32*(2), 140–154. https://doi.org/10.1027/1015-5759/a000243

Lathren, C. R., Rao, S. S., Park, J., & Bluth, K. (2021). Self-compassion and current close interpersonal relationships: A scoping literature review. *Mindfulness*, *12*(5), 1078–1093. https://doi.org/10.1007/s12671-020-01566-5

Li, T., & Chan, D. K.-S. (2012). How anxious and avoidant attachment affect romantic relationship quality differently: A meta-analytic review. *European Journal of Social Psychology*, *42*(4), 406–419. https://doi.org/10.1002/ejsp.1842

Mikulincer, M., & Shaver, P. R. (2016). *Attachment in adulthood: Structure, dynamics, and change* (2nd ed.). The Guilford Press.

Muttaqin, D., Yunanto, T. A. R., Fitria, A. Z. N., Ramadhanty, A. M., & Lempang, G. F. (2020). Properti psikometri self-compassion scale versi Indonesia: Struktur faktor, reliabilitas, dan validitas kriteria. *Persona: Jurnal Psikologi Indonesia*, *9*(2), 189–208. https://doi.org/10.30996/persona.v9i2.3944

Neff, K. D. (2003). The development and validation of a scale to measure self-compassion. *Self and Identity*, *2*(3), 223–250. https://doi.org/10.1080/1529886 0309027

Neff, K. D., & Beretvas, S. N. (2013). The role of self-compassion in romantic relationships. *Self and Identity*, *12*(1), 78–98. https://doi.org/10.1080/15 298868.2011.639548

Neff, K. D., & McGehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, *9*(3), 225–240. https://doi.org/10.1080/15298860902979307

Pepping, C. A., Davis, P. J., O'Donovan, A., & Pal, J. (2015). Individual differences in self-compassion: The role of attachment and experiences of parenting in childhood. *Self and Identity*, *14*(1), 104–117. https://doi.org/10.1080/15298868.2014.955050

Shaver, P. R., Mikulincer, M., Sahdra, B., & Gross, J. (2016). Attachment security as a foundation for kindness toward self and others. In K. W. Brown & M. R. Leary (Eds.), *The Oxford handbook of hypo-egoic phenomena* (pp. 1-32). Oxford University Press. https://doi.org/10.1093/oxfordhb/9780199328079.013.15

Tan, R., Overall, N. C., & Taylor, J. K. (2012). Let's talk about us: Attachment, relationship-focused disclosure, and relationship quality. *Personal Relationships*, *19*(3), 521–534. https://doi.org/10.1111/j.1475-6811.2011.01383.x

Viejo, C., Monks, C. P., Sánchez, V., & Ortega-Ruiz, R. (2016). Physical dating violence in Spain and the United Kingdom and the importance of relationship quality. *Journal of Interpersonal Violence*, *31*(8), 1453–1475. https://doi.org/10.1177/0886260514567963

Wei, M., Russell, D. W., Mallinckrodt, B., & Vogel, D. L. (2007). The Experiences in Close Relationship Scale (ECR)-short form: Reliability, validity, and factor structure. *Journal of Personality Assessment*, *88*(2), 187–204. https://doi.org/10.1080/00223890701268041