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## Abstract

Romantic relationships provide people with the opportunity to change who they are and how they come to think of themselves. This process, known as self-concept change, is generally positive and creates a perceived sense of closeness between romantic partners. However, not all romantic relationships remain intact, regardless of the benefits associated with self-concept change. Thus, people experience breakups, which impact how they perceive themselves. But before leaving their relationship, people have thoughts about leaving (i.e., dissolution consideration). People will likely perceive changes to their sense of self before leaving the relationship. Specifically, I predicted and found in Studies 1-2 that dissolution consideration was associated with people perceiving their sense of self to contract and shrink. Evidence post-dissolution suggests that some people may have exerted personal effort to obtain a given attribute and keep said attribute as part of their sense of self, regardless of how their partner influenced them, compared to people who did not perceive a great deal of personal effort. Thus, I predicted that people high in dissolution consideration who exert a great deal of personal effort and perceive their partner to have influenced their self-concept will be less likely to self-contract than people low in dissolution consideration. In Study 3, as expected, people high in dissolution consideration who perceive greater partner influence were more likely to perceive their sense of self as contracted than people who perceived low partner influence. However, the personal effort did not influence whether people self-contracted. Implications of this research are discussed further.

Keywords: *dissolution consideration, self-contraction, partner influence, personal effort*

**If we end, I lose part of me: The influence of dissolution consideration on perceived self-  
contraction**

by

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Dissertation  
Submitted in partial fulfillment of the requirements for the degree of  
Doctor of Philosophy in Social Psychology

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## **If we end, I lose part of me: The Influence of Dissolution Consideration on Perceived Self- Contraction**

Everyone has a way in which they think about themselves and who they are.

This conceptualization of an individual's sense of self is known as their self-concept. An individual's self-concept contains many attributes about an individual's self, including but not limited to their values, beliefs, identities, perspectives, personality, activities they engage in, and social roles (James, 1890; Markus & Wurf, 1987; McConnell, 2011). Generally, a person's self-concept is influenced by previous experiences that create this generalization of whom a person believes themselves to be (Markus, 1977; McConnell, 2011). Self-concepts are malleable and are activated by the social environment (Hinde et al., 2001; Markus & Wurf, 1987).

One aspect of a person's social environment which can impact their sense of self is their romantic relationship. Relationships activate certain aspects of people's selves which facilitate perceived changes to their sense of self. Some of these perceived changes have positive implications for how people view their self-concept (Aron et al., 2013; Mattingly et al., 2014). For example, people who perceive an integration, or a merging of their self with their partner, report greater perceived closeness to their partner (Aron et al., 1991; Aron et al., 1992; Aron et al., 2004). The greater closeness between partners facilitates a sense of "we-ness" surrounding the relationship (Agnew et al., 1998; Aron et al., 1991; Aron et al., 1992; Aron et al., 2004). Through this increased sense of "we-ness," partners report perceiving their partner's self-aspects as part of their own identity (e.g., Mashek et al., 2003). People perceive themselves and their partner as a unit rather than two distinct people.

However, not all romantic relationships remain intact even though they provide these potential benefits to a person's sense of self (Tejada-Vera & Sutton, 2010). Romantic

relationships influence people's sense of self while intact and after dissolution. Breakups have an impact on how people perceive their sense of self. For example, following a breakup, people report not clearly understanding who they are without their partner (Cope & Mattingly, 2020; Slotter et al., 2014). Some of this lack of clarity stems from people having to reconstruct their sense of self without their partner. For example, people rejected attributes about themselves following a breakup if they perceived their partner had helped them obtain this attribute and they did not put in a great deal of personal effort in obtaining the attribute (Slotter et al., 2014). Generally, these findings suggest that people perceive a shrinking of their sense of self due to the loss of a romantic partner following dissolution.

Before a breakup, people can consider leaving their relationship. When doing so, they consider their alternatives and what their experience would be like post-breakup (Joel et al., 2021). One thing they may consider in this process is what their sense of self would be like if they were to break up. If so, people will likely perceive changes to their sense of self before ending their relationship. In this paper, I test whether people perceive this shrinking of their sense of self when thinking about ending their relationship.

### **The Self-Concept and Romantic Relationships**

A person's sense of self comprises various self-relevant information that an individual believes to be true about themselves (Markus, 1977; Markus & Wurf, 1987). Specifically, a person's self-concept contains various self-aspects and associated attributes (McConnell, 2011). For example, someone who runs often might have the self-aspect of a runner. Within the self-aspect of being a runner, this person has various attributes associated with being a runner, such as athletic. People have multiple self-aspects related to their broader conceptualization of who they are and what they believe to be true about themselves



(McConnell, 2011). The collection of these self-aspects and their associated attributes create an individual's self-concept, which contains their values, beliefs, identities, perspectives, personality, activities they engage in, and social roles (James, 1890; Markus & Wurf, 1987; McConnell, 2011).

A person's self-concept is highly malleable and is activated by various environmental cues. Each self-aspect and its associated attributes are activated or made salient and readily accessible by a person's social environment (Hinde et al., 2001; Markus & Wurf, 1987; McConnell, 2011). Considering our previous example, an individual who has "runner" within their self-concept is more likely to have their self-aspect and associated attributes (e.g., athletic) more accessible when in a sports store or talking with friends about sports. This same self-aspect would be less salient if they were in a social interaction that was less relevant, such as at the grocery store (Markus, 1977; Markus & Wurf, 1987; McConnell, 2011). The social environment can activate various self-aspects, activating each other (McConnell, 2011). A person's social experience is a powerful facilitator of which aspects of themselves are salient.

Perhaps the most potent social facilitator of change is being in a romantic relationship (Aron et al., 2013). Romantic relationships allow people to change who they are and how they come to think of themselves throughout their relationship (Aron et al., 2013; Mattingly et al., 2014). This process, known as relational self-concept change, occurs when people perceive a change in their cognitive view of themselves due to being in a romantic relationship (Aron et al., 2013; Mattingly et al., 2014). These subtle changes in behaviors and cognitions occur due to interacting with one's romantic partner, influencing a person's sense of self (Aron et al., 2013; Mattingly et al., 2014). For some people, having a romantic partner allows them to perceive greater growth and overall improvements in their sense of self, which is associated with positive

outcomes for the individual and the relationship, such as an increased perception of closeness with one's partner (Aron et al., 2013; Mattingly et al., 2014).

***Relational Self-Concept Change: Perceiving a Change in Who I am***

People think and behave differently due to interacting with their romantic partners (Aron et al., 2013; Mattingly et al., 2014). Through these interactions, people experience a perceived change in their sense of self. For example, people in romantic relationships have difficulty distinguishing traits that self-describe themselves or their partner (Mashek et al., 2003). This evidence suggests that people change their conceptualization of who they are due to their romantic relationships. These changes can be positive, and as such, people perceive improvements from the perceived loss of negative self-attributes (i.e., self-pruning) or growth (i.e., self-expansion) from the perceived incorporation of positive self-attributes in their self-concept. Thus, a person can perceive change through self-pruning, which refers to the perception that an individual reduces negative aspects of themselves due to their relationship (Mattingly et al., 2014). For example, a person thinks they have become tidier (i.e., reducing their uncleanliness) due to moving in with their partner and adopting their cleaning habits. In this example, a person engages in cleaning due to their social environment, which activates the self-aspect of cleanliness.

Furthermore, when people engage in self-expansion, they grow or add to their self-concept by incorporating new identities and perspectives (Aron et al., 2013; Mattingly et al., 2014). For example, a person tries hiking since it is a hobby their partner enjoys. Over time, this person starts to think of themselves as a hiker due to engaging in this activity throughout their relationship. Thus, in both of these examples, people perceive themselves differently but positively due to their interactions with their partners.

However, there are times the social environment can activate aspects about a person that are perceived negatively. For example, a person's present self may be activated, creating a negative conceptualization if their present self is not in line with their future or ideal self. In general, people are motivated to avoid having negative conceptualizations of themselves. These negative conceptualizations are most motivating to initiate self-concept change (Markus, 1977; Wurf & Markus, 1983). Although people attempt to avoid these negative conceptualizations of themselves, there are times in which people seek negative or conflicting information about their sense of self. Specifically, people are more likely to be attuned to these negative conceptualizations during life transitions or during moments of decision making that have long-term consequences (Cantor et al., 1987; Onetti et al., 2019).

Not all changes are for the better in romantic relationships, given that the environment can negatively activate aspects of someone's sense of self. Romantic relationships can also facilitate impairments through perceived additions of negative self-attributes to a person's self-concept (i.e., self-adulteration) or a shrinking (i.e., self-contraction) through the perceived removal of positive self-attributes to an individual's self-concept. Through self-adulteration, a person perceives greater negative aspects about themselves (Mattingly et al., 2014). For example, a person may deviate from their financial budget since their partner likes expensive activities. As a result, their financial literacy may be perceived as worse off than when they entered the relationship, which gets activated by constantly spending money. Furthermore, a person can also engage in self-contraction and perceive their sense of self to shrink through the perceived reduction of opportunities to improve and grow their self-concept (Mattingly et al., 2014). For example, when individuals are in a committed relationship, they may spend more time with their partner as a source of need fulfillment. As a result, they may spend less time with their friends,

which activates a sense that their value of friendship and the closeness they once felt towards their friends has diminished, which results in a perceived shrinking of their self-concept through the reduction of positive attributes. These two processes indicate how people become worse off due to their romantic relationships.

### **The Contracting Self and Dissolution Consideration**

Within the context of romantic relationships, the decision to leave one's relationship is a life transition and decision with long-term consequences. When relationships end (i.e., dissolution occurs), it can directly impact how the former partner view themselves. Evidence from post-dissolution suggests that people try to recreate their sense of self following a breakup, given that they have a lack of clarity about who they are without their partner (Cope & Mattingly, 2020; Slotter et al., 2014; Slotter et al., 2010). Thus, post-breakup, people attempt to reconstruct their sense of self to counter the perceived shrinking of their self-concept. For example, following dissolution, people report a lack of clarity in their self-concept (Cope & Mattingly, 2020; Slotter et al., 2010). In one study, Slotter and colleagues (2010) asked people who recently experienced a breakup to report how their sense of self has changed. People who perceived greater changes in themselves also reported a lack of clarity in who they were post-breakup. In their second study, participants wrote about a recent breakup, a recent nonsocial life change, or a topic that did not indicate they experienced a life change. Participants who wrote about a breakup qualitatively reported writing about themselves in a more contracted way and indicating less clarity in who they were (Slotter et al., 2010). This finding is consistent with Lewandowski and Bizzoco's (2007) quantitative findings, which suggest that people perceive a contracting of their sense of self after dissolution. These findings suggest people perceive a shrinking of their sense of self due to losing a romantic partner following dissolution. However,

this begs the question of whether people perceive self-contraction before ending their relationship.

The consideration of leaving one's partner is known as a dissolution consideration, which are salient thoughts of leaving one's current romantic relationship (VanderDrift et al., 2009). The greater dissolution consideration people experience, the more likely they decide to leave their relationship. This consideration is an important indicator of whether people will decide to leave their relationship. The decision to leave one's relationship has long-term consequences and can be a potential transitional phase. During such transitional phases or when making decisions that have long-term consequences, people are more likely to seek out information potentially threatening their sense of self (e.g., Cantor et al., 1987; Markus & Wurf, 1987; Onetti et al., 2019). Thus, when a person's social environment primes dissolution consideration (i.e., dissolution consideration is high), they may pay particular attention to information that can be threatening, including which self-aspects are activated. The activation of self-aspects obtained from one's relationship can be potentially threatening and elicit feelings of incongruity between a person's thought (i.e., considering ending the relationship) and their sense of self. When people have thoughts about ending their relationship, it can create feelings of incongruity when they perceive positive aspects about their partner within their self-concept.

Furthermore, certain relational characteristics have been defined as reasons people contemplate staying or leaving their relationship (Joel et al., 2018). For some people, especially individuals who have positive and negative views of their relationship simultaneously, experiencing salient situational factors that are reminders of the negative aspects of their relationship can sway individuals to harbor more salient thoughts about leaving their relationship (Joel et al., 2021). Thus, this work seeks to examine a similar process. Before dissolution, salient

inconsistencies between one's thoughts about their relationship (i.e., considering leaving one's relationship) and cognitive views of themselves that contain aspects of their partner are one situational factor that can potentially sway individuals to end their relationship.

Consider this example: Christina and Owen have been dating for several years. Through her relationship with Owen, Christina considers herself a runner. That is, she joined Owen on his daily runs for the last year of their relationship. Christina now perceives a self-aspect of a runner in her self-concept due to her relationship and the behaviors she engages in with Owen. However, now Christina is beginning to consider ending the relationship. Christina's thoughts about leaving, or high dissolution consideration, result in her seeking out negative information in her environment to confirm or justify her thoughts. For example, Owen asks her to go on a run with him. This activates Christina's self-aspect of a runner, which is arguably a positive attribute given its health benefits. Christina experiences incongruence in this situation since she is considering leaving Owen but recognizes this positive self-aspect that she obtained from the relationship. Thus, the feelings of incongruence serve as negative information for Christina.

One way in which people can reestablish congruency between their thoughts and self-concept is by engaging in cognitive restructuring (Hinde et al., 2001). To diminish these feelings of incongruency when dissolution consideration is high, partners may start mentally removing the aspects from their self-concept that their partner helped prepare for a post-dissolution adjustment. This process of mentally removing aspects of one's partner from their self-concept will create feelings that one's self-concept is shrinking. I refer to self-contraction as the perception that a person's self-concept is shrinking. Specifically, a person perceives the removal of positive attributes from their relationship. It is important to note that this term has been operationalized differently in previous studies (e.g., Mattingly et al., 2014; Lewandowski &

Bizzoco, 2007). For example, Mattingly and colleagues (2014) state that self-contraction is the perceived removal of positive attributes from one's sense of self. At the same time, Lewandowski and Bizzoco (2007) conceptualize self-contraction as a perceived loss in one's sense of self (where the valence of the attributes was not stated). Furthermore, my operational definition of the positive self-change processes focuses on perceived improvements (i.e., self-pruning) or growth (i.e., self-expansion) in a person's self-concept. Whereas the operational definition of self-concept degradation processes focuses on perceived impairments (i.e., self-adulteration) or a shrinking (i.e., self-contraction) of an individual's self-concept. Thus, activating self-aspects from a partner will facilitate a perceived contraction or removal of these positive attributes. That is, the attributes coming from one's partner is threatening, especially if they are positive attributes.

Relationships in which partners morph their sense of selves are often stronger, and the partners feel a greater closeness to each other (Aron et al., 1992). This subtle process of self-concept change is so powerful that people in committed relationships have difficulties distinguishing their attributes from their partner's (Mashek et al., 2003). Therefore, regardless of why they are thinking of ending the relationship, some people may begin to prepare to lose attributes that they obtained from being in the relationship and thus perceive their self-concept to shrink. That is, in seeking negative information to make a life decision, people may gravitate toward feelings of incongruency when the environment activates self-aspects that were perceived to be obtained from their partner. Generally, this narrative is consistent with previous findings on infidelity. After an experience of infidelity in the relationship, people report a decrease in closeness with their partners, which facilitates a shrinking in their sense of self (Jones et al., 1997).

### *Not Everyone Self-Contracts*

Importantly, not all people who end their relationship report engaging in self-contraction. In fact, some people who end low-quality relationships report less self-contraction after breaking up than those in high-quality relationships (Lewandowski & Bizzoco, 2007; Slotter & Walsh, 2017). For example, following a breakup, people were asked to retrospectively report their perceptions of their relationship before dissolution and various aspects about their self post-dissolution (Lewandowski & Bizzoco, 2007). People who reported worse perceptions about their relationship before dissolution reported a greater sense of self-rediscovery following dissolution (Lewandowski & Bizzoco, 2007). This finding suggests that ending their relationship does not shrink their sense of self for some people. This is consistent with previous findings that suggest that following dissolution; a new romantic partner can be a new source of self-growth and improvement (Aron et al., 2004; Boelen & van den Hout, 2010). Collectively this suggests processes may moderate whether dissolution consideration facilitates self-contraction.

Post-dissolution, scholars have examined perceived partner influence (i.e., whether an individual believes their partner has influenced them in obtaining a given attribute) and how much personal effort people put into developing those attributes as variables moderating the extent to which people retain attributes post-breakup (e.g., Slotter et al., 2014). Across multiple studies, Slotter and colleagues (2014) found that participants' perceived partner influence on obtaining a given attribute and their effort (i.e., psychological and physical effort exerted) directly impacted whether they would retain said attribute post-dissolution. In the first study, participants forecasted the likelihood of retaining a given attribute if their relationship ended. People who perceive their partner as influential in obtaining the given attribute were less likely to report retaining the attribute post-dissolution, and thus, they perceived greater self-contraction.



Furthermore, people who reported putting personal effort into obtaining the attribute reported being more likely to retain the attribute post-dissolution, which indicates less self-contraction. There was an interaction between perceived partner influence and personal effort. Among people who perceived their partner to influence the attribute, those who reported expending high personal effort to develop or maintain the attribute reported being more likely to retain it post-dissolution. This same general pattern was found both experimentally and correlationally. Overall, this set of studies suggests that perceived partner influence on attributes and personal effort are important factors as to whether or not people perceive retaining or removing (i.e., contracting) attributes post-dissolution.

These factors that influenced perceived self-contraction post-dissolution will also be relevant pre-dissolution when dissolution consideration is high. These factors may explain why some people do not report self-contraction post-breakup (e.g., Lewandowski & Bizzoco, 2007). For people who perceive less self-contraction, it is possible they retained attributes that their partner influenced due to the relative personal effort they exerted to obtain the attributes. Thus, when deciding to leave their relationship, they did not experience a perceived sense that their self was contracting because they retained the attributes.

Consider another example with Christina and Owen. Before her relationship with Owen, Christina did not see herself as a hiker. However, it is a hobby that Owen enjoys, and he often puts in the effort of finding local trails and packing for the hike. Thus, Christina gladly went on hikes with him since she did not have to put much effort into the task. However, Christina is now contemplating ending her relationship and is experiencing high dissolution consideration. Through these contemplations, she realizes she is likely to stop hiking, even though it was a hobby she came to enjoy but often did not put effort into initiating. In this framework, Christina

perceives a shrinking of her sense of self since she will no longer consider herself a hiker if she breaks up with Owen. Alternatively, Christina also picked up a love for running through her relationship with Owen. Although it was a hobby she tried for the first time with Owen, it slowly became a passion of hers due to willingly joining Owen on his weekly jogs. Christina also signed up for various races throughout the year, even when Owen did not join. Christina is likely to retain her attribute as a runner in this scenario since she has put a great deal of personal effort into this hobby, even though it originally stemmed from Owen's influence. These scenarios suggest that both perceived partner influence and one's effort are likely to remain important when people are contemplating which attributes to retain and remove during times of high dissolution consideration.

### **Well-Being**

Furthermore, understanding one's sense of self is important for outcomes associated with well-being. People who report a strong understanding of their sense of self indicate better well-being (McIntyre et al., 2017). For example, a clear sense of self mediates the association between stress and life satisfaction. People high in stress (e.g., daily hassles) reported a lower understanding of their sense of self, negatively influencing their overall well-being (Ritchie et al., 2011). Furthermore, when people do not perceive a clear sense of self, they have been known to report worse mental health and greater loneliness (Richman et al., 2016). Additionally, there is an association between people who experience depression and negative conceptualizations of their sense of self (Kuiper & Higgins, 1985). Taken together, this suggests that a person's understanding of their sense of self impacts their well-being through several different avenues.

Generally, people reported a lack of clarity in who they are and perceived their sense of self to shrink following the breakup. This lack of self-understanding may suggest why people

report poor psychological adjustment post-breakup. Although breaking up is stressful (Amato, 2000; McAndrew et al., 1998), it also contributes to a person having a decreased understanding of who they are without their partner. This uncertainty in a person's sense of self may partly explain why a breakup is associated with a slew of negative outcomes, such as greater physical and emotional distress, including the experience of mixed emotions, greater symptoms of depression, and poorer immune functioning (Bruce & Kim, 1992; Sbarra, 2006; Sbarra & Ferrer, 2006; Kiecolt-Glaser et al., 1987). Thus, it is likely that a perceived contraction of one's sense of self during experiences of high dissolution consideration will have negative consequences on an individual's well-being.

### **Overview of Current Studies**

This work will examine the role of dissolution consideration on perceived self-contraction. Although previous research has examined similar processes post-dissolution, the proposed process has yet to be tested before breaking up when dissolution consideration is high. It is essential to understand the influence dissolution consideration has on the self since a downstream outcome of this process could lead to predicting a breakup. When people are experiencing discrepancies between their current perceptions of themselves and where they would like themselves to be in the future, it is an effective motivator of behavioral change (Markus, 1977; Wurf & Markus, 1983). That is, people who are actively thinking about ending their relationship will start to mentally extract aspects of their partner from their self-concept. Through these processes, people attempt to align their current self and the self they hope to have in the future. Thus, it could be likely that the process of self-contraction can be the first cognitive step toward ending a relationship.

Given the previous findings post-dissolution (e.g., Cope & Mattingly, 2020; Slotter et al., 2014; Slotter et al., 2010), it is likely that people high in dissolution consideration will also perceive their sense of self to shrink as they prepare to distance their sense of self from their partner. I predict that people who report higher dissolution consideration will have greater perceptions that their current self-concept is contracting than those with lower dissolution consideration (**Hypothesis 1**). People who experience greater self-contraction in the moment will likely experience a decrease in well-being as a result of having to reconstruct their sense of self, which is consistent with prior findings that people who lack a clear understanding of their self tend to report worse well-being (McIntyre et al., 2017; Richman et al., 2016). Thus, I predict that self-contraction will mediate the association between dissolution consideration and well-being. People who report perceived self-contraction resulting from high dissolution consideration will report worse well-being than those who perceive low dissolution consideration (**Hypothesis 2**).

Furthermore, people high in dissolution consideration will likely perceive greater self-contraction as they reject attributes that their partner helped them obtain as part of their self. Consistent with evidence post-dissolution, perceived partner influence is an important factor in whether people self-contrast following a breakup. Therefore, it is likely that a person's perceptions that their partner helped them obtain given attributes are important in this context, especially given that people will not remove attributes that they believe to be influenced by themselves alone. Said another way, people will not remove attributes they perceive to stem directly from their influence. Thus, I predict that there will be an interaction between dissolution consideration and perceived partner influence on perceived self-contraction, such that dissolution consideration is more positively associated with perceived self-contraction for those who

perceive greater partner influence than those who perceive lower partner influence (**Hypothesis 3**).

Yet, it is important to consider that even post-dissolution, not all people report that their self-concept has shrunk (e.g., Lewandowski & Bizzoco, 2007; Slotter et al., 2014). Thus, some people may not perceive a shrinking of their self-concept. For example, after a break-up, people who reported exerting a great deal of personal effort to obtain a given attribute were less likely to self-contract following the breakup (Slotter et al., 2014). Again, it is probable that personal effort will moderate the association between perceived partner influence and self-contraction pre-dissolution, but when dissolution consideration is high. Thus, I predict a three-way interaction between dissolution consideration, perceived partner influence, and personal effort on self-contraction. For people who perceive high partner influence, there will be a significant two-way interaction between dissolution consideration and perceived personal effort, such that dissolution consideration is more strongly positively associated with perceived self-contraction among those with lower perceived personal effort than those with greater perceived personal effort. For people who perceive low partner influence, regardless of perceived personal effort level, there will not be a significant association between dissolution consideration and perceived self-contraction. That is, people high in dissolution consideration who perceive a great deal of partner influence will be less likely to self-contract or reject attributes if they also believe they exerted a great deal of personal effort into obtaining the attributes compared to people low in dissolution consideration (**Hypothesis 4**).

To test these hypotheses, I conducted three studies. First, I examine these processes correlationally in Study 1 to test the prediction that greater dissolution consideration will be associated with greater perceived self-contraction (Hypothesis 1). Next, I conducted a

longitudinal study to examine the influence of dissolution consideration on perceived self-contraction over time to establish temporal precedence (Hypothesis 1) and the influence of perceived self-contraction on well-being (Hypothesis 2). Finally, I conducted an experiment as part of Study 3 to provide causal evidence (Hypotheses 1-2) and test the role of perceived partner influence (Hypothesis 3) and perceived personal effort (Hypothesis 4) on perceived self-contraction.

### **Study 1**

In Study 1, I examined the impact of dissolution consideration on perceived self-contraction while controlling for the other perceived self-change processes (i.e., self-adulteration, self-expansion, and self-pruning). Previous research has examined associations between dissolution consideration and perceived self-change (e.g., McIntyre et al., 2015), but without controlling for the remaining three self-change processes. Therefore, I seek to test Hypothesis 1, which predicts that people who report higher dissolution consideration will report greater perceptions that their self-concept is contracting than people with lower dissolution consideration.

### **Procedure**

Participants signed up to participate in the study on Amazon's Mechanical Turk and earned \$0.05 for completing a pre-screening questionnaire about their relationship and demographics. Eligibility requirements were based on another study not relevant to the current hypothesis of interest.<sup>1</sup> Participants who met the eligibility requirement could participate in a bonus study for \$1.75 (i.e., the current study of interest). In the current study, participants responded to a series of questions regarding dissolution consideration and perceived self-change.

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<sup>1</sup> Participants were eligible if they self-identify as White, Black or Hispanic, identified as heterosexual, and in an interracial relationship for more than six months.

These hypotheses were not pre-registered, but all of the material and datasets are available on Open Science Framework.

## **Participants**

Participants were in a romantic relationship for over six months ( $N = 549$ ), were over the age of 18 ( $M = 32.91$ ,  $SD = 9.32$ ), and all identified as heterosexual.<sup>2-3</sup> The majority of the sample were women ( $n = 335$ ; men  $n = 211$ ; other  $n = 3$ ) and White ( $n = 231$ ; Black  $n = 188$ ; Hispanic  $n = 130$ ). Most participants were in their relationship for over five years ( $n = 201$ ; 6-12 months  $n = 75$ ; 1 year-1.5 years  $n = 82$ ; 1.5-2 years  $n = 56$ ; 3 years  $n = 66$ ; 3-4 years  $n = 69$ ).

## **Measures**

### ***Perceived Self-Contraction***

I used the 12-item Relational Self-Change Scale to assess perceived self-contraction (Mattingly et al., 2014; see Appendix A). This measure is comprised of four subscales for each of the perceived self-change processes (i.e., self-expansion, self-adulteration, self-pruning, and self-contraction). Participants responded to items on a scale from 1 (*not very much*) to 7 (*very much*). An example item for self-contraction states, “My positive attributes have decreased.” Example items for self-expansion, self-pruning, and self-adulteration respectively state, “I have added positive qualities to my sense of self,” “I have decreased my number of negative attributes,” and “My bad habits have increased.” I found moderate to high reliability for each subscale, which is consistent with previous work using this scale (self-expansion  $\alpha = .85$ ; self-

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<sup>2</sup> In the study, we identified 582 eligible participants. Participants were removed from the study’s final sample if they indicated they did not want their data to be used ( $n = 25$ ) or if they reported taking the survey before ( $n = 8$ ).

<sup>3</sup> This data was collected for another purpose (Caselli & Machia, 2021a; Caselli & Machia, 2021b), which required participants to be born in the United States. For the purpose of this manuscript, I did not remove participants who reported they were not born in the United States ( $n = 16$ ) as I have no theoretical concern for this requirement.

adulteration  $\alpha = .66$ ; self-pruning  $\alpha = .82$ ; self-contraction  $\alpha = .88$ ; Mattingly et al., 2014; Caselli & Machia, 2021).

### ***Dissolution Consideration***

Dissolution consideration was measured using a single item, which states, “I have been thinking about ending our romantic relationship” (VanderDrift et al., 2009; see Appendix B). Participants responded to this item on a scale from 1 (*do not agree at all*) to 9 (*agree completely*). To reduce participant burden, a single-item measure was used to assess dissolution consideration. However, the use of a single item can be problematic. For example, a single item may not capture the full construct. Additionally, since only one point is measured, it does not allow for variance in each participants' responses. Finally, it lacks the opportunity to assess internal consistency reliability.

## **Analysis & Results**

### **Normal Distribution**

First, I examined whether the variables were normally distributed. To test for normality, I used a histogram to visualize the data. Both variables of interest, perceived self-contraction and dissolution consideration, were positively skewed. The Shapiro-Wilk test was utilized to further examine the distribution. For both perceived self-contraction ( $W = 0.78$ ;  $p < .001$ ) and dissolution consideration ( $W = 0.63$ ;  $p < .001$ ) the tests were significant, which indicate the distribution of the data is significantly different than a normal distribution. For this study, the data was left in its untransformed state. However, a lack of normality is problematic because it violates the assumption of using a regression model. That is, in the case of non-normalized data, the residuals in the model are not random. Furthermore, the skew of the data can impact the model's predictive ability. Therefore, see Appendix C for a replication of the analyses with the



transformed variables of interest. It should be noted that there were no differences in results when comparing the transformed and non-transformed data.

### **Hypothesis 1**

To begin, I explored bivariate correlations between the variables of interest. See Table 1 for complete bivariate results. As expected, dissolution consideration is positively associated with perceived self-contraction ( $r(547) = .50, p < .01, 95\% \text{ CI } [.43, .56]$ ). Next, to further examine Hypothesis 1, I used a linear regression with dissolution consideration as the predictor, self-contraction as an outcome, and other perceived self-change processes (i.e., self-expansion, self-pruning, and self-adulteration) as covariates. Within this model, it is necessary to control for the other perceived self-concept change processes given they are co-occurrent processes. That is, both perceived improvements and degradation can influence the relationship. In particular, other processes have been linked to potential reasons why people may consider leaving their relationship. For example, self-adulteration is correlated with perceptions of infidelity (Mattingly et al., 2014), which has been qualitatively listed as a reason people contemplate ending their relationship (Joel et al., 2018). Therefore, this model's aim is to show that dissolution consideration uniquely predicts perceived self-contraction. As expected, dissolution consideration uniquely predicted greater self-contraction while controlling for the other perceived self-change processes ( $b = .17, t(544) = 7.52, p < .001, 95\% \text{ CI } [0.12, 0.21]$ ).<sup>4-5</sup>

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<sup>4</sup> This data was collected to address another research question of interest. As a part of that research question, there was a manipulation prior to collecting perceived self-concept change and dissolution consideration. However, t-tests revealed no significant difference between condition and each of the four self-change processes or dissolution consideration. Thus, I collapsed across condition.

<sup>5</sup> For transparency, I also tested the remaining three self-change processes as independent outcomes of dissolution consideration. Each regression controlled for the remaining three self-change processes. Dissolution consideration significantly predicted less self-expansion ( $b = -.07, t(544) = -3.16, p = .002, 95\% \text{ CI } [-0.11, -0.03]$ ) and approached significance for self-pruning ( $b = -.05, t(544) = -1.94, p = .05, 95\% \text{ CI } [-0.10, 0.00]$ ). Dissolution consideration did not significantly predict self-adulteration

## Study 1 Discussion

Study 1 provided an overview of how dissolution consideration can influence perceived self-contraction while simultaneously controlling for the three other perceived self-change processes. As predicted, high dissolution consideration predicted a greater sense that one's self was contracting when controlling for the remaining perceived self-change processes. Although this study provides an initial examination of the proposed process, it is not without its limitations. Study 1 utilized a cross-sectional design in which key variables were assessed at a single time point. Thus, I propose Study 2 to assist in establishing temporal precedence of the impact of dissolution consideration on perceived self-contraction.

## Study 2

Study 2 was designed to further examine the influence of dissolution consideration on perceived self-contraction. Specifically, I tested Hypothesis 1, which states that high dissolution consideration will predict perceptions that one's self-concept is contracting compared to low dissolution consideration. Furthermore, Study 2 will examine the influence of dissolution consideration and perceived self-contraction on subjective well-being. Specifically, I will test Hypothesis 2, which states self-contraction will mediate the association between dissolution consideration and well-being. People who report perceived self-contraction as a result of high dissolution consideration will report worse well-being than those who perceive low dissolution consideration. I analyzed pre-collected data that utilizes a baseline survey, 15 days of a daily diary, and a follow-up survey to examine these hypotheses.<sup>6-7</sup>

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<sup>6</sup> Data for this study has been collected between February of 2021 and March of 2021.

<sup>7</sup> The methods from the original dataset had participants take a series of measures about their relationship at baseline. Then, 24-hours later, participants took the first day of the daily diary, which was a condensed survey assessing their relationship. Participants were then sent a survey every 24-hours for the next 15 days. Finally, participants were sent a follow-up survey two weeks after day 15 of the daily diary in the original study. The follow-up data were not used in this study and are not discussed further in this manuscript.

## Procedure

First, participants completed a series of surveys related to their relationship, including dissolution consideration and perceived self-change at baseline, 15 days of daily diary, and 14 days after the baseline at the follow-up. I used Amazon's Mechanical Turk to collect participants. Participants were qualified for the study if they were in a current romantic relationship and over 18 years old. I aimed to recruit 400 participants at the baseline to have at least 250 of those participants complete the follow-up.<sup>8</sup> This sampling plan follows previous attrition rates when conducting longitudinal studies on Amazon's Mechanical Turk (Boynton & Richman, 2014; Kim & Hodgins, 2017). Participants completed all surveys using Qualtrics. At baseline, participants completed a series of questionnaires regarding their relationship and earned \$4.00. Following the baseline measures, participants completed 15 possible daily diaries. Specifically, participants received an email every day for 15 days after the baseline alerting them of the daily survey. Participants earned \$0.75 for each day of the daily diary they completed and a possible \$5.00 bonus for completing at least 13 daily diaries. At the follow-up, which occurred 14 days after the last day of the daily diary, participants took a final survey and earned an additional \$2.00. The baseline and follow-up surveys took participants about ten minutes to complete, and the daily surveys took about five minutes. For the purpose of this study, I utilized the baseline measures (i.e., now referred to as Time 1 throughout), the fourth day of the daily diary (i.e., now referred to as Time 2 throughout), and the fifth day of the daily diary (i.e., now referred to as Time 3 throughout).

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<sup>8</sup> Note, we collected up until 510 participants, which was beyond our target sample. However, due to funding and the attrition of the data we opted to analyze the current set of usable cases.

## Participants

Participants were in a romantic relationship ( $N = 161$  at Time 1) and were over the age of 18.<sup>9-10</sup> The majority of the sample were men ( $n = 101$ ; women  $n = 60$ ) and White ( $n = 102$ ; Black  $n = 15$ ; Hispanic  $n = 10$ ; Asian  $n = 35$ ; American Indian  $n = 2$ ).<sup>11</sup> Most participants reported they were married (52.80%; 6.83% were casually dating, 13.66% dating exclusively, 18.01% living together (but not engaged or married), 8.70% engaged to be married).

## Time for the Current Study

In the current study of interest, participants completed a series of measures over five days. At Time 1, participants completed a series of measures regarding dissolution consideration and perceived self-change. Four days after Time 1 (i.e., day 4 of the daily diary), participants completed a daily questionnaire assessing their perceptions of dissolution consideration, self-contraction, and well-being (i.e., Time 2). Finally, 24-hours after Time 2 (i.e., day 5 of the daily diary), participants completed the same items assessing dissolution consideration, self-contraction, and well-being (i.e., Time 3). Times 2-3 were selected for several reasons. First, previous research utilizing the daily diary methodology suggests disregarding the first three days (Bolger et al., 2003), since participants may be engaged and paying too close attention to the survey. That is, participants may experience reactivity and change their behavior based on being

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<sup>9</sup> In the study, we identified 510 eligible participants. Participants were removed from the study's final sample if there was a duplicate IP address ( $n = 152$ ), participants closed out of the survey early and did not consent to allowing us to use their data ( $n = 56$ ), or they did not provide an email address to complete the daily surveys ( $n = 30$ ). This left the remaining sample at 272. Next, I removed participants who did not complete at least day one of the daily diary. This left our final sample for this study to be 161.

<sup>10</sup> Given the number of usable data points, I recalculated the power analysis in order to determine if there is enough power to test for the expected effect. I calculated the power for a small to moderate effect ( $f = .15$ ) with one main predictor, and four covariates (e.g., the four self-change processes at Time 1) with an error probability of .05 resulted in a target sample size of 138 participants. Thus, this study is adequately powered to examine the linear regressions of interest.

<sup>11</sup> Participants were asked to select all that apply, which is why there are higher reports of race than participants in the sample.

in a study. Thus, on Day 4 the reactivity will be lessened and the data will better reflect natural human behavior. Furthermore, the fourth and fifth days of the daily diary were utilized for the second and third-time points due to attrition rates. See Figure 1 for the complete attrition in the original study and the current study of interest.

## Measures

### *Dissolution Consideration*

As in Study 1, I used the dissolution consideration scale to assess the extent to which a participant is considering ending their relationship (VanderDrift et al., 2009). The full scale was administered at Time 1 ( $\alpha = .97$ ). Participants responded to five items on a scale from 1 (*Do not agree at all*) to 9 (*Completely agree*). However, I used the one-item from Study 1 for the daily diaries to reduce the participant burden. Specifically, participants responded on a scale from 1 (*Do not agree at all*) to 9 (*Completely agree*) to the following item “I have been thinking about ending our romantic relationship.” I will refer to this first measure of dissolution consideration as the *dissolution consideration scale*.

Additionally, participants self-reported the likelihood of ending their relationship using a single item, “On a scale from 0 (*not at all likely*) to 100 (*extremely likely*), how likely are you to end your relationship with your partner in the next four to six months?” Participants responded to this item only at Time 1. I will refer to this second measure of dissolution consideration as the *dissolution consideration slider scale*.<sup>12</sup>

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<sup>12</sup> To reduce participant burden, a single-item measure was used to assess dissolution consideration and perceived self-contraction at Time 2. However, the use of a single item can be problematic. For example, a single item may not capture the full construct. Additionally, since only one point is measured, it does not allow for variance in each participants' responses. Finally, it lacks the opportunity to assess internal consistency reliability.

### ***Perceived Self-Contraction***

As in the previous studies, I used the 12-item measure of relational self-change to assess the four self-change processes (Mattingly et al., 2014). Participants self-reported their perceived self-change at Time 1 using the full scale on a scale from 1 (*not very much*) to 7 (*very much*). As in Study 1, participants self-reported their perceptions of self-contraction ( $\alpha = .92$ ), self-adulteration ( $\alpha = .72$ ), self-expansion ( $\alpha = .83$ ), and self-pruning ( $\alpha = .86$ ). However, to reduce participant burden, I used one item from each subscale for Times 2-3. The item specific to perceived self-contraction states, “Positive qualities about myself have been diminished.”

### ***Well-Being***

I followed the procedure outlined by Reis and colleagues (2000) to assess well-being, which considers creating a composite score for well-being based on four measures. Participants reported both their positive and negative affect (see Diener & Emmons, 1984). Examples of positive adjectives included joyful, happy, pleased, and enjoyment/fun, while negative adjectives included depressed, worried/anxious, frustrated, angry/hostile, and unhappy. Participants rated the extent to which they are experiencing that given emotion on a scale from 1 (*not at all*) to 7 (*extremely*). There was high reliability for both positive ( $\alpha = .94$ ) and negative affect ( $\alpha = .93$ ). Next, participants completed a seven-item Psychological Vitality Scale (see Ryan & Frederick, 1997). This construct of well-being assessed how a participant feels both mentally and physically alert. Participants responded to these 7-items on a scale from 1 (*strongly disagree*) to 7 (*strongly agree*). An example item includes, “At this moment, I feel alive and vital.” There was high reliability for this measure ( $\alpha = .90$ ). Participants then completed a symptom checklist (see Emmons, 1991). This checklist is comprised of 9-items related to physical symptoms, such as having a runny nose, soreness, and difficulty breathing. Participants responded to these measures

by assessing the various facets of well-being at each timepoint. Again, following previous calculations of an overall well-being score, I created a composite score using the self-reported accounts at Time 3 (See Reis et al., 2000). First, each of the previously described well-being measures was standardized. Next, I subtracted the negative measures (negative affect and symptoms) from the positive measure (positive affect and vitality). As proposed by Reis and colleagues (2000), this scoring allows for a zero to indicate average well-being.

### **Analysis Plan and Results**

#### **Normal Distribution**

First, I examined whether the variables were normally distributed. To test for normality, I used a histogram to visualize the data. The variables of interest, perceived self-contraction and dissolution consideration scale and slider scale at Time 1, were positively skewed. The Shapiro-Wilk test was utilized to examine the distribution further. Again, for perceived self-contraction ( $W = 0.80; p < .001$ ), dissolution consideration scale ( $W = 0.71; p < .001$ ), and the dissolution consideration slider scale ( $W = 0.62; p < .001$ ) the tests were significant, which indicate the distribution of the data is significantly different than a normal distribution. For each variable of interest, I utilized a variety of transformations. To begin, I took the square root of each variable. The square root function still resulted in a positively skewed distribution for each variable. Next, I opted to use the log transformation. There was still a positive skew in the log distribution of both perceived self-contraction and the dissolution consideration scale at Time 1. Furthermore, the log transformation made the dissolution consideration slider scale appear more normally distributed. To test if it was significantly different from normal, I conducted a Shapiro-Wilk test. The dissolution consideration slider was significant ( $W = 0.89; p < .001$ ), which indicates that the distribution is significantly different from a normal distribution. For the purposes of main

analyses, the data was left in their original form. However, see Appendix D for analyses using the dissolution consideration slider scale log transformed. It should be noted that there were no differences in results when comparing the transformed and non-transformed data.

### **Hypothesis 1**

To begin, I explored bivariate correlations between the variables of interest. See Table 2 for complete bivariate results. As expected, the dissolution consideration scale at Time 1 is positively associated with perceived self-contraction at Time 1 ( $r(137) = .74, p < .01, 95\% \text{ CI } [.66, .81]$ ) and Time 2 ( $r(134) = .63, p < .01, 95\% \text{ CI } [.52, .71]$ ). Furthermore, the dissolution consideration slider scale is positively associated with perceived self-contraction at Time 1 ( $r(137) = .69, p < .01, 95\% \text{ CI } [.47, .69]$ ) and Time 2 ( $r(134) = .45, p < .01, 95\% \text{ CI } [.44, .67]$ ).

Next, I further examined Hypothesis 1 by conducting a linear regression with the dissolution consideration scale at Time 1 as the predictor, self-contraction at Time 2 as the outcome, and self-contraction at Time 1 as the covariate. As expected, dissolution consideration predicted greater self-contraction when controlling for perceived levels of self-contraction Time 1 ( $b = .27, t(131) = 3.68, p = .003, 95\% \text{ CI } [0.12, 0.42]$ ). To further examine Hypothesis 1, I used a linear regression with dissolution consideration scale at Time 1 as the predictor, self-contraction at Time 2 as an outcome, and the perceived self-change processes (i.e., self-contraction, self-expansion, self-pruning, and self-adulteration) at Time 1 as covariates. As expected, dissolution consideration predicted greater self-contraction while controlling for the other perceived self-change processes at Time 1 ( $b = .26, t(127) = 3.49, p < .001, 95\% \text{ CI } [0.11, 0.41]$ ). See Table 3 for full regression model results.

Finally, I examined Hypothesis 1 further using another predictor of dissolution consideration. Specifically, I utilized the dissolution consideration slider scale (i.e., “On a scale



from 0 (*not at all likely*) to 100 (*extremely likely*), how likely are you to end your relationship with your partner in the next four to six months?") at Time 1. I conducted a linear regression with the dissolution consideration slider scale at Time 1 as the predictor, self-contraction at Time 2 as the outcome, and self-contraction at Time 1 as the covariate. Dissolution consideration did not predicted greater self-contraction when controlling for perceived levels of self-contraction at Time 1 ( $b = .01, t(131) = 1.24, p = .22, 95\% \text{ CI } [0.00, 0.02]$ ). To further examine Hypothesis 1, I used a linear regression with the dissolution consideration slider scale at Time 1 as the predictor, self-contraction at Time 2 as an outcome, and the perceived self-change processes (i.e., self-contraction, self-expansion, self-pruning, and self-adulteration) at Time 1 as covariates. Again, dissolution consideration did not predicted greater self-contraction while controlling for the perceived self-change processes at Time 1 ( $b = .01, t(128) = 1.06, p = .29, 95\% \text{ CI } [-0.01, 0.02]$ ). See Table 4 for full regression model results.

### **Temporal Precedence**

To help establish temporal precedence, I replicated the analyses above but tested the prediction in the opposite order. I first tested perceived self-contraction at Time 1, predicting self-reports of the dissolution consideration scale at Time 2 while controlling for the dissolution consideration scale at the Time 1. As expected, perceived self-contraction at Time 1 did not predict greater dissolution consideration at Time 2 ( $b = .13, t(132) = 1.01, p = .32, 95\% \text{ CI } [-0.13, 0.40]$ ). Furthermore, these results remain the same when controlling for the other perceived self-change processes at Time 1. That is, perceived self-contraction at Time 1 did not predict perceived dissolution consideration at Time 2 when controlling for the other perceived self-change processes at Time 1 and dissolution consideration at Time 1 ( $b = .14, t(129) = 0.80, p = .43, 95\% \text{ CI } [-0.20, 0.48]$ ). The dissolution consideration slider scale was only measured at Time

1. Thus, I could not replicate these temporal precedence analyses utilizing the dissolution consideration slider item.

## **Hypothesis 2**

People who experience greater perceived self-contraction on one day will likely experience a decrease in well-being the next day as a result of having to reconstruct their sense of self, which is consistent with prior findings that people who lack a clear understanding of their self tend to report worse well-being (McIntyre et al., 2017; Richman et al., 2016). Thus, I predicted that self-contraction at Time 2 would mediate the association between dissolution consideration at Time 1 and well-being at Time 3, such that people who report perceived self-contraction as a result of high dissolution consideration will report worse well-being.

To test this prediction, I conducted a mediation model from the “PROCESSR” package, which follows the process for testing mediation outlined by Hayes (2013; Model 4 simple mediation). I tested for the indirect effect of dissolution consideration condition on well-being using bootstrapping procedures. The indirect effect was computed for 10,000 bootstrapped samples (95% confidence interval).

The first model examined the dissolution consideration scale at Time 1 (X) and its association with subjective well-being at Time 3 (Y) indirectly through its association with perceived self-contraction at Time 2 (M). There was a significant effect of dissolution consideration at Time 1 (X) on perceived self-contraction at Time 2 (M; pathway a;  $b = 0.44$ ,  $SE = 0.05$ ,  $z = 8.33$ ,  $p < .001$ , 95% CI [0.33, 0.54]). There was not a significant effect of perceived self-contraction at Time 2 (M) on subjective well-being at Time 3 (Y; pathway b;  $b = -0.29$ ,  $SE = 0.15$ ,  $z = -1.91$ ,  $p = .06$ , 95% CI [-0.56, 0.02]). The direct effect of dissolution consideration condition at Time 1 (X) on subjective well-being at Time 3 (Y), while controlling for perceived

self-contraction at Time 2 (M) was significant (pathway  $c^1$ ;  $b = 0.28$ ,  $SE = 0.10$ ,  $z = 2.78$ ,  $p = 0.01$ , 95% CI [0.08, 0.49]). A bias-corrected bootstrap confidence interval for the index of the indirect effect was based on 10,000 bootstrap samples was not entirely below zero (95% CI [-0.27, 0.02]). These findings do not support the hypothesis. That is, greater perceptions of dissolution consideration at Time 1 did predict greater perceptions of self-contraction at Time 2, as expected. However, greater perceptions of self-contraction did not predict worse subjective well-being at Time 3.

The second model examined the dissolution consideration slider scale at Time 1 (X) and its association with subjective well-being at Time 3 (Y) indirectly through its association with perceived self-contraction at Time 2 (M). There was a significant effect of dissolution consideration at Time 1 (X) on perceived self-contraction at Time 2 (M; pathway a;  $b = 0.04$ ,  $SE = 0.004$ ,  $z = 8.86$ ,  $p < .001$ , 95% CI [0.02, 0.04]). There was not a significant effect of perceived self-contraction at Time 2 (M) on subjective well-being at Time 3 (Y; pathway b;  $b = -0.21$ ,  $SE = 0.16$ ,  $z = -1.34$ ,  $p = .18$ , 95% CI [-0.50, 0.11]). The direct effect of dissolution consideration condition at Time 1 (X) on subjective well-being at Time 3 (Y), while controlling for perceived self-contraction at Time 2 (M) was not significant (pathway  $c'$ ;  $b = 0.01$ ,  $SE = 0.01$ ,  $z = 1.97$ ,  $p = .05$ , 95% CI [0.00, 0.03]). A bias-corrected bootstrap confidence interval for the index of the indirect effect was based on 10,000 bootstrap samples was not entirely below zero (95% CI [-0.02, 0.00]). Again, these findings do not support the hypothesis. That is, greater perceptions of dissolution consideration at Time 1 did predict greater perceptions of self-contraction at Time 2, as expected. However, greater perceptions of self-contraction did not predict worse subjective well-being at Time 3.

## **Study 2 Discussion**

Study 2 was designed to further examine the role of dissolution consideration on perceived self-contraction. Specifically, Study 2 utilized three-time points in order to help establish the temporal precedence of dissolution consideration's impact on perceived self-contraction. There was support for greater dissolution consideration predicting greater perceived self-contraction when using the dissolution consideration scale. First, as expected, dissolution consideration predicted greater self-contraction when controlling for perceived levels of self-contraction at Time 1. This result remained significant when controlling for the other self-change processes at Time 1. Furthermore, Study 2 was designed to test the second hypothesis, which predicted perceived self-contraction will mediate the association between dissolution consideration and subjective well-being. Dissolution consideration as measured by the scale and slider scale at Time 1 did predict greater perceived self-contraction at Time 2. However, contrary to the prediction, self-contraction did not significantly predict worse well-being for either model. Overall, Study 2 found more compelling support for Hypothesis 1 and the notion that greater dissolution consideration is associated with greater a perception that one's self-concept is contracting.

## **Study 3**

In Study 3, I sought to provide causal evidence to understand further the influence of dissolution consideration on a person's perception of self-contraction. Specifically, this study experimentally manipulated dissolution consideration and examined its influence on perceived self-contraction. Previous evidence post-dissolution suggests that the degree to which people self-contraction is dependent on their perceptions that their partner influenced them in obtaining the attribute and their relative effort in obtaining the attribute (Slotter et al., 2014). Thus, it is likely

that these factors will also influence the extent to which people will retain positive self-relevant attributes when experiencing high dissolution consideration. Therefore, Study 3 also examined the impact of perceived partner influence and personal effort on obtaining given attributes. Specifically, this third study examined Hypothesis 3, which predicted an interaction between dissolution consideration and perceived partner influence on perceived self-contraction. Specifically, dissolution consideration will be more positively associated with perceived self-contraction for those who perceive greater partner influence than those who perceive lower partner influence. That is, people high in dissolution consideration who perceive greater partner influence will be more likely to self-contraction as they reject given attributes than people in the low dissolution consideration condition. Additionally, this study tested Hypothesis 4, which predicted a three-way interaction between dissolution consideration, perceived partner influence, and personal effort on self-contraction. For people who perceive high partner influence, there will be a significant two-way interaction between dissolution consideration and perceived personal effort, such that dissolution consideration is more strongly positively associated with perceived self-contraction among those with lower perceived personal effort than those with greater perceived personal effort. For people who perceive low partner influence, regardless of perceived personal effort level, there will not be a significant association between dissolution consideration and perceived self-contraction.

Study 3 was pre-registered on Open Science Framework:

[https://osf.io/457sv/?view\\_only=07dbcadc98744f3b8aede4b50ffd36a6](https://osf.io/457sv/?view_only=07dbcadc98744f3b8aede4b50ffd36a6).

## **Procedure**

Studies 1-2 utilized a sample of people high in commitment, and the majority of the samples were in their relationship for over five years. Thus, in Study 3, I sampled from people

actively contemplating leaving their relationship. I targeted this sample given that aspects of one's self are made salient and more prominent due to a person's situation or environment (Hinde et al., 2001; Markus & Wurf, 1987). Therefore, it is more probable that people actively thinking about leaving their relationship will be made easily aware of the potential inconsistencies between their thoughts of leaving and their conceptualization of their self-concept, including positive aspects about their partner.

Participants were from Amazon's Mechanical Turk and were qualified for the study if they were "currently questioning whether or not to stay in their romantic relationship" (see Joel et al., 2018).<sup>13</sup> First, participants completed a pre-screening questionnaire in order to determine if they are in a committed romantic relationship which they are actively considering leaving. Participants earned \$0.05 for this brief pre-screening. Based on eligibility, participants were asked if they wanted to participate in a bonus study for an additional \$1.45 (i.e., the current study of interest).<sup>14</sup>

After consenting to the study of interest, participants reported five positive and five negative attributes about themselves.<sup>15</sup> They then indicated the amount their partner influenced them in obtaining these attributes and the amount of effort they believed they exerted to obtain attributes. Next, participants were randomly assigned to complete a 23-item measure regarding why they would leave their relationship (i.e., high dissolution consideration condition) or a 27-item measure of why they would stay in their relationship (i.e., low dissolution consideration

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<sup>13</sup> Specifically, participants were qualified if they stated "agree" or "strongly agree" to the following statement, "I am currently thinking about ending my romantic relationship. In other words, I am currently trying to decide whether to leave my partner."

<sup>14</sup> The use of a pre-screening on Amazon's Mechanical Turk follows a similar procedure designed by Caselli and Machia (2021) in order to obtain a specific sample of interest.

<sup>15</sup> Participants received the positive or negative prompt first at random.

condition; Joel et al., 2018). Finally, participants reported their perceptions of retaining each attribute at the moment and reported self-contraction perceptions.

An *a priori* power analysis was conducted in order to determine the target sample size. I calculated the power for a small to moderate effect ( $f = .15$ ) with two groups (numerator degree of freedom of one), and five covariates (e.g., perceived partner influence, personal effort, and the remaining three self-change processes as covariates) with an error probability of .05 resulted in a target sample size of 580 participants. This effect size is based off of previous research finding the correlation coefficient between perceived self-contraction and dissolution consideration ( $r = .70, p < .001$ ; McIntyre et al., 2015), thus, the moderate effect is a conservative estimate (Cohen, 1992). However, I sought to collect data from 600 participants given the rate of participants who do not follow instructions on Amazon's Mechanical Turk (i.e., inclusion criteria, quality open ended responses).

## Participants

Participants were individuals in relationships actively contemplating leaving their relationship ( $N = 421$ ).<sup>16</sup> Because the desired sample is not well represented within a college subject pool, participants recruited using an online subject pool, Amazon's Mechanical Turk. Participants had to be over the age of 18 ( $M = 36.55, SD = 10.99$ ). The majority of our sample identified as a man ( $n = 210$ ; woman  $n = 206$ ; non-binary  $n = 3$ ; other/prefer not to answer  $n = 2$ ) and 32.10% of our sample were in their relationship for over five years.

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<sup>16</sup> In the first study, we identified 543 eligible participants for our bonus study (i.e., the study of interest). Participants were removed from the bonus study's final sample if they indicated they did not want their data to be used ( $n = 25$ ), if they reported being under the age of 18 ( $n = 1$ ), or if they reported they took the survey before ( $n = 84$ ). Additionally, 12 participants were removed for not responding to the open-ended items regarding their positive and negative attributes. Specifically, participants were removed if they copied and pasted from the internet or the instructions.

## Measures

### *Attributes*

Adapting methods used by Slotter and colleagues (2014), participants were asked to “list five positive [negative] attributes (i.e., characteristics or traits) that they believe were true of them” (Slotter et al., 2014, p. 834). Participants listed both positive and negative attributes, which were counterbalanced. Based on previous uses of this procedure, it was expected that participants would report greater attributes that describe activities they engage in rather than personality traits (Slotter et al., 2014). Interestingly, participants chose attributes that describe their personality traits rather than their social roles (e.g., confident, hardworking, honest, loyal).

Next, participants reported the amount that they perceive their partner has influenced them in obtaining each of these attributes (i.e., "my partner is responsible for me possessing this attribute") and the amount of effort they perceived to put into obtaining each attribute (i.e., "I invested a lot into making this attribute a part of me"). Both items were assessed on a scale from 1 (*strongly disagree*) to 7 (*strongly agree*). Previous uses of this measure found moderate reliability for 3-items assessing perceived partner influence ( $\alpha = .74$ ) and effort ( $\alpha = .76$ ; Slotter et al., 2014). Thus, I assessed perceived partner influence and personal effort using single items for both constructs to reduce participant burden. However, the use of a single item can be problematic. For example, a single item may not capture the full construct. Additionally, since only one point is measured, it does not allow for variance in each participants' responses. Finally, it lacks the opportunity to assess internal consistency reliability.

The variables of perceived partner influence and perceived personal effort were calculated by making composites of the positive, negative, and combined positive and negative attributes. Specifically, for perceived partner influence, a mean was calculated across all five



positive attributes, a second mean was computed for all five negative attributes, and a third mean for both positive and negative attributes. The same procedure was used for perceived personal effort: a mean was computed for the five positive attributes, a second mean was computed for the five negative attributes, and a third mean was computed with all ten attributes. For these analyses, the composite was selected given the hypotheses focus on the general process. Previous research by Slotter and colleagues (2014) utilized a similar procedure in which the individual attributes were analyzed. That is, the hypotheses were specific to the individual level. However, I opted to use the composite scores, given the general nature of this process. That is, the process of interest is overall self-change rather than examining specific nuances of self-change through specific attributes.

### ***Dissolution Consideration***

As in the previous studies, I used the 5-item Dissolution Consideration Scale, which had high reliability ( $\alpha = .85$ ; VanderDrift et al., 2009). Next, participants were randomly assigned to a high dissolution consideration condition or a lower dissolution consideration condition. Participants assigned to the high dissolution condition were asked to complete a 23-item measure assessing their rationale for why they would leave their relationship (Joel et al., 2018). An example item states, “The relationship has gotten stale or boring; things aren’t very much fun anymore.” Participants assigned to the low dissolution condition were asked to complete a 27-item measure assessing their rationale for why they would stay in their relationship (Joel et al., 2018). An example item states, “You have anxiety about what would happen after the breakup, fear of the unknown, fear of change.” In both conditions, participants responded to the randomized order of items on a scale from 1 (*not at all true*) to 7 (*completely true*). The measures for staying and leaving one’s relationship were counterbalanced. Thus, participants in

the high dissolution consideration condition were given the measure assessing their reasons for staying in the relationship at the end of the study, while those in the low dissolution consideration condition were given the measure assessing their reasons for leaving their relationship at the end of the study. There was high reliability for both measures of leaving ( $\alpha = .95$ ) and staying ( $\alpha = .93$ ).

### ***Perceived Self-Contraction***

**Self-Contraction.** To assess perceived self-contraction, participants completed 12-item measure of relational self-change to assess self-contraction and the three other self-change processes (Mattingly et al., 2014). There was high reliability for the self-contraction subscale ( $\alpha = .88$ ).<sup>17</sup>

**Attribute Retention.** Additionally, participants reported the extent to which they would retain each positive and negative attribute (i.e., “to what extent is [attribute] still true and reflects who you are”) on a scale from 1 (*not at all*) to 7 (*extremely*). However, this measure was not utilized in the main analyses.

**Loss of Self Scale.** Given the specific nature of the self-contraction subscale previously described, participants also completed a 6-item loss of self measure as another indicator that their sense of self is shrinking (Lewandowski & Bizzoco, 2007). This measure assesses the extent to which a person believes they have lost or compromised a part of their self due to their romantic relationship and has been used as a measure of self-contraction previously (Lewandowski & Bizzoco, 2007). Participants responded to the following items on a scale from 1 (*not at all*) to 7 (*a great deal*): “I do not know who I am,” “I have lost my sense of self,” “I feel as though I

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<sup>17</sup> Perceived self-contraction was operationalized as the perceived removal of positive attributes from an individual’s self-concept. Thus, the main outcome of interest will be using the composite scores from the Mattingly and colleagues’ Relational Self-Change Scale. See Appendix F for supplemental analyses using the composite on the Loss of Self Scale as a measure of perceived self-contraction.

am missing a part of me,” “I feel as though many of my good qualities have been lost,” “I do not feel like myself anymore,” and “I feel incomplete.” There was high reliability for this measure ( $\alpha = .93$ ), which is consistent with previous research (Lewandowski & Bizzoco, 2007).

**Well-Being.** To assess well-being, I followed the procedure outlined by Reis and colleagues (2000), which recommends creating a composite score for well-being based on four measures. To do so, participants reported both their positive ( $\alpha = .94$ ) and negative affect ( $\alpha = .90$ ; see Diener & Emmons, 1984). Examples of positive adjectives include joyful, happy, pleased, and enjoyment/fun, while negative adjectives include depressed, worried/anxious, frustrated, angry/hostile, and unhappy. Participants rated the extent to which they are experiencing that given emotion on a scale from 1 (*not at all*) to 7 (*extremely*). Next, participants completed a seven-item Psychological Vitality Scale ( $\alpha = .89$ ; see Ryan & Frederick, 1997). This construct of well-being assesses how a participant feels both mentally and physically alert. Participants responded to these 7-items on a scale from 1 (*strongly disagree*) to 7 (*strongly agree*). An example item includes, “At this moment, I feel alive and vital.” Participants then completed a symptom checklist (see Emmons, 1991). This checklist is comprised of 9-items related to physical symptoms, such as having a runny nose, soreness, and difficulty breathing. I created a composite score (See Reis et al., 2000). To do so, I standardized each of the previously described well-being measures. Next, I subtracted the negative measures (negative affect and symptoms) from the positive measure (positive affect and vitality). As proposed by Reis and colleagues (2000), this scoring allows for a zero to indicate average well-being.

## **Analysis Plan and Results**

### **Normal Distribution**

First, I examined whether the variables were normally distributed. To test for normality, I used a histogram to visualize the data. Given the requirements of the study, participants had to be actively considering leaving their relationship. Thus, there were ceiling effects for dissolution consideration, which can be problematic when calculating the central tendencies of the measure. More specifically, dissolution consideration was negatively skewed. Both perceived self-contraction and partner influence of positive attributes appeared to be normally distributed. Personal effort was negatively skewed. The Shapiro-Wilk test was utilized to further examine the distribution. The tests were significant for perceived self-contraction ( $W = 0.95; p < .001$ ) and dissolution consideration ( $W = 0.89; p < .001$ ), which indicate the distribution of the data is significantly different than a normal distribution. Furthermore, perceived partner influence ( $W = 0.93; p < .001$ ) and perceived personal effort ( $W = 0.92; p < .001$ ) were significant, indicating their distribution was significantly different than normal.

To begin, I examined various transformations of each variable. The histograms of each variable squared appear more normally distributed. Again, I conducted a Shapiro-Wilk test to test if these variables were significantly different from normal. All four variables were significant, which indicates that the distribution is significantly different from a normal distribution (dissolution consideration ( $W = 0.97; p < .001$ ); perceived self-contraction ( $W = 0.94; p < .001$ ); perceived partner influence; ( $W = 0.93; p < .001$ ) perceived personal effort ( $W = 0.96; p < .001$ )). For the purposes of main analyses, the data was left in their original form. However, the use of normally distributed data is an assumption of the regression model. Therefore, see Appendix E for analyses using the main variables of interest transformed. It should be noted that there were no differences in results when comparing the transformed and non-transformed data.

## **Hypothesis 1**

Hypothesis 1 predicts people who report higher dissolution consideration will report greater perceptions that their self-concept is contracting than people with lower dissolution consideration. To provide further support for Hypothesis 1, I will examine the influence of dissolution consideration on self-contraction using various measures.

### ***Analysis 1***

To begin, I examined bivariate correlations between scores on the dissolution consideration scale, self-contraction subscale, and loss of self-scale. As expected, dissolution consideration is positively associated with perceived self-contraction ( $r(419) = .23, p < .01, 95\% \text{ CI } [.14, .32]$ ) and perceived loss of self ( $r(419) = .24, p < .01, 95\% \text{ CI } [.15, .33]$ ). See Table 5 for complete bivariate results.

### ***Analysis 2***

To further explore Hypothesis 1, I conducted a t-test to examine differences by dissolution condition on a) perceived self-contraction and b) perceived loss of self. Unexpectedly, there were no differences by condition on either perceived self-contraction ( $t(419) = -0.05, p = .96; 95\% \text{ CI } [-0.33, 0.32]$ ) or perceived loss of self ( $t(419) = 0.28, p = .78; 95\% \text{ CI } [-0.28, 0.38]$ ). Thus, those in the high dissolution consideration condition did not report greater perceived self-contraction ( $M = 4.01; SD = 1.70$ ) or perceived loss of self ( $M = 4.23; SD = 1.70$ ) compared to participants in the low dissolution consideration condition (perceived self-contraction  $M = 4.00; SD = 1.72$ ; perceived loss of self  $M = 4.28; SD = 1.76$ ).

### ***Analysis 3***

Next, I conducted a linear regression with dissolution consideration condition as the predictor, composite score of perceived self-contraction as the outcome, and the various other self-change processes as covariates. Support for this hypothesis would entail higher dissolution consideration to predict greater perceived self-contraction when controlling for the three other self-change processes. Dissolution consideration condition did not significantly predict greater perceived self-contraction as expected ( $b = 0.04$ ,  $t(416) = 0.36$ ,  $p = .72$ , 95% CI [-0.19, 0.27]).<sup>18</sup>

### ***Supplemental Analysis 1***

As a supplemental analysis, I conducted a linear regression with composite scores from the dissolution consideration scale as the predictor, composite score of perceived self-contraction as the outcome, and the various other self-change processes as covariates. Support for this hypothesis would entail higher dissolution consideration predicting greater perceived self-contraction above and beyond the three other self-change processes. As predicted, the composite scores of dissolution consideration predicted greater self-contraction when controlling for the other perceived self-change processes ( $b = 0.09$ ,  $t(416) = 2.49$ ,  $p = .02$ , 95% CI [0.02, 0.16]).

### **Hypothesis 2**

People who experience greater perceived self-contraction in the moment will likely experience a decrease in well-being as a result of having to reconstruct their sense of self, which is consistent with prior findings that people who lack a clear understand of their self tend to report worse well-being (McIntyre et al., 2017; Richman et al., 2016). Thus, I predicted that self-contraction will mediate the association between dissolution consideration and well-being, such

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<sup>18</sup> For transparency, I conducted a linear regression with dissolution consideration condition as the predictor and perceived loss of self as the outcome. Dissolution consideration condition did not significantly predict perceived loss of self ( $b = -0.04$ ,  $t(415) = -0.34$ ,  $p = .74$ , 95% CI [-0.30, 0.21]).

that people who report perceived self-contraction as a result of high dissolution consideration will report worse well-being.

### *Analysis 1-2*

To test this prediction, I conducted a mediation model from the “PROCESSR” package, which follows the process for testing mediation outlined by Hayes (2013; Model 4 simple mediation). I tested for the indirect effect of dissolution consideration condition (0 = low dissolution consideration condition, 1 = high dissolution consideration condition) on well-being using bootstrapping procedures. The indirect effect was computed for 10,000 bootstrapped samples (95% confidence interval).

The first model examined the dissolution consideration conditions (high vs low dissolution consideration; X) association with subjective well-being (Y) indirectly through its association with perceived self-contraction (M). There was not a significant effect of dissolution consideration condition (X) on perceived self-contraction (M; pathway a;  $b = 0.01$ ,  $SE = 0.17$ ,  $z = 0.05$ ,  $p = .96$ , 95% CI [-0.32, 0.33]). There was a significant effect of perceived self-contraction (M) on subjective well-being (Y; pathway b;  $b = -0.31$ ,  $SE = 0.08$ ,  $z = -3.86$ ,  $p < .001$ , 95% CI [-0.48, -0.16]). The direct effect of dissolution consideration condition (X) on subjective well-being (Y), while controlling for perceived self-contraction (M) was not significant (pathway  $c^1$ ;  $b = -0.13$ ,  $SE = 0.26$ ,  $z = -0.51$ ,  $p = .61$ , 95% CI [-0.64, 0.39]). A bias-corrected bootstrap confidence interval for the index of the indirect effect was based on 10,000 bootstrap samples was not entirely below zero (95% CI [-0.11, 0.10]). Together, these findings did not support the hypothesis. That is, dissolution consideration did not predict greater

perceptions of self-contraction. However, self-contraction did predict worse subjective well-being as expected.

The second model examined the dissolution consideration conditions (high vs low dissolution consideration; X) association with subjective well-being (Y) indirectly through its association with perceived loss of self (M). There was not a significant effect of dissolution consideration condition (X) on perceived loss of self (M; pathway a;  $b = -0.05$ ,  $SE = 0.17$ ,  $z = -0.28$ ,  $p = .78$ , 95% CI [-0.38, 0.29]). There was a significant effect of perceived loss of self (M) on subjective well-being (Y; pathway b;  $b = -0.68$ ,  $SE = 0.08$ ,  $z = -8.42$ ,  $p < .001$ , 95% CI [-0.84, -0.52]). The direct effect of dissolution consideration condition (X) on subjective well-being (Y), while controlling for perceived loss of self (M) was not significant (pathway c<sup>1</sup>;  $b = -0.17$ ,  $SE = 0.24$ ,  $z = -0.70$ ,  $p = .48$ , 95% CI [-0.64, 0.30]). A bias-corrected bootstrap confidence interval for the index of the indirect effect was based on 10,000 bootstrap samples was not entirely below zero (95% CI [-0.19, 0.27]). Again, these findings did not support the hypothesis. That is, dissolution consideration did not predict greater perceptions of loss of self. However, perceptions of losing one's self did predict worse subjective well-being as expected.

### ***Supplemental Analysis 1-2***

Furthermore, I conducted supplemental mediation models with composite scores on the dissolution consideration scale as the main predictor. Again, to test this prediction, I conducted a mediation model from the "PROCESSR" package, which follows the process for testing mediation outlined by Hayes (2013; Model 4 simple mediation). I tested for the indirect effect of dissolution consideration scores on well-being using bootstrapping procedures. The indirect effect was computed for 10,000 bootstrapped samples (95% confidence interval). Additionally, I replicated this model to examine perceived loss of self as a mediator.



The first supplemental model examined the scores on the dissolution consideration scale (X) and their association with subjective well-being (Y) indirectly through its association with perceived self-contraction (M). There a significant effect of dissolution consideration on perceived self-contraction (M; pathway a;  $b = 0.25$ ,  $SE = 0.06$ ,  $z = 4.52$ ,  $p < .001$ , 95% CI [0.14, 0.36]). There was a significant effect of perceived self-contraction (M) on subjective well-being (Y; pathway b;  $b = -0.28$ ,  $SE = 0.08$ ,  $z = -3.39$ ,  $p < .001$ , 95% CI [-0.45, -0.12]). The direct effect of dissolution consideration (X) on subjective well-being (Y), while controlling for perceived self-contraction (M) was not significant (pathway  $c^1$ ;  $b = -0.15$ ,  $SE = 0.09$ ,  $z = -1.56$ ,  $p = .12$ , 95% CI [-0.32, 0.05]). A bias-corrected bootstrap confidence interval for the index of the indirect effect was based on 10,000 bootstrap samples was entirely below zero (95% CI [-0.13, -0.03]). This model supports the second hypothesis. That is, greater perceptions of dissolution consideration predicted greater perceived self-contraction, which predicted worse subjective well-being.

The second supplemental model examined the scores on the dissolution consideration scale (X) and their association with subjective well-being (Y) indirectly through its association with perceived loss of self (M). There was a significant effect of dissolution consideration condition on perceived loss of self (M; pathway a;  $b = 0.26$ ,  $SE = 0.05$ ,  $z = 4.90$ ,  $p < .001$ , 95% CI [0.15, 0.36]). There was a significant effect of perceived loss of self (M) on subjective well-being (Y; pathway b;  $b = -0.67$ ,  $SE = 0.09$ ,  $z = -7.81$ ,  $p < .001$ , 95% CI [-0.84, -0.50]). The direct effect of dissolution consideration (X) on subjective well-being (Y), while controlling for perceived loss of self (M) was not significant (pathway  $c^1$ ;  $b = -0.04$ ,  $SE = 0.09$ ,  $z = -0.49$ ,  $p = .63$ , 95% CI [-0.21, 0.14]). A bias-corrected bootstrap confidence interval for the index of the indirect effect was based on 10,000 bootstrap samples was entirely below zero (95% CI [-0.26, -

0.10)). This model supports the second hypothesis as well. That is, greater perceptions of dissolution consideration predicted greater perceived loss of self, which predicted worse subjective well-being.

### **Hypothesis 3**

Next, I predict an interaction between dissolution consideration and perceived partner influence on perceived self-contraction. Specifically, I expect that dissolution consideration is more positively associated with perceived self-contraction for those who perceive greater partner influence than those who perceive lower partner influence.

#### ***Analysis 1: Dissolution Consideration Manipulation***

**Perceived Self-Contraction.** To test this prediction, I conducted a series of multiple regression models to examine the interaction between dissolution consideration condition and perceived partner influence on perceived self-contraction.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration) and perceived partner influence of positive attributes on perceived self-contraction. I expected a main effect of dissolution consideration condition on perceived self-contraction, such that the high dissolution consideration condition will be associated with greater perceived self-contraction. To begin, I examined the main effects of condition and

perceived partner influence adjusting for each other on perceived self-contraction. There was not a main effect of condition adjusting for perceived partner influence on perceived self-contraction ( $b = 0.01$ ,  $t(418) = 0.05$ ,  $p = .96$ , 95% CI [-0.31, 0.33]). There was a significant main effect of perceived partner influence adjusting for condition on perceived self-contraction ( $b = 0.20$ ,  $t(418) = 4.60$ ,  $p < .001$ , 95% CI [0.11, 0.28]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on perceived self-contraction. There was not a significant interaction ( $b = 0.13$ ,  $t(417) = 1.48$ ,  $p = .14$ , 95% CI [-0.04, 0.30]).

### *Supplemental Analysis 1: Dissolution Consideration Composite*

I examined the interaction between scores on the dissolution consideration scale and perceived partner influence on perceived self-contraction. These analyses were replicated with perceived partner influence of positive attributes, negative attributes, and the total composite of both positive and negative attributes (See Appendix F). Furthermore, these analyses will be replicated with loss of self as the outcome as well (See Appendix F).

**Perceived Self-Contraction.** First, to test this prediction, I conducted a series of multiple regression models to examine the interaction between scores on the dissolution consideration scale and perceived partner influence on perceived self-contraction.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between scores on the dissolution consideration scale and perceived partner influence of positive attributes on perceived self-contraction. I expected a main effect of dissolution consideration on

perceived self-contraction, such that high dissolution consideration will be associated with greater perceived self-contraction. To begin, I examined the main effects of the composite scores on the dissolution consideration scale and perceived partner influence adjusting for each other on perceived self-contraction. There was a main effect of dissolution consideration adjusting for perceived partner influence on perceived self-contraction ( $b = 0.27$ ,  $t(418) = 5.46$ ,  $p < .001$ , 95% CI [0.17, 0.37]). There was a significant main effect of perceived partner influence adjusting for dissolution consideration on perceived self-contraction ( $b = 0.22$ ,  $t(418) = 5.20$ ,  $p < .001$ , 95% CI [0.14, 0.30]). Next, I used a regression to examine the interaction between composite scores of dissolution consideration and perceived partner influence on perceived self-contraction. There was a significant interaction between dissolution consideration and perceived partner influence of positive attributes on self-contraction ( $b = -0.06$ ,  $t(417) = -2.48$ ,  $p = .01$ , 95% CI [-0.11, -0.01]), such that those who reported greater dissolution consideration and perceived greater partner influence reported higher perceptions of self-contraction (See Figure 2). The simple slopes indicated that the slope of dissolution consideration was significantly stronger one standard deviation below the mean on perceived partner influence ( $b = 0.40$ ,  $p < .001$ ) than above ( $b = 0.16$ ,  $p = .02$ ).

#### **Hypothesis 4**

Finally, I predict a three-way interaction between dissolution consideration, perceived partner influence, and personal effort on self-contraction. It is expected that for people who

perceive high partner influence, there will be a significant two-way interaction between dissolution consideration and perceived personal effort, such that dissolution consideration is more strongly positively associated with perceived self-contraction among those with lower perceived personal effort than those with greater perceived personal effort. For people who perceive low partner influence, regardless of perceived personal effort level, there will not be a significant association between dissolution consideration and perceived self-contraction.

### *Analysis 1: Dissolution Consideration Manipulation*

**Perceived Self-Contraction.** To test this prediction, I conducted a series of multiple regression models to examine a three-way interaction between dissolution consideration condition, perceived partner influence, and personal effort on perceived self-contraction. I expected to find a main effect of dissolution consideration condition on perceived self-contraction, such that high dissolution consideration condition will be associated with greater perceived self-contraction. Additionally, I expect a main effect of perceived partner influence on perceived self-contraction, such that greater perceived partner influence will be positively associated with greater perceived self-contraction. Furthermore, I expect a main effect of personal effort on perceived self-contraction, such that greater personal effort is associated with less perceived self-contraction. Finally, I expect that participants in the high dissolution consideration condition who perceive greater partner influence, and a greater personal effort in

obtaining attributes will be less likely to self-contrast compared to people who view lower amounts of personal effort.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration), perceived partner influence of positive attributes, and perceived personal effort of positive attributes on perceived self-contraction. To begin, I examined the main effects of condition, perceived partner influence, and perceived personal effort adjusting for each other on perceived self-contraction. There was not a main effect of condition adjusting for perceived partner influence and perceived personal effort on perceived self-contraction ( $b = -0.01$ ,  $t(417) = 0.06$ ,  $p = .96$ , 95% CI [-0.31, 0.33]). There was a significant main effect of perceived partner influence adjusting for condition and perceived personal effort on perceived self-contraction ( $b = 0.20$ ,  $t(417) = 4.52$ ,  $p < .001$ , 95% CI [0.11, 0.29]). There was not a main effect of perceived personal effort adjusting for condition and perceived partner influence on perceived self-contraction ( $b = -0.01$ ,  $t(417) = -0.14$ ,  $p = .89$ , 95% CI [-0.16, 0.14]). Next, I used regression to examine the interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on perceived self-contraction. Contrary to the hypothesis, there was not a significant three-way interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on participants' perceptions of self-contraction ( $b = 0.08$ ,  $t(418) = 0.97$ ,  $p = .33$ , 95% CI [-0.08, 0.23]).

### *Supplemental Analysis 1: Dissolution Consideration Composite*

Finally, the analyses were replicated to include scores on the dissolution consideration scale as the predictor of dissolution as opposed to the manipulation. Consistent with the previous prediction, it is expected that people high in dissolution consideration who perceive a great deal of partner influence will be less likely to self-contract if they also believe they exerted a great deal of personal effort into obtaining the attributes.

**Perceived Self-Contraction.** To test this prediction, I conducted a series of multiple regression models to examine a three-way interaction between composite scores on the dissolution consideration scale, perceived partner influence, and personal effort on perceived self-contraction. I expected to find a main effect of dissolution consideration scores on perceived self-contraction, such that high dissolution consideration scores will be associated with greater perceived self-contraction. Additionally, I expect a main effect of perceived partner influence on perceived self-contraction, such that greater perceived partner influence will be positively associated with greater perceived self-contraction. Furthermore, I expect a main effect of personal effort on perceived self-contraction, such that greater personal effort is associated with less perceived self-contraction. Finally, I expect that participants in the high dissolution consideration who perceive greater partner influence, and a greater personal effort in obtaining attributes will be less likely to self-contract compared to people who view lower amounts of personal effort.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between composite scores on the dissolution consideration scale, perceived partner influence of positive attributes, and perceived personal effort of positive attributes on perceived self-contraction. To begin, I examined the main effects of the composite scores of dissolution consideration, perceived partner influence, and perceived personal effort adjusting for each other on perceived self-contraction. There was a main effect of the dissolution consideration scores adjusting for perceived partner influence and perceived personal effort on perceived self-contraction ( $b = 0.28$ ,  $t(417) = 5.55$ ,  $p < .001$ , 95% CI [0.18, 0.38]). There was a significant main effect of perceived partner influence adjusting for dissolution consideration and perceived personal effort on perceived self-contraction ( $b = 0.23$ ,  $t(417) = 5.29$ ,  $p < .001$ , 95% CI [0.14, 0.31]). There was not a main effect of perceived personal effort adjusting for dissolution consideration and perceived partner influence on perceived self-contraction ( $b = -0.08$ ,  $t(417) = -0.07$ ,  $p = .32$ , 95% CI [-0.22, 0.07]). Next, I used a regression to examine the interaction between dissolution consideration scores, perceived partner influence, and perceived personal effort on perceived self-contraction. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration, perceived partner influence, and perceived personal effort on participants perceptions of self-contraction ( $b = -0.02$ ,  $t(413) = -1.01$ ,  $p = .31$ , 95% CI [-0.06, 0.02]).



### Study 3 Discussion

Study 3 was designed to explore the four hypotheses of interest further. To begin, I tested the first hypothesis, which states that people who report higher dissolution consideration will report greater perceptions that their self-concept is constructing than people with lower dissolution consideration. As expected, scores on the dissolution consideration scale were positively associated with greater perceived self-contraction. However, when examining differences in high versus low dissolution consideration, those in the high dissolution consideration condition did not report greater perceived self-contraction as expected. Thus, there was mixed support for the first hypothesis. Next, I tested the second hypothesis, which predicted that self-contraction will mediate the association between dissolution consideration and well-being. People who report perceived self-contraction as a result of high dissolution consideration will report worse well-being than those low in dissolution consideration. I did not find support for this prediction when utilizing the dissolution consideration manipulation. That is, people in the high dissolution consideration condition did not report greater perceived self-contraction. However, scores on the dissolution consideration scale did predict greater perceived self-contraction, which predicted worse subjective well-being. Next, Study 3 tested Hypothesis 3, which predicted an interaction between dissolution consideration and perceived partner influence on perceived self-contraction. When utilizing the dissolution consideration conditions, there was not a significant interaction between dissolution consideration and perceived partner influence on perceived self-contraction. However, when utilizing the self-report measure of dissolution consideration, participants high in dissolution consideration who perceived greater partner influence reported higher perceptions of self-contraction as expected. Finally, this study tested Hypothesis 4, which predicted a three-way interaction between dissolution consideration,

perceived partner influence, and personal effort on self-contraction. It was expected that for people who perceive high partner influence, there will be a significant two-way interaction between dissolution consideration and perceived personal effort, such that dissolution consideration is more strongly positively associated with perceived self-contraction among those with lower perceived personal effort than those with greater perceived personal effort. For people who perceive low partner influence, regardless of perceived personal effort level, there will not be a significant association between dissolution consideration and perceived self-contraction. However, the three-way interaction was not significant, and the hypothesis was not supported.

### **General Discussion**

Romantic relationships are factors that influence how people view their sense of self. Through romantic relationships, people begin to morph their sense of self with their partner (Aron et al., 1992; Aron et al., 2013; Mashek et al., 2003; Mattingly et al., 2014). That is, partners have difficulty distinguishing traits as self-describing themselves versus their partner (Mashek et al., 2003). Taken together, romantic relationships are one social factor that can impact how people view their self-concept (i.e., the content about a person's sense of self that they believe to be true; McConnell, 2011).

Yet, not all romantic relationships remain intact regardless of whether partners began to morph their sense of selves with one another. Thus, after experiencing a breakup, people are tasked with restructuring their self-concept and redefining who they are without their partner (Cope & Mattingly, 2020; Slotter et al., 2010; Slotter et al., 2014). Typically, people remove aspects of their partner that are no longer self-relevant (Slotter et al., 2014). Thus, people perceive their sense of self to contract or shrink following a breakup.

This work sought to examine if people perceive a shrinking of their self-concept before leaving their relationship. Specifically, I test the notion that thoughts about leaving one's relationship (i.e., high dissolution consideration) will predict greater perceptions that one's self-concept is shrinking. That is, in preparation for the breakup, people have to remove attributes that their partner helped to instill as part of their sense of self. However, post-dissolution research indicates that not all people perceive a sense of self-contraction (e.g., Slotter et al., 2014). Therefore, I suggest that a person's relative personal effort in obtaining given attributes should moderate whether or not a person engages in self-contraction. Collectively, this work examined the role of dissolution consideration, perceived partner influence, and personal effort on perceptions of self-contraction.

Studies 1 and 2 correlationally examined the role of dissolution consideration in predicting perceived self-contraction. In Study 1, as expected, participants high in dissolution consideration reported a perception that their sense of self had contracted. In Study 2, I examined the proposed influence of dissolution consideration on perceived self-contraction over time to establish temporal precedence. As expected, Time 1 measures of dissolution consideration predicted greater accounts of perceived self-contraction on the following day. This finding remained significant when controlling for other perceived self-change processes. Collectively, these findings are consistent with processes that unfold post-dissolution, in which people report greater perceptions that their sense of self is contracting and shrinking without their partner (Lewandowski & Bizzoco, 2007; Slotter et al., 2014).

In Study 3, I manipulate the extent to which people experience high versus low dissolution considerations to measure the extent to which people report rejecting attributes about themselves. Furthermore, this study also examined the influence of perceived partner influence

and personal effort on obtaining attributes. Consistent with Studies 1-2, the dissolution consideration scale was positively associated with greater perceived self-contraction (Hypothesis 1). However, contrary to the hypothesis, the dissolution consideration manipulated did not indicate a difference in perceived self-contraction. That is, people in the high dissolution consideration condition did not report higher accounts of perceived self-contraction as expected. Study 3 also tested Hypothesis 2, which states that perceived self-contraction would mediate the association between dissolution consideration and well-being, such that people who report perceived self-contraction as a result of high dissolution consideration will report worse well-being. Contrary to the prediction, perceived self-contraction did not mediate the association between the dissolution consideration manipulation and subjective well-being. Interestingly, the supplemental analyses with the composite scores from the dissolution consideration scale as the predictor did support the hypothesis. People who reported greater perceptions of dissolution reported greater perceived self-contraction, which predicted worse well-being. This result was replicated with a perceived loss of self as the mediator of interest.

Furthermore, Study 3 tested Hypothesis 3, which predicts an interaction between dissolution consideration and perceived partner influence on perceived self-contraction. There was not a significant interaction between dissolution consideration condition and perceived partner influence of positive attributes on self-contraction. Such that, participants in the high dissolution consideration condition who perceived greater partner influence did not report higher perceptions of self-contraction. Finally, Study 3 tested the fourth hypothesis, which states there will be a three-way interaction between dissolution consideration, perceived partner influence, and personal effort on self-contraction. It was expected that people high in dissolution consideration who perceive a great deal of partner influence will be less likely to self-contrast or

reject given attributes if they also believe they exerted a great deal of personal effort into obtaining the attributes. However, the three-way interaction was not significant and did not support the hypothesis.

Post dissolution, both perceived partner influence, and personal effort were two factors that determine the extent to which a person would diminish attributes about themselves and, as a result, self-contrast (Slotter et al., 2014). However, the findings for both were mixed in this study. There was a significant interaction when examining people's self-reports of dissolution consideration and perceived partner influence of both positive and negative traits, but not only positive traits. People who perceived higher dissolution consideration and partner influence reported greater self-contraction than those low in dissolution consideration for both positive and negative traits. Thus, perceived partner influence is likely to influence whether or not a person self-contracts before dissolution in general. However, perceived personal effort was not a significant predictor of self-contraction in this study. It may be likely that people who perceive incongruencies between their self and thoughts of dissolution are only focusing on aspects of their self directly related to their partner. That is, when people are in committed relationships, they start to perceive their partner's traits as their own (Mashek et al., 2003). Thus, when thinking about ending one's relationship, it could be the case that people do not associate certain aspects of themselves with their partner anymore and fully view them as part of themselves. Therefore, perceived personal effort may be less influential in the case of perceiving the incongruency before breaking up.

### **Strengths, Limitations, and Future Directions**

This work has many notable strengths. First, these studies add to the literature exploring perceived self-contraction in novel relational situations. While previous research has examined

self-contraction post-dissolution, this work sought to understand the role of self-change pre-dissolution further when a person is contemplating ending their relationship. Furthermore, self-change processes have been examined within the context of general relationship maintenance processes (Mattingly et al., 2014; McIntyre et al., 2020; McIntyre et al., 2015). Such that, examining how a person's perceptions of self-change influence various relational outcomes, such as partners' levels of commitment and satisfaction with the relationship (Mattingly et al., 2014; McIntyre et al., 2020; McIntyre et al., 2015). However, this research examines the specific relational context, such as thoughts of dissolution and their influence on perceived self-change. Thus, this work extends the self-change literature by examining situational nuances of how self-change operates.

Future work should consider other avenues in which dissolution consideration can facilitate self-contraction. For example, dissolution consideration may make people aware that their relationship is not improving or growing their sense of self. Joel and colleagues (2018) asked people contemplating a breakup why they were considering leaving their partner. Some people reported their partner was impairing their self-concept, such that they did not perceive their relationship as an avenue to improve or expand their self-concept. Furthermore, people also reported that pursuing other opportunities, which was defined as wanting more personal growth and excitement, was another reason for potentially ending the relationship. This may suggest that their relationship was not providing this sense of growth desired for these people. Although reasons for leaving one's relationship are not synonymous with dissolution considerations, a perceived sense of a partner hindered their self-concept and pursuit of other opportunities positively correlated with greater dissolution consideration (Joel et al., 2018). Thus, self-contraction can arise from realizing a romantic partner has hindered their self-concept

development and does not provide an avenue of growth, which stems from dissolution consideration.

Furthermore, future work should consider exploring additional relational factors that can exacerbate the role of dissolution consideration predicting perceptions that one's self is contracting. For example, Joel and colleagues (2021) examined relationship ambivalence (i.e., having both positive and negative feelings towards a romantic partner) in relation to people's perceptions of wanting to stay or leave their relationship. In general, people who were more ambivalent in their relationship were more susceptible to daily fluctuations in their relationship quality, which influenced the extent to which they reported wanting to stay or leave their relationship. For example, people who were ambivalent who experienced a positive interaction with their partner were more likely to report wanting to stay with their partner the following day. Whereas that same person, if they experienced a negative interaction with their partner on a different day, were more likely to report wanting to leave their relationship on day following the negative interaction. Thus, for people high in relationship ambivalence, they may be more susceptible to daily fluctuations in considering leaving their relationship. Therefore, in relation to the current work, future research should consider looking at the moderating role of relationship ambivalence. It is likely people high in relationship ambivalence, compared to low, will be more likely to perceived greater fluctuation in dissolution consideration, which will have a downstream consequence for their perceptions of self-contraction and subjective well-being.

Relatedly, the daily fluctuations of dissolution consideration can be explored using the pre-collected data from Study 2. That is, multi-level modeling (MLM) can be used to examine the within-person change in dissolution consideration and its impact on next-day self-contraction. First, MLM can be used given the number of daily accounts of dissolution

consideration and perceived self-contraction are nested within participants. Specifically, this technique can examine the role of dissolution consideration fluctuating within a person and its impact on perceived self-contraction over time. Thus, a future direction of this work is to explore a within-person variation model to observe the within changes of dissolution consideration on perceptions of self-contraction over time. To see if MLM would be appropriate for this dataset, I calculated the intraclass correlation coefficient (ICC) to ensure there is sufficient within-person variation in dissolution consideration and self-contraction. The ICC was 0.76 indicating that 76% of the variance is between persons and the rest is within person (i.e., daily changes). Since there is sufficient within-person variability the use of MLM, specifically, a within-person variation model can be used to further test the hypotheses.

Furthermore, the MLM approach would also have value for the third study. In Study 3, participants reported multiple observations given they reported their perceptions of partner effort and personal effort for each of the ten attributes listed (five positive and five negative). I opted to create a composite in order to look at the general process (i.e., the influence of dissolution consideration on self-change more broadly) rather than at the individual level. However, previous research has used a similar procedure to examine the individual-level attributes post-breakup. However, the proposed process focused on the general process as opposed to the individual traits being contracted. Future research should consider examining the individualized attributes prior to dissolution.

These studies are not without their limitation. First, Study 3 predicted that participants in the high dissolution consideration condition would report greater perceived self-contraction than those in the low dissolution consideration. However, this hypothesis was not supported. It is possible that the manipulation was not strong enough in activating people's perceptions of



dissolution consideration. In Study 3, participants reported on a scale from 1 (*not at all true*) to 7 (*completely true*) regarding specific statements for why they would consider leaving their relationship (high dissolution consideration) or statements about why they would stay in their relationship (low dissolution consideration). Although the items in each stay and leave measure were randomized, it could be likely that the scales did not get the specific rationale for why people would leave or stay in their relationship. Rather, each participant might have a particular rationale for considering ending their relationship. For example, one participant might be considering ending their relationship because of infidelity. Therefore, they would rate an item such as, "Your partner has been deceptive or unfaithful, or you just don't feel like you can trust your partner." as completely true, but the other items on the leave measure (e.g., "Physical distance: your sex life is unsatisfactory, or there isn't enough physical affection," or "Incompatibility: you and your partner don't see eye-to-eye on things, you feel you have different values, priorities, goals, etc.") as not at all true. Thus, depending on the randomized order, this participant might respond to items regarding infidelity at the start and these other potential reasons to leave at the end of the 23-item measure. Therefore, the activation of the dissolution consideration prime could have worn off. Thus, future research should modify this measure. Perhaps, allowing participants to describe why they are considering ending their relationship can provide a more individualized manipulation that will activate higher dissolution consideration.

Furthermore, it could also be likely that the lack of variability in the two conditions can be partly due to the observed ceiling effects for dissolution consideration in Study 3's sample. Study 3 sought to collect data from participants actively thinking about leaving their relationship since the proposed process would be most relevant to this sample. Furthermore, the salience of dissolution consideration should be higher among this sample of participants. There were ceiling

effects for dissolution consideration, which can be problematic when calculating the central tendencies of the measure. For example, there might not have been differences in perceived self-contraction by condition since this sample was already high in dissolution consideration. That is, this sample was already actively thinking about leaving their relationship, so making thoughts about leaving more salient might not have increased perceptions that one's self-concept is contracting, given this was already high for this sample.

It is possible that the hypothesized process was not experimentally supported due to the lack of causality rather than a failed manipulation. That is, it is possible that people who are aware that their sense of self is contracting due to their relationship come to question whether or not they should stay in their relationship. Thus, for some people, they may perceive positive aspects about themselves to be diminished from their sense of self as a result of their relationship, which then leads to the thought of dissolution consideration. Correlationally, perceiving a partner as hindering one's sense of self is a reason why people report contemplating leaving their relationship (Joel et al., 2018). However, it is less likely given that Study 2 examined the influence of perceived self-contraction at Time 1, predicting dissolution consideration at Time 2 (i.e., the reversal of the proposed hypothesis), and did not find support. That is, a perceived shrinking of one's self-concept at Time 1 did not predict greater perceptions of dissolution consideration at Time 2. Taken together, while there are alternative explanations for the proposed causal process, the analyses of temporal precedence give support to the failed manipulation as opposed to the proposed process.

Furthermore, Study 3 found mixed support for perceived self-contraction influencing subjective well-being. That is, the manipulation of dissolution consideration did not significantly predict greater perceived self-contraction. However, composite scores on the dissolution

consideration scale did significantly predict greater perceived self-contraction, which was associated with worse subjective well-being, as expected. The mediation model assumes causation, and the scores on the dissolution consideration scale were assessed at the same time point as both the mediator and outcome. Thus, further research should continue to explore this process. Although we established temporal precedence in Study 2, further research should examine the causal implications of dissolution consideration on self-contraction and subjective well-being.

Additionally, for the analyses of interest in Study 3, I utilized the general measure of perceived self-contraction through the self-report measure. However, the measures of perceived partner influence and personal effort are in relation to the specific listed attributes. Therefore, a general measure of perceived partner influence and personal effort would be a better indicator of influence and effort for the general attributes. Future research should utilize the measure of perceived self-contraction for the specific attributes rather than using the general self-contraction measure.

Another point to consider is the sample size. In the studies described above, the target sample sizes were not reached once unusable data was removed (i.e., Studies 2-3). Thus, the studies may be under powered to detect the possible effects. This could especially be the case for Study 3's testing of Hypothesis 4, which predicts a three-way interaction. A possible solution would be to collect additional useable participants in order to reach the target sample size. Another possible solution would be to replicate the studies with the appropriate sample size based on the power analyses.

Given the previous research, I hypothesized increases in dissolution consideration would predict great awareness that one's sense of self is contracting. However, it is important to

acknowledge the various other self-change processes in this line of thinking. For example, by some definitions, self-pruning also refers to a perceived reduction or shrinking of the self-concept (Mattingly et al., 2014; McIntyre et al., 2020; McIntyre et al., 2015). Previously, this process has been operationally defined as perceiving a reduction of negative aspects of a person (e.g., Mattingly et al., 2014). Thus, self-pruning is still beneficial and helps to facilitate perceived improvements to one's self and the relationship (Mattingly et al., 2014; McIntyre et al., 2020; McIntyre et al., 2015). Alternatively, negative self-relevant processes broadly are associated with dissolution. I suggest that self-adulteration would not be made salient during times of high dissolution since when thinking about ending a relationship, a person will focus on themselves rather than their relationship. Thus, a person will not be thinking about potential avenues their partner has hindered their sense of self. Rather, a person realizes the potential shrinking of their self-concept either as an awareness of losing their partner as a potential source of self-concept development or realizing that their partner has hindered their sense of self. Yet, to understand the nuances of valence, future research should continue to explore whether a perceived shrinking includes both positive and negative attributes and what factors can influence these perceptions. (i.e., perceived partner influence and personal effort).

## **Conclusion**

Taken together, this work provides an initial exploration into the way in dissolution consideration can impact perceptions of a person's sense of self and indirectly one's subjective well-being. This avenue of research is important to understand how people perceive their sense of self before dissolution. In preparation for separating one's self from their partner, the perceived shrinking of one's sense of self may be another predictor of dissolution. Thus, future research should continue to examine this process in relation to dissolution. Overall, this work

provides the first steps into exploring the role in which dissolution consideration influences a person's sense of self.

Table 1

*Means, standard deviations, and correlations with confidence intervals for Study 1*

Variable	<i>M</i>	<i>SD</i>	1	2	3	4
1. Dissolution Consideration	2.19	2.11				
2. Self-Expansion	5.83	1.12	-.35** [-.42, -.27]			
3. Self-Pruning	4.82	1.36	-.29** [-.36, -.21]	.59** [.53, .64]		
4. Self-Adulteration	2.78	1.26	.36** [.28, .43]	-.20** [-.28, -.12]	-.17** [-.25, -.09]	
5. Self-Contraction	2.04	1.39	.50** [.43, .56]	-.35** [-.43, -.28]	-.27** [-.34, -.19]	.65** [.60, .69]

*Note.*  $N = 549$ . Values in square brackets indicate the 95% confidence interval for each correlation.

\*  $p < .05$ .

\*\*  $p < .01$

Table 2

*Means, standard deviations, and correlations with confidence intervals for Study 2*

Variable	<i>M</i>	<i>SD</i>	1	2	3	4	5	6	7
1. DC Scale T1	2.73	2.50							
2. DC Slider T1	15.82	28.18	.76** [.68, .82]						
3. SC T1	2.32	1.63	.74** [.65, .81]	.59** [.47, .69]					
4. SA T1	2.82	1.37	.63** [.52, .72]	.53** [.39, .64]	.77** [.69, .83]				
5. SE T1	5.74	1.01	-.45** [-.57, -.30]	-.35** [-.49, -.20]	-.52** [-.63, -.39]	-.39** [-.53, -.24]			
6. SP T1	5.02	1.38	-.32** [-.46, -.16]	-.23** [-.39, -.07]	-.34** [-.48, -.18]	-.15 [-.31, .02]	.60** [.48, .70]		
7. SC T2	2.56	1.88	.63** [.52, .72]	.45** [.31, .58]	.63** [.52, .72]	.53** [.39, .64]	-.36** [-.50, -.20]	-.25** [-.40, -.08]	
8. DC T2	2.46	2.42	.72** [.62, .79]	.57** [.44, .67]	.57** [.44, .67]	.48** [.34, .60]	-.34** [-.48, -.18]	-.24** [-.39, -.07]	.55** [.42, .66]

*Note.* Values in square brackets indicate the 95% confidence interval for each correlation. T1 = Time 1 (i.e., baseline). T2 = Time 2 (i.e., Day 4). DC = Dissolution consideration. SC = Self-contraction. SA = Self-Adulteration. SE = Self-expansion. SP = Self-

pruning.

\*  $p < .05$ .

\*\*  $p < .01$



Table 3

Regression results for Study 2 using self-contraction at day one as the criterion

Predictor	<i>b</i>	<i>b</i> 95% CI [LL, UL]	<i>beta</i>	<i>beta</i> 95% CI [LL, UL]	<i>p</i>	Fit
(Intercept)	0.97	[-0.93, 2.88]				
<b>DC Scale Time 1</b>	0.26	[0.11, 0.41]	0.35	[0.15, 0.55]	< .001	
SC Time 1	0.36	[0.07, 0.65]	0.31	[0.06, 0.56]	.01	
SE Time 1	-0.00	[-0.33, 0.33]	-0.00	[-0.18, 0.18]	.99	
SP Time 1	-0.04	[-0.26, 0.19]	-0.03	[-0.19, 0.14]	.73	
SA Time 1	0.09	[-0.20, 0.37]	0.07	[-0.14, 0.28]	.54	
						$R^2 = .46^{**}$ 95% CI [0.31, 0.54]

*Note.* *b* represents unstandardized regression weights. *beta* indicates the standardized regression weights. *LL* and *UL* indicate the lower and upper limits of a confidence interval, respectively. DC = Dissolution consideration. SC = Self-contraction. SA = Self-Adulteration. SE = Self-expansion. SP = Self-pruning. The predictor of interest is in bold.

\*  $p < .05$ .

\*\*  $p < .01$

Table 4

*Regression results for Study 2 using self-contraction at day one as the criterion*

Predictor	<i>b</i>	<i>b</i> 95% CI [LL, UL]	<i>beta</i>	<i>beta</i> 95% CI [LL, UL]	<i>p</i>	Fit
(Intercept)	1.22	[-0.76, 3.19]				
<b>DC Slider Time 1</b>	0.01	[-0.01, 0.02]	0.09	[-0.08, 0.26]	.29	
SC Time 1	0.55	[0.27, 0.83]	0.47	[0.23, 0.72]	< .001	
SE Time 1	-0.00	[-0.35, 0.34]	-0.00	[-0.19, 0.18]	.98	
SP Time 1	-0.08	[-0.31, 0.16]	-0.06	[-0.23, 0.12]	.52	
SA Time 1	0.14	[-0.16, 0.44]	0.10	[-0.11, 0.32]	.35	
						$R^2 = .410^{**}$ 95% CI [0.26, 0.50]

*Note.* *b* represents unstandardized regression weights. *beta* indicates the standardized regression weights. *LL* and *UL* indicate the lower and upper limits of a confidence interval, respectively. DC = Dissolution consideration. SC = Self-contraction. SA = Self-Adulteration. SE = Self-expansion. SP = Self-pruning. The predictor of interest is in bold.

\*  $p < .05$ .

\*\*  $p < .01$

Table 5

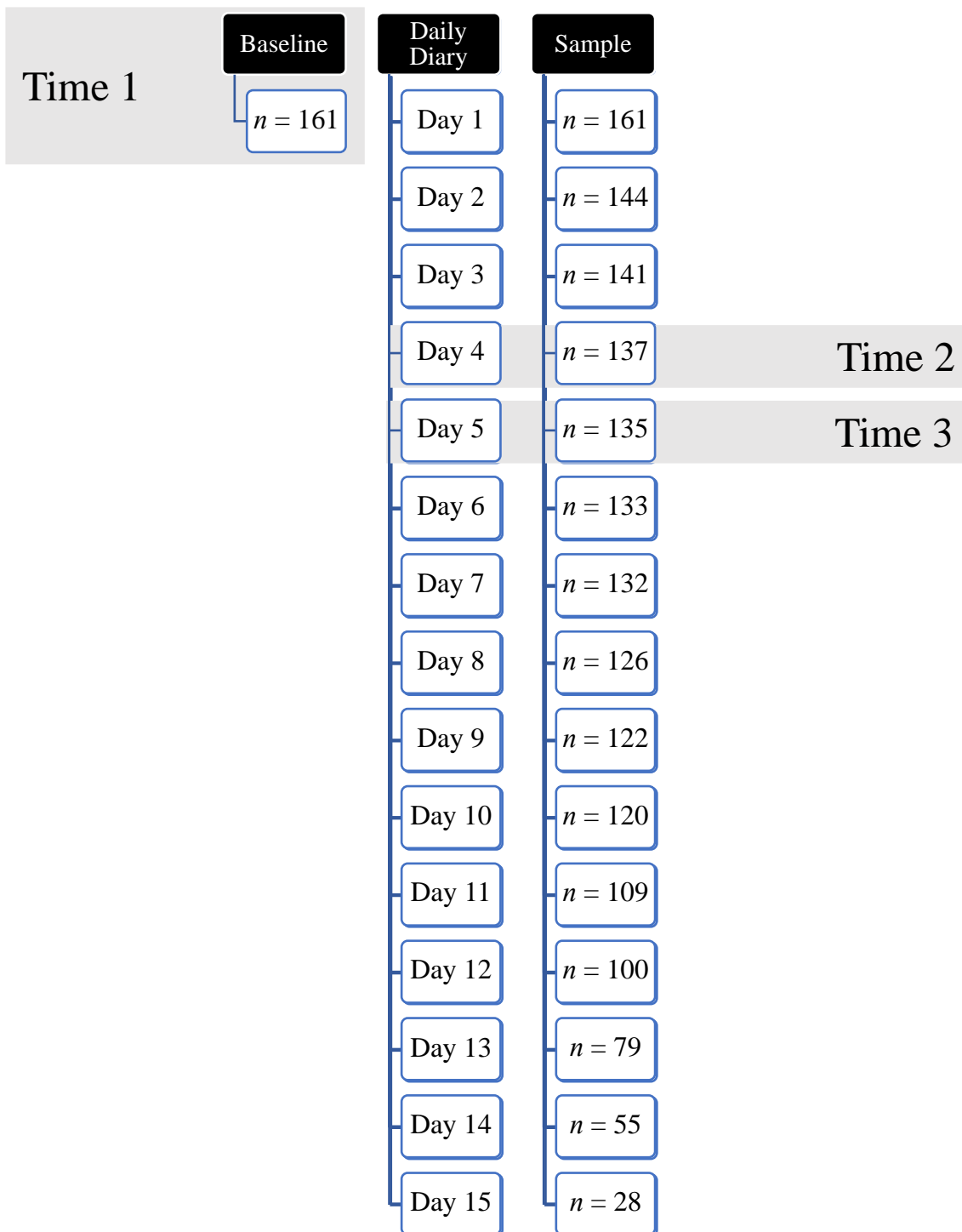
*Means, standard deviations, and correlations with confidence intervals for Study 3*

Variable	<i>M</i>	<i>SD</i>	1	2	3	4	5	6
1. Dissolution Consideration	6.98	1.60						
2. Self-Contraction	4.01	1.71	.23** [.14, .32]					
3. Loss of Self	4.26	1.73	.24** [.15, .33]	.60** [.53, .65]				
4. Self-Expansion	5.09	1.36	-.05 [-.14, .05]	-.08 [-.18, .01]	-.16** [-.25, -.06]			
5. Self-Pruning	4.22	1.56	-.05 [-.14, .05]	.01 [-.08, .11]	-.12* [-.21, -.03]	.57** [.50, .63]		
6. Self-Adulteration	4.20	1.52	.21** [.12, .30]	.72** [.67, .76]	.54** [.47, .60]	-.04 [-.13, .06]	-.01 [-.11, .08]	
7. Well-Being	0.00	2.75	-.13* [-.22, -.03]	-.20** [-.29, -.10]	-.43** [-.50, -.35]	.38** [.29, .46]	.52** [.45, .59]	-.18** [-.27, -.09]

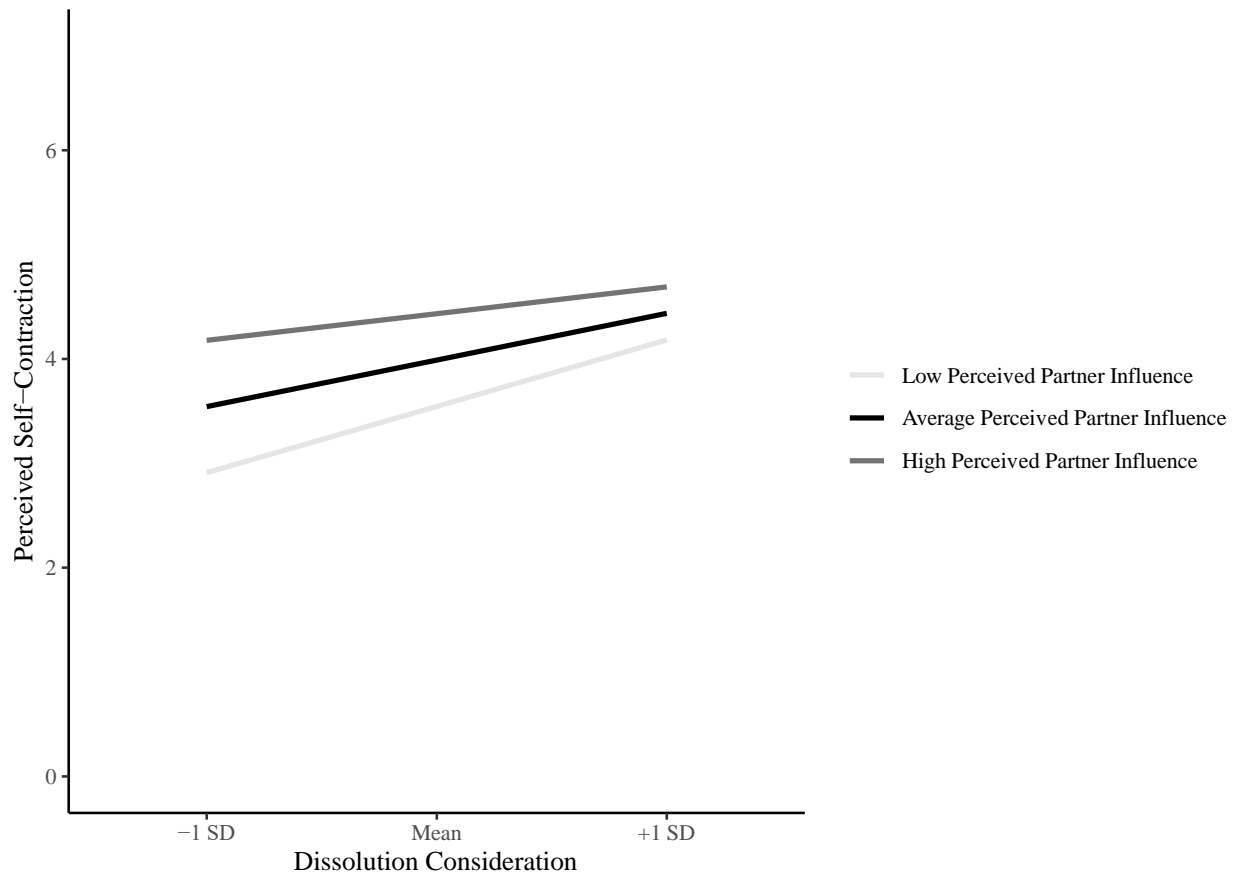
*Note.*  $N = 421$ . Values in square brackets indicate the 95% confidence interval for each correlation.

\*  $p < .05$ .

\*\*  $p < .01$



**Figure 1.** Study 2 utilized pre-collected data. In the original dataset, there was a survey administered at baseline. Then 24 hours later, participants received the first day of the daily diary, and the participants then received a survey 24-hours apart for 15 days. In the current study of interest, the baseline time point is Time 1, day four is Time 2, and day five is Time 3. The sample size represents the number of participants who took the survey at each time point. The grey boxes indicate the time points for this current study of interest. Whereas the white and blue boxes represent the time points for the pre-collected dataset that was utilized in this study.



**Figure 2.** The results of the interaction between scores on the dissolution consideration scale and perceived partner influence of positive attributes on perceived self-contraction indicate a significant interaction, such that participants high in dissolution consideration who reported greater perceived partner influence reported higher perceptions self-contraction ( $F(3, 417) = 19.78, p < .001$ , with an  $R^2 = .12$ ).

## Appendix A

The Relational Self-Change Scale assesses self-concept change by considering the four self-change processes (Mattingly et al., 2014). Participants respond to items on a scale from 1 (“not very much”) to 7 (“very much”).

*Instructions: Right now, as a result of your relationship with your partner, please rate the following sentences from not very much (1) to very much (7).*

1. I have learned many great new things (SE)
2. I have added positive qualities to my sense of self (SE)
3. I have become more competent and capable (SE)
4. I have decreased my number of negative attributes (SP)
5. My bad habits have diminished (SP)
6. I have been able to lose undesirable aspects about myself (SP)
7. I have learned more undesirable things about myself (SA)
8. My bad habits have increased (SA)
9. I have more negative qualities (SA)
10. Positive qualities about myself have been diminished (SC)
11. I feel like I’ve become less competent and capable (SC)
12. My positive attributes have decreased (SC)

Note. SE = Self-expansion item; SA = Self-adulteration item; SP = Self-pruning item; SC = Self-contraction item

## Appendix B

The five-items make up the Dissolution Consideration Scale (VanderDrift et al., 2009). Participants responded to the items on a scale from 1 (*do not agree at all*) to 9 (*agree completely*).

1. I have been thinking about ending our romantic relationship.
2. More and more it comes to my mind that I should break up with my partner.
3. I find myself wishing that my partner and I weren't romantically involved.
4. I have been close to telling my partner that I want to end our romantic relationship.
5. I have told people other than my partner that I might end my relationship with him/her.



## Appendix C

The analyses below include the use of the dissolution consideration scale and perceived self-contraction log transformed. The use of the log transformation created a more normal distribution. For the analyses below, the “dissolution consideration” and “perceived self-contraction” are in reference to the log transformed variable.

### Hypothesis 1

To begin, I explored bivariate correlations between the variables of interest. See Table 1 for complete bivariate results. As expected, dissolution consideration is positively associated with perceived self-contraction ( $r(547) = .48, p < .001$ ). Next, to further examine Hypothesis 1, I used a linear regression with dissolution consideration as the predictor, self-contraction as an outcome, and other perceived self-change processes (i.e., self-expansion, self-pruning, and self-adulteration) as covariates. As expected, dissolution consideration uniquely predicted greater self-contraction while controlling for the other perceived self-change processes ( $b = .18, t(544) = 6.73, p < .001, 95\% \text{ CI } [0.13, 0.24]$ ).

## Appendix D

The analyses below include the use of the dissolution consideration slider scale log transformed at Time 1. The use of the log transformation created a more normal distribution. For the analyses below, the “dissolution consideration slider scale” is in reference to the log transformed variable at Time 1.

### Hypothesis 1

To begin, I explored bivariate correlations between the variables of interest. the dissolution consideration slider scale is positively associated with perceived self-contraction at Time 1 ( $r(76) = .57, p < .001$ ) and Time 2 ( $r(74) = .35, p < .001$ ). Then I examined Hypothesis 1 further using the dissolution consideration slider scale at Time 1. I conducted a linear regression with the dissolution consideration slider scale at Time 1 as the predictor, self-contraction at Time 2 as the outcome, and self-contraction at Time 1 as the covariate. Dissolution consideration did not predicted greater self-contraction when controlling for perceived levels of self-contraction Time 1 ( $b = .13, t(71) = 0.88, p = .38, 95\% \text{ CI } [-0.17, 0.43]$ ). To further examine Hypothesis 1, I used a linear regression with the dissolution consideration slider scale at Time 1 as the predictor, self-contraction at Time 2 as an outcome, and the perceived self-change processes (i.e., self-contraction, self-expansion, self-pruning, and self-adulteration) at Time 1 as covariates. Again, dissolution consideration did not predicted greater self-contraction above and beyond the perceived self-change processes at Time 1 ( $b = .12, t(68) = 0.81, p = .42, 95\% \text{ CI } [-0.18, 0.44]$ ).

## Appendix E

The analyses below include the use of the measures of dissolution consideration (composite), perceived self-contraction, perceived partner influence, and perceived personal effort transformed. A squared transformation created a more normal distribution for each of the variables. For the analyses below, each variable is in reference to the squared transformed variable.

### Hypothesis 1

Hypothesis 1 predicts people who report higher dissolution consideration will report greater perceptions that their self-concept is constructing than people with lower dissolution consideration. To begin, I examined bivariate correlations between scores on the dissolution consideration scale and the self-contraction subscale. As expected, dissolution consideration is positively associated with perceived self-contraction ( $r(421) = .26, p < .001$ ).

To further explore Hypothesis 1, I conducted a t-test to examine differences by dissolution condition on perceived self-contraction. Thus, those in the high dissolution consideration condition did not report great perceived self-contraction ( $M = 18.96; SD = 13.73$ ) compared to participants in the low dissolution consideration condition ( $M = 18.97; SD = 13.08$ ).

Next, I conducted a linear regression with dissolution consideration condition as the predictor, composite score of perceived self-contraction as the outcome, and the various other self-change processes as covariates. Support for this hypothesis would entail higher dissolution consideration to predict greater perceived self-contraction when controlling for the three other self-change processes. Dissolution consideration condition did not significantly predict greater perceived self-contraction as expected ( $b = 0.26, t(416) = 0.28, p = .77, 95\% \text{ CI } [-1.53, 2.05]$ ).

As a supplemental analysis, I conducted a linear regression with composite scores from the dissolution consideration scale as the predictor, composite score of perceived self-contraction as the outcome, and the various other self-change processes as covariates. Support for this hypothesis would entail higher dissolution consideration predicting greater perceived self-contraction above and beyond the three other self-change processes. As predicted, the composite scores of dissolution consideration predicted greater self-contraction when controlling for the other perceived self-change processes ( $b = 0.08, t(416) = 3.38, p < .001, 95\% \text{ CI } [0.03, 0.13]$ ).

### Hypothesis 2

People who experience greater perceived self-contraction in the moment will likely experience a decrease in well-being as a result of having to reconstruct their sense of self, which is consistent with prior findings that people who lack a clear understand of their self tend to report worse well-being (McIntyre et al., 2017; Richman et al., 2016). Thus, I predicted that self-contraction will mediate the association between dissolution consideration and well-being, such that people who report perceived self-contraction as a result of high dissolution consideration will report worse well-being.

The first model examined the dissolution consideration conditions (high vs low dissolution consideration; X) association with subjective well-being (Y) indirectly through its association with perceived self-contraction (M). There was not a significant effect of dissolution consideration condition (X) on perceived self-contraction (M; pathway a;  $b = 0.00$ ,  $SE = 1.30$ ,  $z = 0.00$ ,  $p = .99$ , 95% CI [-2.59, 2.57]). There was a significant effect of perceived self-contraction (M) on subjective well-being (Y; pathway b;  $b = -0.03$ ,  $SE = 0.11$ ,  $z = -1.16$ ,  $p < .001$ , 95% CI [-0.06, -0.01]). The direct effect of dissolution consideration condition (X) on subjective well-being (Y), while controlling for perceived self-contraction (M) was not significant (pathway c<sup>1</sup>;  $b = -0.14$ ,  $SE = 0.26$ ,  $z = -0.52$ ,  $p = .61$ , 95% CI [-0.64, 0.37]). A bias-corrected bootstrap confidence interval for the index of the indirect effect was based on 10,000 bootstrap samples was not entirely below zero (95% CI [-0.10, 0.10]).

### **Hypothesis 3**

Next, I predict an interaction between dissolution consideration and perceived partner influence on perceived self-contraction. Support for this hypothesis would entail finding people high in dissolution consideration who perceive greater partner influence will be more likely to self-contrast compared to people low in dissolution consideration.

**Perceived Self-Contraction.** To test this prediction, I conducted a series of multiple regression models to examine the interaction between dissolution consideration condition and perceived partner influence on perceived self-contraction.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration) and perceived partner influence of positive attributes on perceived

self-contraction. I expected a main effect of dissolution consideration condition on perceived self-contraction, such that the high dissolution consideration condition will be associated with greater perceived self-contraction. To begin, I examined the main effects of condition and perceived partner influence adjusting for each other on perceived self-contraction. There was not a main effect of condition adjusting for perceived partner influence on perceived self-contraction ( $b = 0.10$ ,  $t(418) = 0.08$ ,  $p = .94$ , 95% CI [-2.39, 2.59]). There was a significant main effect of perceived partner influence adjusting for condition on perceived self-contraction ( $b = 0.22$ ,  $t(418) = 5.17$ ,  $p < .001$ , 95% CI [0.14, 0.30]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on perceived self-contraction. There was not a significant interaction ( $b = 0.11$ ,  $t(417) = 1.24$ ,  $p = .21$ , 95% CI [-0.06, 0.27]).

#### **Hypothesis 4**

Finally, I predict a three-way interaction between dissolution consideration, perceived partner influence, and personal effort on self-contraction. It is expected for people who perceive high partner influence, there will be a significant two-way interaction between dissolution consideration and perceived personal effort, such that dissolution consideration is more strongly positively associated with perceived self-contraction among those with lower perceived personal effort than those with greater perceived personal effort. For people who perceive low partner influence, regardless of perceived personal effort level, there will not be a significant association between dissolution consideration and perceived self-contraction.

**Perceived Self-Contraction.** To test this prediction, I conducted a series of multiple regression models to examine a three-way interaction between dissolution consideration condition, perceived partner influence, and personal effort on perceived self-contraction. I expected to find a main effect of dissolution consideration condition on perceived self-contraction, such that high dissolution consideration condition will be associated with greater

perceived self-contraction. Additionally, I expect a main effect of perceived partner influence on perceived self-contraction, such that greater perceived partner influence will be positively associated with greater perceived self-contraction. Furthermore, I expect a main effect of personal effort on perceived self-contraction, such that greater personal effort is associated with less perceived self-contraction. Finally, I expect that participants in the high dissolution consideration condition who perceive greater partner influence, and a greater personal effort in obtaining attributes will be less likely to self-contraction compared to people who view lower amounts of personal effort.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration), perceived partner influence of positive attributes, and perceived personal effort of positive attributes on perceived self-contraction. To begin, I examined the main effects of condition, perceived partner influence, and perceived personal effort adjusting for each other on perceived self-contraction. There was not a main effect of condition adjusting for perceived partner influence and perceived personal effort on perceived self-contraction ( $b = -0.07$ ,  $t(417) = 0.05$ ,  $p = .96$ , 95% CI [-2.43, 2.56]). There was a significant main effect of perceived partner influence adjusting for condition and perceived personal effort on perceived self-contraction ( $b = 0.21$ ,  $t(417) = 4.86$ ,  $p < .001$ , 95% CI [0.13, 0.30]). There was not a main effect of perceived personal effort adjusting for condition and perceived partner influence on perceived self-contraction ( $b = 0.04$ ,  $t(417) = 0.67$ ,  $p = .51$ , 95% CI [-0.08, 0.16]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence, and perceived personal effort on perceived self-contraction. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on participants perceptions of self-contraction ( $b = 0.01$ ,  $t(418) = 0.82$ ,  $p = .41$ , 95% CI [-0.01, 0.02]).

## Appendix F

### Supplemental Analyses for Study 3

#### Hypothesis 3

##### *Supplemental Analysis 1: Dissolution Consideration Manipulation*

**Perceived Self-Contraction.** To test this prediction, I conducted a series of multiple regression models to examine the interaction between dissolution consideration condition and perceived partner influence on perceived self-contraction.

*Perceived Partner Influence of Positive and Negative Attributes.* I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration) and perceived partner influence of both positive and negative attributes on perceived self-contraction. I expected a main effect of dissolution consideration condition on perceived self-contraction, such that high dissolution consideration condition will be associated with greater perceived self-contraction. To begin, I examined the main effects of condition and perceived partner influence adjusting for each other on perceived self-contraction. There was not a main effect of condition adjusting for perceived partner influence on perceived self-contraction ( $b = -0.05$ ,  $t(418) = -0.32$ ,  $p = .75$ , 95% CI [-0.36, 0.26]). There was a significant main effect of perceived partner influence adjusting for condition on perceived self-contraction ( $b = 0.41$ ,  $t(418) = 7.32$ ,  $p < .001$ , 95% CI [0.30, 0.52]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on perceived self-contraction. There was a significant interaction between dissolution consideration condition and perceived partner influence of positive and negative attributes on self-contraction ( $b = 0.24$ ,  $t(417) = 2.18$ ,  $p = .03$ , 95% CI [0.02, 0.46]). Such that, participants in the high dissolution consideration condition who perceived greater partner influence reported higher perceptions of self-contraction (See Figure A). The simple effects reveal that partner influence is significant at the levels of high ( $p < .001$ ) and low ( $p < .001$ ) dissolution consideration.

*Perceived Partner Influence of Negative Attributes.* Next, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration) and perceived partner influence of negative attributes on perceived self-contraction. I expected a main effect of dissolution consideration condition on perceived self-contraction, such that the high dissolution consideration condition will be associated with greater perceived self-contraction. To begin, I examined the main effects of condition and perceived partner influence adjusting for each other on perceived self-contraction. There was not a main effect of condition adjusting for perceived partner influence on perceived self-contraction ( $b = -0.10$ ,  $t(417) = -0.62$ ,  $p = .54$ , 95% CI [-0.41, 0.21]). There was a significant main effect of perceived partner influence adjusting for condition on perceived self-contraction ( $b = 0.38$ ,  $t(417) = 7.38$ ,  $p < .001$ , 95% CI [0.28, 0.49]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on perceived self-contraction. There was a significant interaction between dissolution consideration condition and perceived partner influence of negative attributes on self-contraction ( $b = 0.25$ ,  $t(417) = 2.46$ ,  $p = .01$ , 95% CI [0.05, 0.46]). Such that, participants in the high dissolution consideration condition who perceived greater partner influence reported higher perceptions of self-contraction (See Figure B). The simple effects reveal that partner influence is significant at the levels of high ( $p < .001$ ) and low ( $p < .001$ ) dissolution consideration.

**Perceived Loss of Self.** These analyses were replicated with loss of self as the outcome out interest. To test this prediction further, I conducted a series of multiple regression models to examine the interaction between dissolution consideration condition and perceived partner influence on perceived loss of self.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration) and perceived partner influence of positive attributes on perceived loss of self. I expected a main effect of dissolution consideration condition on perceived loss of self, such that high dissolution consideration condition will be associated with greater perceived loss



of self. To begin, I examined the main effects of condition and perceived partner influence adjusting for each other on perceived loss of self. There was not a main effect of condition adjusting for perceived partner influence on perceived loss of self ( $b = -0.04$ ,  $t(418) = -0.28$ ,  $p = .78$ , 95% CI [-0.38, 0.28]). There was not a significant main effect of perceived partner influence adjusting for condition on perceived loss of self ( $b = 0.08$ ,  $t(418) = 1.78$ ,  $p = .08$ , 95% CI [-0.01, 0.17]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on perceived loss of self. There was a significant interaction between dissolution consideration condition and perceived partner influence of positive attributes on perceived loss of self ( $b = 0.29$ ,  $t(417) = 3.29$ ,  $p = .001$ , 95% CI [0.11, 0.46]). Such that, participants in the high dissolution consideration condition who perceived greater partner influence reported higher perceptions of a loss of self (See Figure C). The simple effects reveal that partner influence is significant at the levels of high dissolution consideration ( $p < .001$ ), but not low levels ( $p = .34$ ).

*Perceived Partner Influence of Negative Attributes.* Next, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration) and perceived partner influence of negative attributes on perceived loss of self. I expected a main effect of dissolution consideration condition on perceived self-contraction, such that high dissolution consideration condition will be associated with greater perceived loss of self. To begin, I examined the main effects of condition and perceived partner influence adjusting for each other on perceived loss of self. There was not a main effect of condition adjusting for perceived partner influence on perceived loss of self ( $b = -0.14$ ,  $t(417) = -0.84$ ,  $p = .40$ , 95% CI [-0.46, 0.18]). There was a significant main effect of perceived partner influence adjusting for condition on perceived loss of self ( $b = 0.34$ ,  $t(417) = 6.28$ ,  $p < .001$ , 95% CI [0.23, 0.44]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on loss of self. There was not a significant interaction between dissolution consideration condition and perceived partner influence of negative attributes on loss of self ( $b = 0.16$ ,  $t(416) = 1.52$ ,  $p = .13$ , 95% CI [-0.05, 0.37]).

*Perceived Partner Influence of Positive and Negative Attributes.* Next, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration) and perceived partner influence of both positive and negative

attributes on perceived loss of self. I expected a main effect of dissolution consideration condition on perceived loss of self, such that high dissolution consideration condition will be associated with greater perceived loss of self. To begin, I examined the main effects of condition and perceived partner influence adjusting for each other on perceived loss of self. There was not a main effect of condition adjusting for perceived partner influence on perceived loss of self ( $b = -0.09$ ,  $t(418) = -0.52$ ,  $p = .61$ , 95% CI [-0.41, 0.24]). There was a significant main effect of perceived partner influence adjusting for condition on perceived loss of self ( $b = 0.27$ ,  $t(417) = 4.56$ ,  $p < .001$ , 95% CI [0.15, 0.38]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on perceived loss of self. There was a significant interaction between dissolution consideration condition and perceived partner influence of positive and negative attributes on loss of self ( $b = 0.34$ ,  $t(417) = 2.93$ ,  $p = .004$ , 95% CI [0.11, 0.57]). Such that, participants in the high dissolution consideration condition who perceived greater partner influence reported higher perceptions of loss of self (See Figure D). The simple slopes indicated that the slope of perceived partner influence was only significant at the level of the high dissolution consideration condition ( $b = 0.45$ ,  $p < .001$ ) and not low dissolution consideration condition ( $b = 0.10$ ,  $p = .20$ ). The simple effects reveal that partner influence is significant at the levels of high dissolution consideration ( $p < .001$ ), but not low levels ( $p = .24$ ).

### ***Supplemental Analysis 2: Dissolution Consideration Composite***

I examined the interaction between scores on the dissolution consideration scale and perceived partner influence on perceived self-contraction. These analyses were replicated with perceived partner influence of positive attributes, negative attributes, and the total composite of both positive and negative attributes. Furthermore, these analyses will be replicated with loss of self as the outcome as well.

**Perceived Self-Contraction.** First, to test this prediction, I conducted a series of multiple regression models to examine the interaction between scores on the dissolution consideration scale and perceived partner influence on perceived self-contraction.

*Perceived Partner Influence of Positive and Negative Attributes.* I examined the interaction between scores on the dissolution consideration scale and perceived partner influence of both positive and negative attributes on perceived self-contraction. I expected a main effect of

dissolution consideration on perceived self-contraction, such that high dissolution consideration will be associated with greater perceived self-contraction. To begin, I examined the main effects of the composite scores on the dissolution consideration scale and perceived partner influence adjusting for each other on perceived self-contraction. There was a main effect of dissolution consideration adjusting for perceived partner influence on perceived self-contraction ( $b = 0.22$ ,  $t(418) = 4.52$ ,  $p < .001$ , 95% CI [0.12, 0.31]). There was a significant main effect of perceived partner influence adjusting for dissolution consideration on perceived self-contraction ( $b = 0.39$ ,  $t(418) = 7.05$ ,  $p < .001$ , 95% CI [0.28, 0.49]). Next, I used a regression to examine the interaction between composite scores of dissolution consideration and perceived partner influence on perceived self-contraction. There was a significant interaction between dissolution consideration and perceived partner influence of positive and negative attributes on self-contraction ( $b = -0.11$ ,  $t(417) = -3.15$ ,  $p = .002$ , 95% CI [-0.18, -0.04]). Such that, participants in the high dissolution consideration who perceived greater partner influence reported less perceptions of self-contraction (See Figure E). The simple slopes indicated that the slope of dissolution consideration was significant one standard deviation below ( $b = 0.26$ ,  $p < .001$ ), but not above ( $b = 0.05$ ,  $p = .48$ ) on perceived partner influence.

*Perceived Partner Influence of Negative Attributes.* Next, I examined the interaction between scores on the dissolution consideration scale and perceived partner influence of negative attributes on perceived self-contraction. I expected a main effect of dissolution consideration on perceived self-contraction, such that high dissolution consideration will be associated with greater perceived self-contraction. To begin, I examined the main effects of the composite scores on the dissolution consideration scale and perceived partner influence adjusting for each other on perceived self-contraction. There was a main effect of dissolution consideration adjusting for perceived partner influence on perceived self-contraction ( $b = 0.17$ ,  $t(417) = 3.28$ ,  $p = .001$ , 95% CI [0.07, 0.26]). There was a significant main effect of perceived partner influence adjusting for

dissolution consideration on perceived self-contraction ( $b = 0.34$ ,  $t(417) = 6.33$ ,  $p < .001$ , 95% CI [0.23, 0.44]). Next, I used a regression to examine the interaction between composite scores of dissolution consideration and perceived partner influence on perceived self-contraction. There was a significant interaction between dissolution consideration and perceived partner influence of negative attributes on self-contraction ( $b = -0.07$ ,  $t(416) = -2.09$ ,  $p = .04$ , 95% CI [-0.14, -0.00]; See Figure F). The simple slopes indicated that the slope of dissolution consideration was significant one standard deviation below ( $b = 0.25$ ,  $p < .001$ ), but not above ( $b = 0.04$ ,  $p = .66$ ) on perceived partner influence.

**Perceived Loss of Self.** These analyses were replicated with loss of self as the outcome of interest. To test this prediction further, I conducted a series of multiple regression models to examine the interaction between scores on the dissolution consideration scale and perceived partner influence on perceived loss of self.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between scores on the dissolution consideration scale and perceived partner influence of positive attributes on perceived loss of self. I expected a main effect of dissolution consideration on perceived loss of self, such that high dissolution consideration will be associated with greater perceived loss of self. To begin, I examined the main effects of the composite scores on the dissolution consideration scale and perceived partner influence adjusting for each other on perceived loss of self. There was a main effect of dissolution consideration adjusting for perceived partner influence on perceived loss of self ( $b = 0.27$ ,  $t(418) = 5.20$ ,  $p < .001$ , 95% CI [0.17, 0.37]). There was a significant main effect of perceived partner influence adjusting for dissolution consideration on perceived loss of self ( $b = 0.10$ ,  $t(418) = 2.26$ ,  $p = .03$ , 95% CI [0.01, 0.18]). Next, I used a regression to examine the interaction between composite scores of dissolution consideration and perceived partner influence on perceived loss of self. There was not a significant interaction between dissolution consideration and perceived partner influence of

positive attributes on perceived loss of self ( $b = -0.01$ ,  $t(417) = -0.03$ ,  $p = .81$ , 95% CI [-0.06, 0.05]).

*Perceived Partner Influence of Negative Attributes.* Next, I examined the interaction between scores on the dissolution consideration scale and perceived partner influence of negative attributes on perceived loss of self. I expected a main effect of dissolution consideration on perceived self-contraction, such that high dissolution consideration will be associated with greater perceived loss of self. To begin, I examined the main effects of condition and perceived partner influence adjusting for each other on perceived loss of self. There was a main effect of condition adjusting for perceived partner influence on perceived loss of self ( $b = 0.19$ ,  $t(417) = 3.63$ ,  $p < .001$ , 95% CI [0.09, 0.29]). There was a significant main effect of perceived partner influence adjusting for condition on perceived loss of self ( $b = 0.28$ ,  $t(417) = 5.16$ ,  $p < .001$ , 95% CI [0.17, 0.39]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on perceived loss of self. There was not a significant interaction between dissolution consideration condition and perceived partner influence of negative attributes on loss of self ( $b = -0.02$ ,  $t(416) = -0.63$ ,  $p = .53$ , 95% CI [-0.09, 0.05]).

*Perceived Partner Influence of Positive and Negative Attributes.* Next, I examined the interaction between scores on the dissolution consideration scale and perceived partner influence of both positive and negative attributes on perceived loss of self. I expected a main effect of dissolution consideration on perceived loss of self, such that high dissolution consideration will be associated with greater perceived loss of self. To begin, I examined the main effects of condition and perceived partner influence adjusting for each other on perceived loss of self. There was a main effect of condition adjusting for perceived partner influence on perceived loss of self ( $b = 0.24$ ,  $t(418) = 4.71$ ,  $p < .001$ , 95% CI [0.14, 0.34]). There was a significant main effect of perceived partner influence adjusting for condition on perceived loss of self ( $b = 0.24$ ,

$t(418) = 4.22, p < .001, 95\% \text{ CI } [0.13, 0.35]$ ). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence on perceived loss of self. There was not a significant interaction between dissolution consideration and perceived partner influence of positive and negative attributes on loss of self ( $b = -0.03, t(417) = -0.74, p = .46, 95\% \text{ CI } [-0.10, 0.05]$ ).

#### **Hypothesis 4**

Finally, I predict a three-way interaction between dissolution consideration, perceived partner influence, and personal effort on self-contraction. It is expected that for people who perceive high partner influence, there will be a significant two-way interaction between dissolution consideration and perceived personal effort, such that dissolution consideration is more strongly positively associated with perceived self-contraction among those with lower perceived personal effort than those with greater perceived personal effort. For people who perceive low partner influence, regardless of perceived personal effort level, there will not be a significant association between dissolution consideration and perceived self-contraction.

#### ***Supplemental Analysis 1: Dissolution Consideration Manipulation***

**Perceived Self-Contraction.** To test this prediction, I conducted a series of multiple regression models to examine a three-way interaction between dissolution consideration condition, perceived partner influence, and personal effort on perceived self-contraction. I expected to find a main effect of dissolution consideration condition on perceived self-contraction, such that high dissolution consideration condition will be associated with greater perceived self-contraction. Additionally, I expect a main effect of perceived partner influence on perceived self-contraction, such that greater perceived partner influence will be positively associated with greater perceived self-contraction. Furthermore, I expect a main effect of personal effort on perceived self-contraction, such that greater personal effort is associated with less perceived self-contraction. Finally, I expect that participants in the high dissolution

consideration condition who perceive greater partner influence, and a greater personal effort in obtaining attributes will be less likely to self-contrast compared to people who view lower amounts of personal effort.

*Perceived Partner Influence of Positive and Negative Attributes.* I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration), perceived partner influence of both positive and negative attributes, and perceived personal effort of both positive and negative attributes on perceived self-contraction. To begin, I examined the main effects of condition, perceived partner influence, and perceived personal effort adjusting for each other on perceived self-contraction. There was not a main effect of condition adjusting for perceived partner influence and perceived personal effort on perceived self-contraction ( $b = 0.01$ ,  $t(417) = 0.04$ ,  $p = .97$ , 95% CI [-0.32, 0.31]). There was a significant main effect of perceived partner influence adjusting for condition and perceived personal effort on perceived self-contraction ( $b = 0.14$ ,  $t(417) = 2.93$ ,  $p = .004$ , 95% CI [0.05, 0.23]). There was not a main effect of perceived personal effort adjusting for condition and perceived partner influence on perceived self-contraction ( $b = 0.28$ ,  $t(417) = 3.28$ ,  $p = .001$ , 95% CI [0.11, 0.45]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence, and perceived personal effort on perceived self-contraction. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on participants perceptions of self-contraction ( $b = 0.06$ ,  $t(413) = 0.66$ ,  $p = .51$ , 95% CI [-0.12, 0.25]).

*Perceived Partner Influence of Negative Attributes.* Next, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration), perceived partner influence of negative attributes, and perceived personal effort of negative attributes on perceived self-contraction. To begin, I examined the

main effects of condition, perceived partner influence, and perceived personal effort adjusting for each other on perceived self-contraction. There was not a main effect of condition adjusting for perceived partner influence and perceived personal effort on perceived self-contraction ( $b = -0.02$ ,  $t(416) = -0.12$ ,  $p = .91$ , 95% CI [-0.33, 0.30]). There was a significant main effect of perceived partner influence adjusting for condition and perceived personal effort on perceived self-contraction ( $b = 0.11$ ,  $t(416) = 2.51$ ,  $p = .01$ , 95% CI [0.02, 0.20]). There was a main effect of perceived personal effort adjusting for condition and perceived partner influence on perceived self-contraction ( $b = 0.25$ ,  $t(416) = 4.58$ ,  $p < .001$ , 95% CI 0.14, 0.35]). Next, I used a regression to examine the interaction between dissolution consideration condition and perceived partner influence, and perceived personal effort on perceived self-contraction. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on participants perceptions of self-contraction ( $b = 0.01$ ,  $t(412) = 0.10$ ,  $p = .92$ , 95% CI [-0.12, 0.13]).

**Perceived Loss of Self.** These analyses were replicated with loss of self as the outcome out interest. To test this prediction further, I conducted a series of multiple regression models to examine the interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on perceived loss of self.

*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration), perceived partner influence of positive attributes, and perceived personal effort of positive attributes on perceived loss of self. To begin, I examined the main effects of condition, perceived partner influence, and perceived personal effort adjusting for each other on perceived loss of self. There was not a main effect of condition adjusting for perceived partner influence and perceived personal effort on perceived loss of self ( $b = -0.05$ ,  $t(417) = -0.29$ ,  $p = .77$ , 95% CI [-0.38, 0.28]). There was not a significant main effect of perceived partner



influence adjusting for condition and perceived personal effort on perceived loss of self ( $b = 0.08$ ,  $t(417) = 1.66$ ,  $p = .10$ , 95% CI [-0.01, 0.16]). There was not a main effect of perceived personal effort adjusting for condition and perceived partner influence on perceived loss of self ( $b = 0.03$ ,  $t(417) = 0.35$ ,  $p = .72$ , 95% CI [-0.13, 0.18]). Next, I used a regression to examine the interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on perceived loss of self. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on participants perceptions of loss of self ( $b = 0.12$ ,  $t(413) = 1.51$ ,  $p = .13$ , 95% CI [-0.04, 0.28]).

*Perceived Partner Influence of Negative Attributes.* Next, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration), perceived partner influence of negative attributes, and perceived personal effort of negative attributes on perceived loss of self. To begin, I examined the main effects of condition, perceived partner influence, and perceived personal effort adjusting for each other on perceived loss of self. There was not a main effect of condition adjusting for perceived partner influence and perceived personal effort on perceived loss of self ( $b = -0.07$ ,  $t(416) = -0.41$ ,  $p = .68$ , 95% CI [-0.39, 0.26]). There was not a significant main effect of perceived partner influence adjusting for condition and perceived personal effort on perceived loss of self ( $b = 0.01$ ,  $t(416) = 0.23$ ,  $p = .82$ , 95% CI [-0.08, 0.10]). There was a main effect of perceived personal effort adjusting for condition and perceived partner influence on perceived loss of self ( $b = 0.20$ ,  $t(416) = 3.59$ ,  $p < .001$ , 95% CI [0.09, 0.31]). Next, I used a regression to examine the interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on perceived loss of self. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration condition, perceived partner influence, and perceived personal

effort on participants perceptions of loss of self ( $b = 0.03$ ,  $t(412) = 0.50$ ,  $p = .62$ , 95% CI [-0.09, 0.16]).

*Perceived Partner Influence of Positive and Negative Attributes.* Finally, I examined the interaction between dissolution consideration condition (0 = low dissolution consideration, 1 = high dissolution consideration), perceived partner influence of both positive and negative attributes, and perceived personal effort of both positive and negative attributes on perceived loss of self. To begin, I examined the main effects of condition, perceived partner influence, and perceived personal effort adjusting for each other on perceived loss of self. There was not a main effect of condition adjusting for perceived partner influence and perceived personal effort on perceived loss of self ( $b = -0.06$ ,  $t(417) = -0.36$ ,  $p = .72$ , 95% CI [-0.39, 0.27]). There was not a significant main effect of perceived partner influence adjusting for condition and perceived personal effort on perceived loss of self ( $b = 0.02$ ,  $t(417) = 0.51$ ,  $p = .61$ , 95% CI [-0.07, 0.12]). There was a main effect of perceived personal effort adjusting for condition and perceived partner influence on perceived loss of self ( $b = 0.25$ ,  $t(417) = 2.79$ ,  $p = .01$ , 95% CI [0.07, 0.42]). Next, I used a regression to examine the interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on perceived loss of self. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration condition, perceived partner influence, and perceived personal effort on participants perceptions of loss of self ( $b = 0.00$ ,  $t(413) = 0.02$ ,  $p = .99$ , 95% CI [-0.19, 0.19]).

### ***Supplemental Analysis 1: Dissolution Consideration Composite***

Finally, the analyses were replicated to include scores on the dissolution consideration scale as the predictor of dissolution as opposed to the manipulation. Consistent with the previous prediction, it is expected that people high in dissolution consideration who perceive a great deal of partner influence will be less likely to self-contract or reject given attributes if they also believe they exerted a great deal of personal effort into obtaining the attributes.

**Perceived Self-Contraction.** To test this prediction, I conducted a series of multiple regression models to examine a three-way interaction between composite scores on the dissolution consideration scale, perceived partner influence, and personal effort on perceived self-contraction. I expected to find a main effect of dissolution consideration scores on perceived self-contraction, such that high dissolution consideration scores will be associated with greater perceived self-contraction. Additionally, I expect a main effect of perceived partner influence on perceived self-contraction, such that greater perceived partner influence will be positively associated with greater perceived self-contraction. Furthermore, I expect a main effect of personal effort on perceived self-contraction, such that greater personal effort is associated with less perceived self-contraction. Finally, I expect that participants in the high dissolution consideration who perceive greater partner influence, and a greater personal effort in obtaining attributes will be less likely to self-contraction compared to people who view lower amounts of personal effort.

*Perceived Partner Influence of Positive and Negative Attributes.* I examined the interaction between composite scores on the dissolution consideration scale, perceived partner influence of both positive and negative attributes, and perceived personal effort of both positive and negative attributes on perceived self-contraction. To begin, I examined the main effects of the composite scores of dissolution consideration, perceived partner influence, and perceived personal effort adjusting for each other on perceived self-contraction. There was a main effect of the dissolution consideration scores adjusting for perceived partner influence and perceived personal effort on perceived self-contraction ( $b = 0.25$ ,  $t(417) = 4.92$ ,  $p < .001$ , 95% CI [0.15, 0.35]). There was a significant main effect of perceived partner influence adjusting for dissolution consideration and perceived personal effort on perceived self-contraction ( $b = 0.17$ ,  $t(417) = 3.75$ ,  $p < .001$ , 95% CI [0.08, 0.26]). There was a main effect of perceived personal effort adjusting for dissolution consideration and perceived partner influence on perceived self-

contraction ( $b = 0.20$ ,  $t(417) = 2.33$ ,  $p = .02$ , 95% CI [0.03, 0.36]). Next, I used a regression to examine the interaction between dissolution consideration scores, perceived partner influence, and perceived personal effort on perceived self-contraction. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration, perceived partner influence, and perceived personal effort on participants perceptions of self-contraction ( $b = 0.00$ ,  $t(413) = -0.05$ ,  $p = .96$ , 95% CI [-0.06, 0.06]).

*Perceived Partner Influence of Negative Attributes.* Next, I examined the interaction between composite scores on the dissolution consideration scale, perceived partner influence of negative attributes, and perceived personal effort of negative attributes on perceived self-contraction. To begin, I examined the main effects of the composite scores of dissolution consideration, perceived partner influence, and perceived personal effort adjusting for each other on perceived self-contraction. There was a main effect of the dissolution consideration scores adjusting for perceived partner influence and perceived personal effort on perceived self-contraction ( $b = 0.24$ ,  $t(416) = 4.79$ ,  $p < .001$ , 95% CI [0.14, 0.33]). There was a significant main effect of perceived partner influence adjusting for dissolution consideration and perceived personal effort on perceived self-contraction ( $b = 0.15$ ,  $t(416) = 3.25$ ,  $p < .001$ , 95% CI [0.06, 0.23]). There was a main effect of perceived personal effort adjusting for dissolution consideration and perceived partner influence on perceived self-contraction ( $b = 0.20$ ,  $t(416) = 3.79$ ,  $p < .001$ , 95% CI [0.10, 0.31]). Next, I used a regression to examine the interaction between dissolution consideration scores, perceived partner influence, and perceived personal effort on perceived self-contraction. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration, perceived partner influence, and perceived personal effort on participants perceptions of self-contraction ( $b = -0.01$ ,  $t(412) = -0.47$ ,  $p = .64$ , 95% CI [-0.05, 0.03]).

**Perceived Loss of Self.** These analyses were replicated with loss of self as the outcome of interest. To test this prediction further, I conducted a series of multiple regression models to examine the interaction between scores on the dissolution consideration scale, perceived partner influence, and perceived personal effort on perceived loss of self.

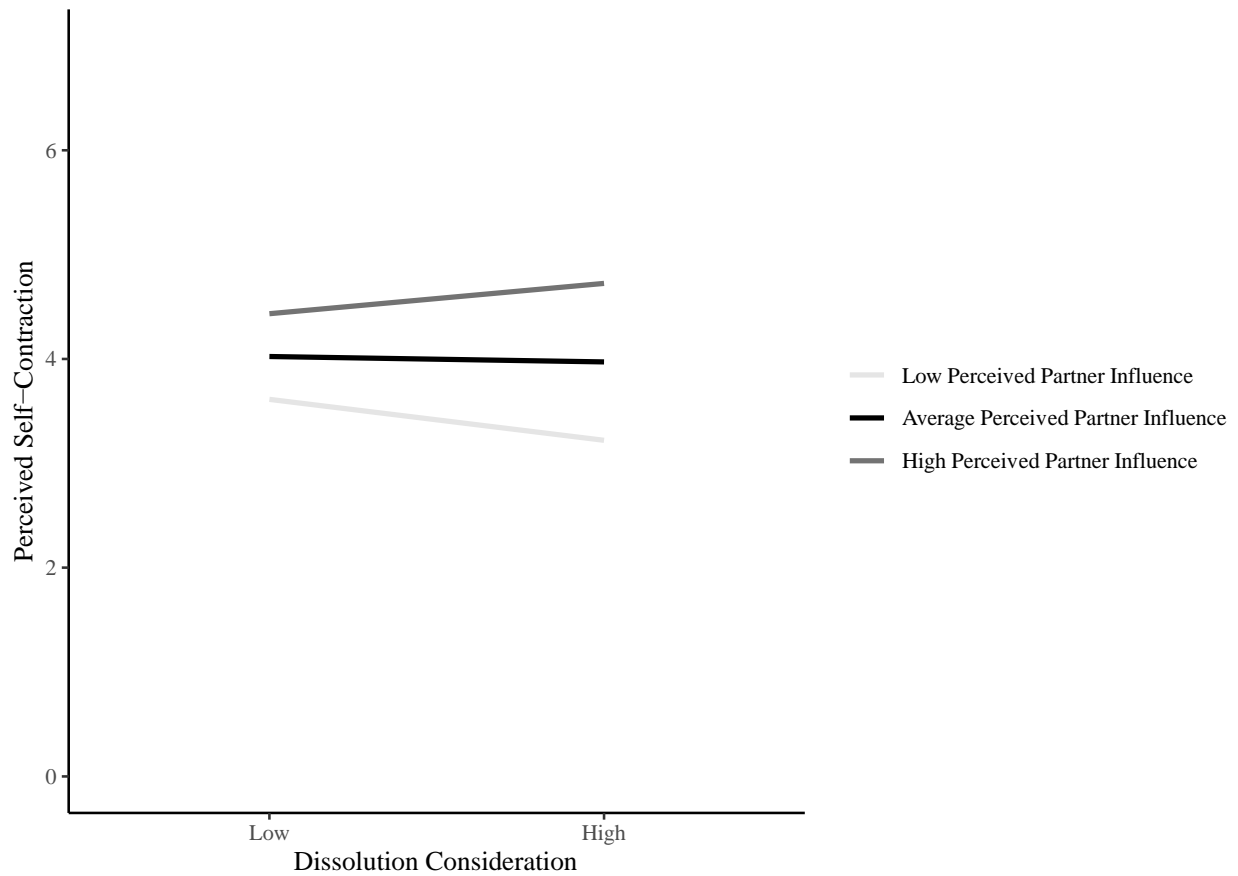
*Perceived Partner Influence of Positive Attributes.* First, I examined the interaction between composite scores on the dissolution consideration scale, perceived partner influence of positive attributes, and perceived personal effort of positive attributes on perceived loss of self. To begin, I examined the main effects of the composite scores of dissolution consideration, perceived partner influence, and perceived personal effort adjusting for each other on perceived loss of self. There was a main effect of the dissolution consideration scores adjusting for perceived partner influence and perceived personal effort on perceived loss of self ( $b = 0.27$ ,  $t(417) = 5.21$ ,  $p < .001$ , 95% CI [0.17, 0.37]). There was a significant main effect of perceived partner influence adjusting for dissolution consideration and perceived personal effort on perceived loss of self ( $b = 0.10$ ,  $t(417) = 5.21$ ,  $p < .001$ , 95% CI [0.01, 0.19]). There was not a main effect of perceived personal effort adjusting for dissolution consideration and perceived partner influence on perceived loss of self ( $b = -0.04$ ,  $t(417) = -0.46$ ,  $p = .65$ , 95% CI [-0.19, 0.12]). Next, I used a regression to examine the interaction between dissolution consideration scores, perceived partner influence, and perceived personal effort on perceived loss of self. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration, perceived partner influence, and perceived personal effort on participants' perceptions of loss of self ( $b = -0.02$ ,  $t(413) = -0.73$ ,  $p = .47$ , 95% CI [-0.06, 0.03]).

*Perceived Partner Influence of Negative Attributes.* Next, I examined the interaction between composite scores on the dissolution consideration scale, perceived partner influence of negative attributes, and perceived personal effort of negative attributes on perceived loss of self. To begin, I examined the main effects of the composite scores of dissolution consideration,

perceived partner influence, and perceived personal effort adjusting for each other on perceived loss of self. There was a main effect of the dissolution consideration scores adjusting for perceived partner influence and perceived personal effort on perceived loss of self ( $b = 0.24$ ,  $t(416) = 4.68$ ,  $p < .001$ , 95% CI [0.14, 0.34]). There was not a significant main effect of perceived partner influence adjusting for dissolution consideration and perceived personal effort on perceived loss of self ( $b = 0.04$ ,  $t(416) = 0.92$ ,  $p = .36$ , 95% CI [-0.05, 0.14]). There was a main effect of perceived personal effort adjusting for dissolution consideration and perceived partner influence on perceived loss of self ( $b = 0.16$ ,  $t(416) = 2.81$ ,  $p = .01$ , 95% CI [0.05, 0.26]). Next, I used a regression to examine the interaction between dissolution consideration scores, perceived partner influence, and perceived personal effort on perceived loss of self. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration, perceived partner influence, and perceived personal effort on participants' perceptions of loss of self ( $b = 0.00$ ,  $t(412) = 0.03$ ,  $p = .97$ , 95% CI [-0.04, 0.04]).

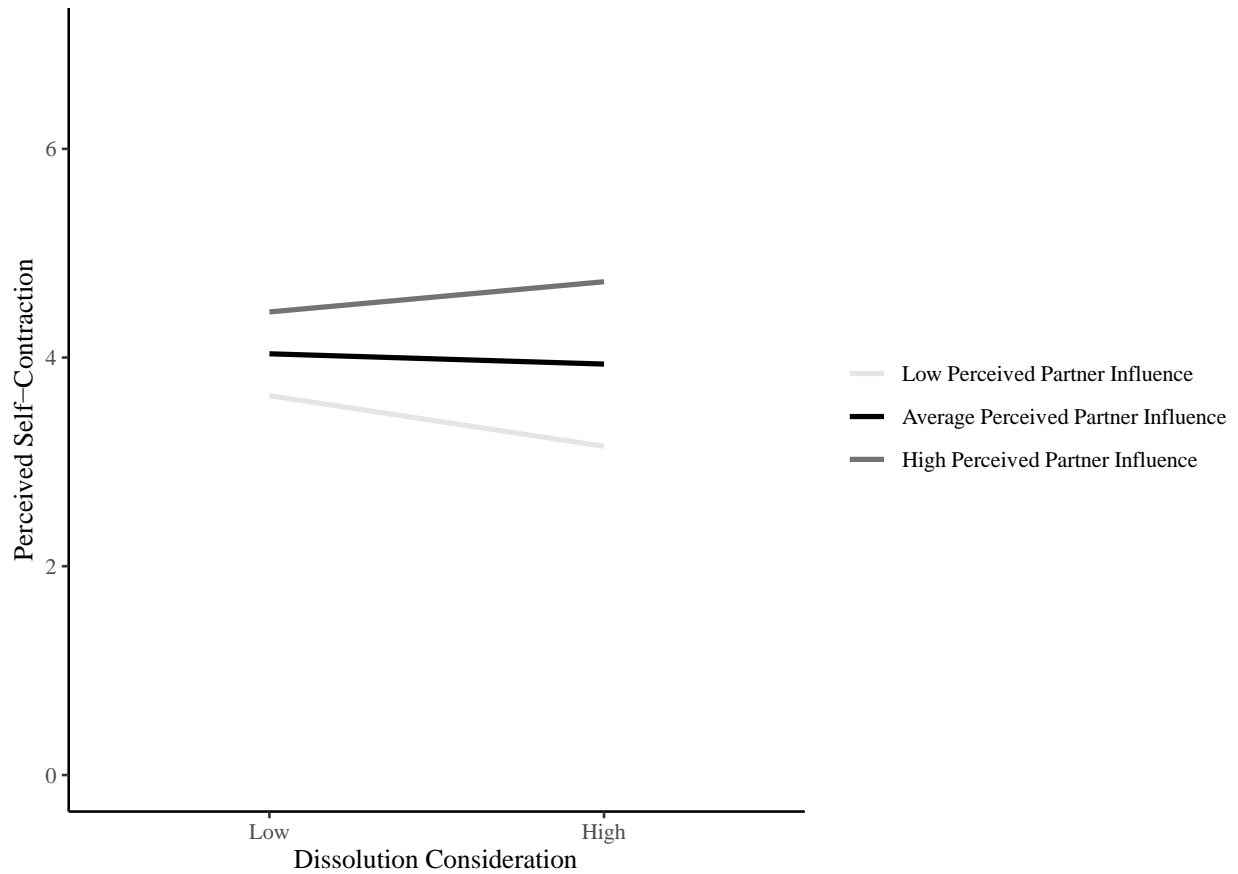
*Perceived Partner Influence of Positive and Negative Attributes.* Finally, I examined the interaction between composite scores on the dissolution consideration scale, perceived partner influence of both positive and negative attributes, and perceived personal effort of both positive and negative attributes on perceived loss of self. To begin, I examined the main effects of the composite scores of dissolution consideration, perceived partner influence, and perceived personal effort adjusting for each other on perceived loss of self. There was a main effect of the dissolution consideration scores adjusting for perceived partner influence and perceived personal effort on perceived loss of self ( $b = 0.25$ ,  $t(417) = 4.75$ ,  $p < .001$ , 95% CI [0.14, 0.35]). There was not a significant main effect of perceived partner influence adjusting for dissolution consideration and perceived personal effort on perceived loss of self ( $b = 0.06$ ,  $t(417) = 1.27$ ,  $p = .21$ , 95% CI [-0.03, 0.15]). There was not a main effect of perceived personal effort adjusting for dissolution consideration and perceived partner influence on perceived loss of self ( $b = 0.16$ ,

$t(417) = 1.85, p = .06, 95\% \text{ CI } [-0.01, 0.33]$ ). Next, I used a regression to examine the interaction between dissolution consideration scores, perceived partner influence, and perceived personal effort on perceived loss of self. Contrary to the hypothesis, there was not a three-way interaction between dissolution consideration, perceived partner influence, and perceived personal effort on participants perceptions of loss of self ( $b = -0.01, t(413) = -0.44, p = .66, 95\% \text{ CI } [-0.08, 0.05]$ ).

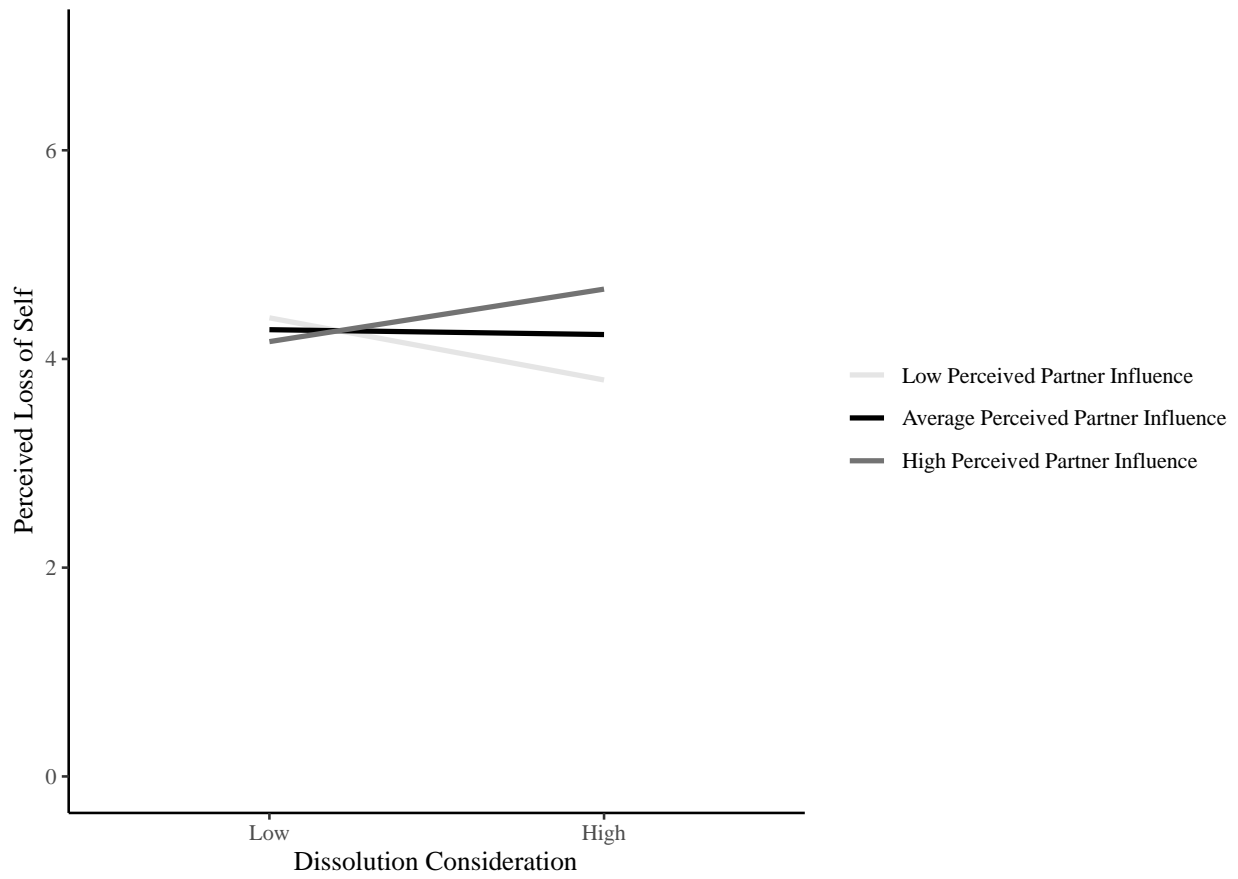


**Figure A.** The results of the interaction between dissolution consideration condition and perceived partner influence of positive and negative attributes on perceived self-contraction indicate a significant interaction, such that participants in the high dissolution consideration condition who reported greater perceived partner influence reported higher perceptions of self-contraction ( $F(3, 417) = 19.59, p < .001$ , with an  $R^2 = .13$ ).

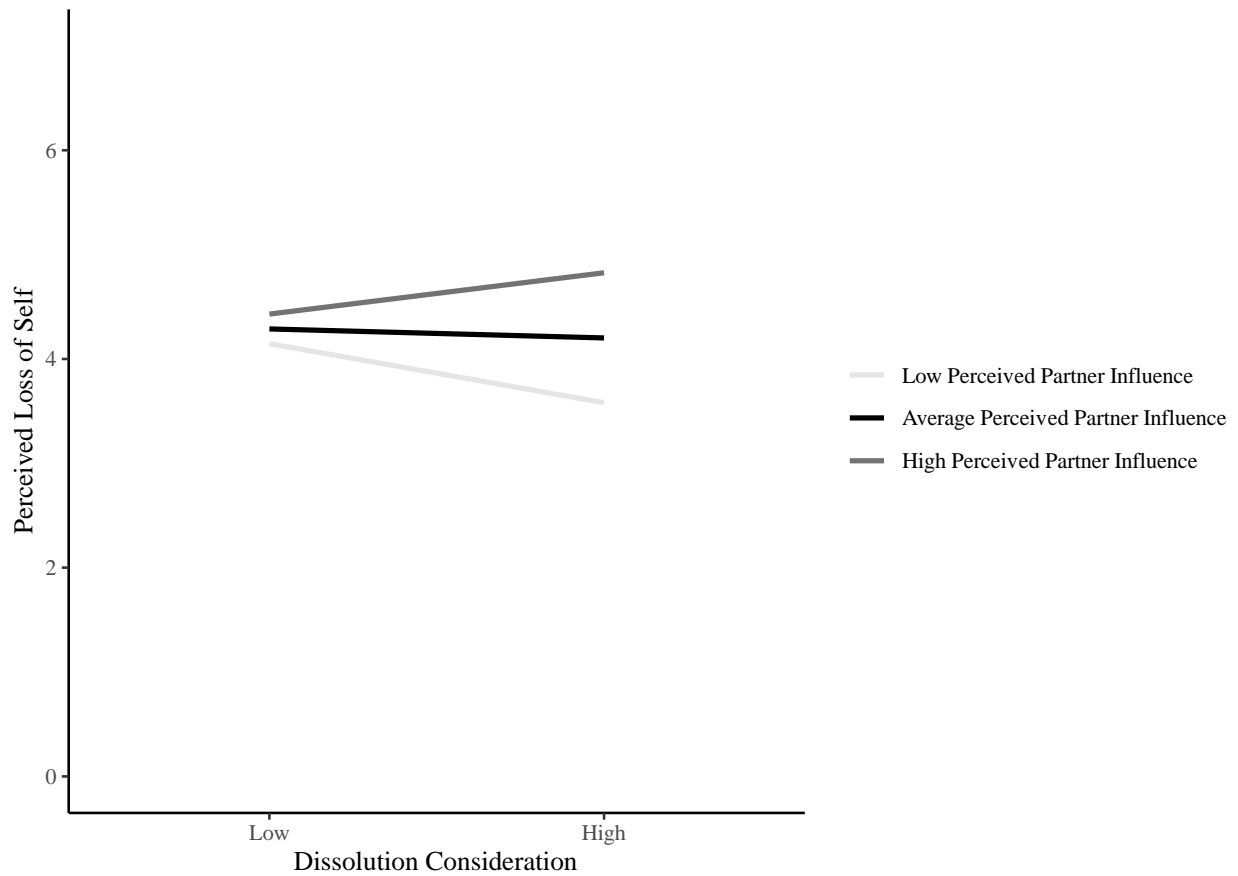




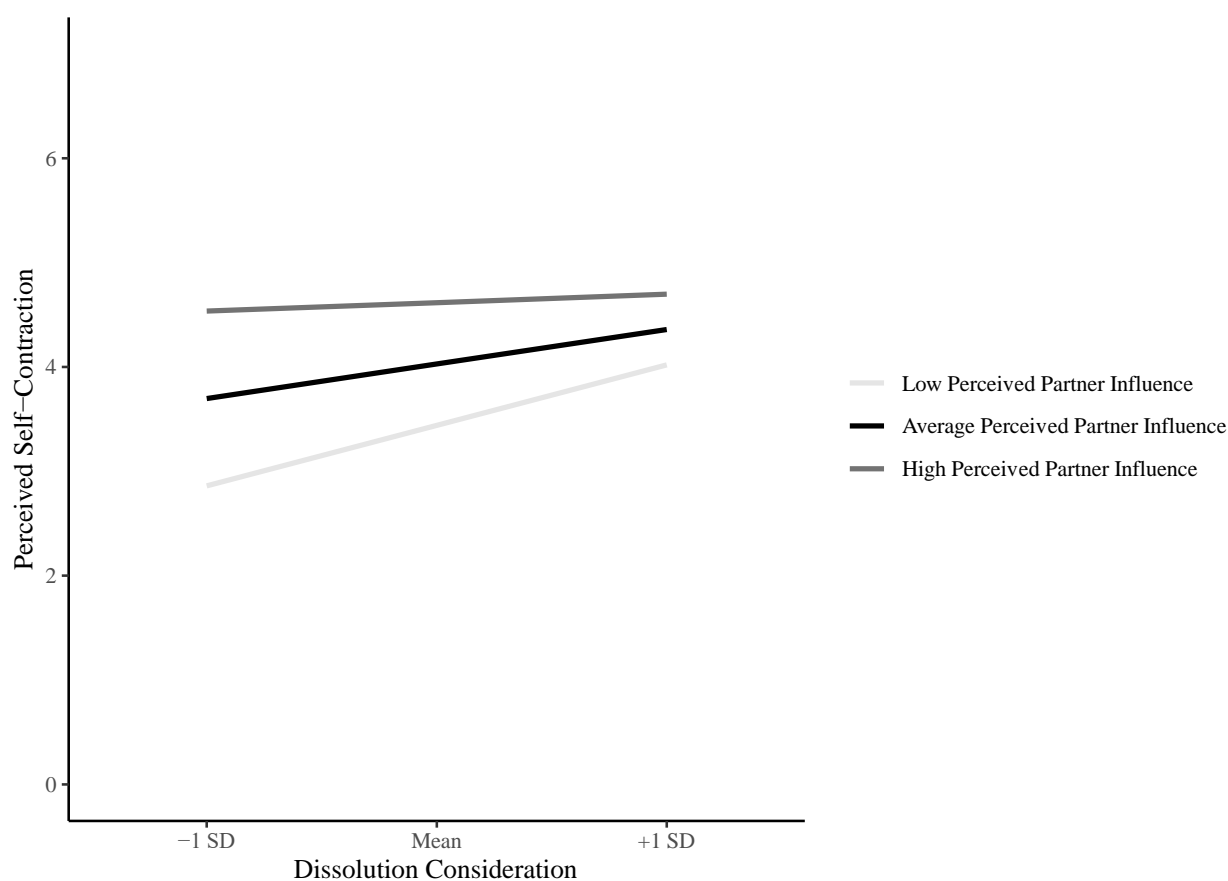
**Figure B.** The results of the interaction between dissolution consideration condition and perceived partner influence of negative attributes on perceived self-contraction indicate a significant interaction, such that participants in the high dissolution consideration condition who reported greater perceived partner influence reported higher perceptions of self-contraction ( $F(3, 416) = 20.39, p < .001$ , with an  $R^2 = .13$ ).



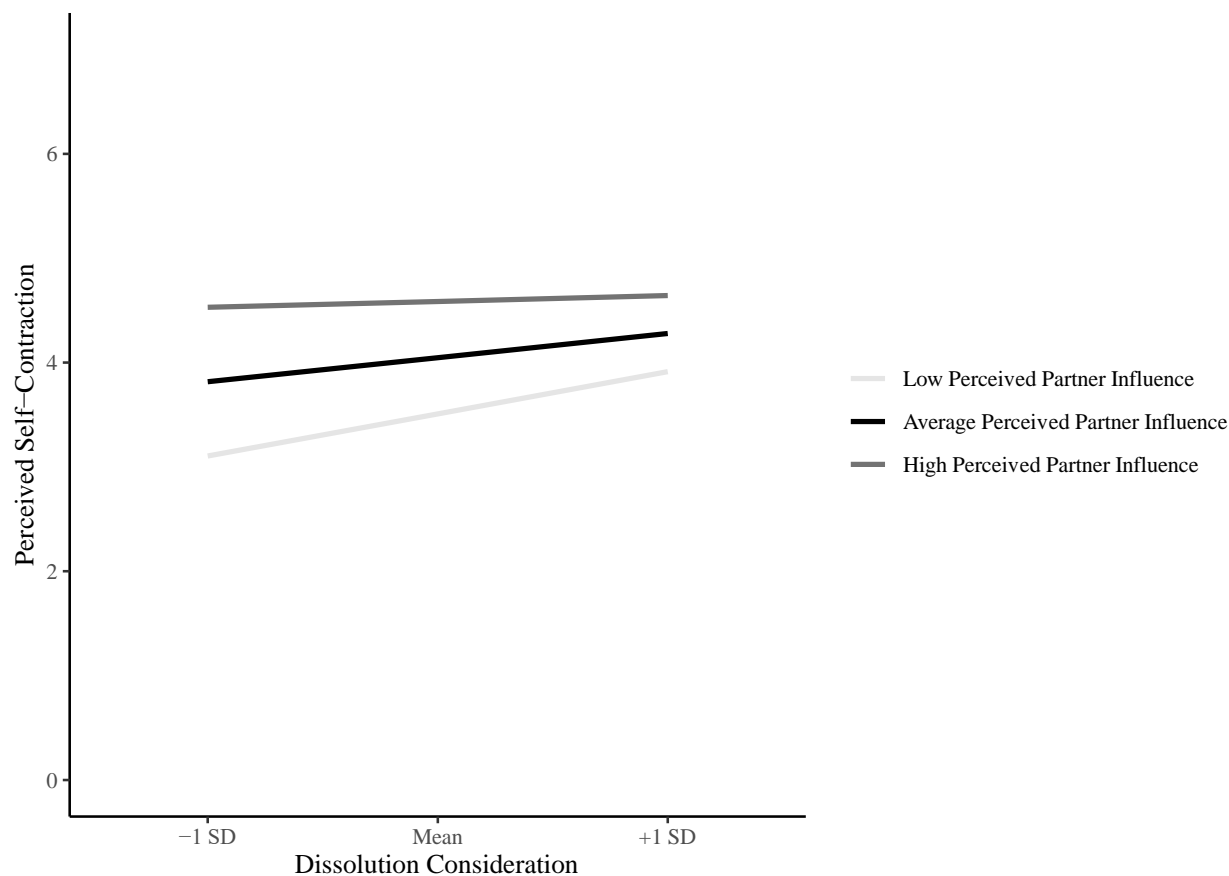
**Figure C.** The results of the interaction between dissolution consideration condition and perceived partner influence of positive attributes on perceived loss of self indicate a significant interaction, such that participants in the high dissolution consideration condition who reported greater perceived partner influence reported higher perceptions of a loss of self ( $F(3, 417) = 4.72$ ,  $p = .003$ , with an  $R^2 = .03$ ).



**Figure D.** The results of the interaction between dissolution consideration condition and perceived partner influence of positive and negative attributes on the perceived loss of self indicate a significant interaction, such that participants in the high dissolution consideration condition who reported greater perceived partner influence reported higher perceptions they lost their self ( $F(3, 417) = 9.98, p < .001$ , with an  $R^2 = .07$ ).



**Figure E.** The results of the interaction between scores on the dissolution consideration scale and perceived partner influence of both positive and negative attributes on perceived self-contraction indicate a significant interaction, such that participants in the high dissolution consideration condition who reported greater perceived partner influence reported higher perceptions of self-contraction ( $F(3, 417) = 29.35, p < .001$ , with an  $R^2 = .17$ ).



**Figure F.** The results of the interaction between scores on the dissolution consideration scale and perceived partner influence of negative attributes on perceived self-contraction indicate a significant interaction, such that participants in the high dissolution consideration condition who reported greater perceived partner influence reported higher perceptions of self-contraction ( $F(3, 416) = 23.70, p < .001$ , with an  $R^2 = .15$ ).

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## EDUCATION

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Ph.D., 2022	Syracuse University, Social Psychology <i>Advisor:</i> Laura V. Machia Ph.D. <i>Dissertation Title:</i> If we end, I lose part of me: The influence of dissolution consideration on perceived self-contraction
M.S., 2019	Syracuse University, Psychology <i>Thesis Title:</i> Discrimination is not just Black and White: A consideration of self-expansion and perspective taking
B.S., 2017	Eastern Connecticut State University, Psychology (with Honors) Summa Cum Laude <i>Honors Thesis Title:</i> Gender, gender role beliefs, and attitudes about casual sex in relation to condom advocacy

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## PROFESSIONAL EXPERIENCES

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<b>Instructor of Psychology, Department of Social Sciences and Business</b> University of Science and Arts of Oklahoma (USAO)	2022-Present
<b>Associate Faculty, The John P. Burke School of Public Service and Education</b> Post University	2020-Present
<b>Psychology Instructor, Department of Psychology</b> Syracuse University	2017-2021

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## TEACHING EXPERIENCE

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### Online Instructor of Record

Experimental Psychology (PSYC 4423) – USAO	Summer 2022
Social Psychology (PSY 301) – Post University	Term 6, 2022
Social Psychology (PSY 301) – Post University	Term 5, 2022
Social Psychology (PSY 301) – Post University	Term 3, 2021
Social Psychology (PSY 301) – Post University	Term 2, 2021
Social Psychology (PSY 301) – Post University	Term 1, 2021
Development Across the Lifespan (PSY 200) – Post University	Term 6, 2021
Development Across the Lifespan (PSY 200) – Post University	Term 5, 2021
Development Across the Lifespan (PSY 200) – Post University	Term 4, 2021
Research Methods (PSY 313) – Syracuse University	Summer 2020

### Instructor of Record

Close Relationships (PSYC 2882) – USAO	Fall 2022
First Year Seminar (IDS 2882) – USAO	Fall 2022
Individual Contemporary Society (IDS 1133) – USAO	Fall 2022
Research Methods (PSYC 3003) – USAO	Fall 2022
Elementary Psychology (PSYC 1643) – USAO	Fall 2022

Elementary Psychology (PSYC 1643) – USAO	Spring 2022
Human Sexuality (PSYC 1803) – USAO	Spring 2022
Social Psychology (PSYC 2123) – USAO	Spring 2022
Psychology of Personality (PSYC 2263) – USAO	Spring 2022
Adolescent Psychology (PSY 336) – Syracuse University	Summer 2019
Foundations of Human Behavior (PSY 205) – Syracuse University	Summer 2018
Foundations of Human Behavior (PSY 205) – Syracuse University	Spring 2018

**Lab Instructor**

Research Methods (PSY 313) – Syracuse University	Fall 2021
Research Methods (PSY 313) – Syracuse University	Spring 2020
Research Methods (PSY 313) – Syracuse University	Fall 2019

**Recitation Instructor**

Foundations of Human Behavior (PSY 205) – Syracuse University	Fall 2018
Foundations of Human Behavior (PSY 205) – Syracuse University	Fall 2017

**Teaching Assistant**

Research Methods I (PSY 247) – Eastern Connecticut State University Supervisor: Jenna Scisco, Ph.D.	Spring 2017
Psychology of Gender (PSY 315) – Eastern Connecticut State University Supervisor: Jennifer Leszczynski, Ph.D.	Spring 2016
Psychology of Infancy & Childhood (PSY 206) – Eastern Connecticut State University Supervisor: Jennifer Leszczynski, Ph.D.	Spring 2016

**Other Teaching Positions**

Teaching Assistant Coordinator for Foundations of Human Behavior (PSY 205) – Syracuse University	2018-2019
Online Curriculum Writing Foundations of Human Behavior (PSY 205) – Syracuse University	2018-2019

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**GUEST LECTURING**

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**Syracuse University**

Foundations of Human Behavior (PSY 205), <i>Motivation &amp; Emotion</i> (N = 400)	2020
Research Methods (PSY 313), <i>Correlations: Third Variable Problem</i> (N = 60)	2020
Foundations of Human Behavior (PSY 205), <i>Sensation &amp; Perception</i> (N = 400)	2020
Social Psychology (PSY 274), <i>Love</i> (N = 130)	2019
Social Psychology (PSY 274), <i>Group &amp; Intergroup Relations</i> (N = 130)	2018

**Eastern Connecticut State University**

Research Methods I (PSY 247), (N = 25)	2017
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**PEER REVIEWED JOURNAL ARTICLES AND CHAPTERS**


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- Caselli, A. J.** & Machia, L. V. (In Press). Discrimination is not just Black and White: A consideration of self-expansion and perspective taking. *Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes*
- Caselli, A. J.** & Machia, L. V. (In Press). Interdependence Theory. *Routledge Encyclopedia of Psychology in the Real World*.
- Caselli, A. J.**, & Machia, L. V. (2021). The influence of perspective-taking on stress during discrimination in interracial relationships. *Journal of Social and Personal Relationships*. <https://doi.org/10.1177/02654075211044738>
- Sargent, R. H., **Caselli, A. J.**, Machia, L. V., & Newman, L. S. (2020). The mediating role of general police perceptions in the relationship between police contact and anticipated police behavior. *Current Psychology*. <https://doi.org/10.1007/s12144-020-00952-5>

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**MANUSCRIPTS UNDER REVIEW**


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**Revise and Resubmit****Submitted**

- Caselli, A. J.**, Watt, S., & Machia, L. V. The effects of conflict resolution styles on perceived relational self-concept change
- Caselli, A. J.** & Machia, L. V. Changing for the worse: The effects of attachment style on self-change
- Caselli, A. J.** & Machia, L. V. When perspective taking does not promote interracial closeness: A quasi experiment

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**MANUSCRIPTS IN PREPARATION**


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- Caselli, A. J.** & Machia, L. V. If we end, I lose part of me: The influence of dissolution consideration on perceived self-contraction
- Caselli, A. J.**, Ogolsky, B. G., & Machia, L. V. An examination of conflict in interracial relationships: A consideration of constructive accommodation
- L'Pree Corsbie-Massay, C., Sargent, R. H., Green, K. N., De Carvalho, R. S. & **Caselli, A. J.** A methodological review of selfie studies in psychology

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**CONFERENCES**


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**Presentations**

- Caselli, A. J.** & Machia L. V. (2021, February). *The Influence of Perspective Taking on Stress During Discrimination in Interracial Relationships*. Oral presentation at the Close Relationships pre-conference at the annual conference for the Society for Personality and Social Psychology, Virtual Conference.
- Caselli, A. J.** & Machia L. V. (2020, August). *Discrimination is not just Black and White in Romantic Relationships: A Consideration of Perspective Taking and Self-Expansion in Four Studies*. Oral presentation at The Love Consortium Event.
- Caselli, A. J.** & Machia L. V. (2019, June). *Discrimination is not just Black and White in Romantic Relationships: A Consideration of Perspective Taking and Self-Expansion*. Oral presentation at International Association for Relationship Research, Ottawa, Canada.

**Caselli, A. J.** & Machia L. V. (2019, May). *Discrimination is not just Black and White in Romantic Relationships: A Consideration of Perspective Taking and Self-Expansion*. Oral presentation at the Social Psychologists Around Western New York, Syracuse, NY.

**Caselli, A. J.**, Escoto, C., & Salters-Pedneault, K. (2017, April). *Gender, Gender Role Beliefs, and Attitudes about Casual Sex in Relation to Condom Advocacy*. Oral presentation at National Conference for Undergraduate Research, Memphis, TN.

**Caselli, A. J.** & Escoto, C. (2016, October). *Preliminary Results: Gender, Gender Role Beliefs, and Attitudes about Casual Sex in Relation to Condom Advocacy*. Oral presentation at Northeast Regional Undergraduate Research, Scholarly, and Creative Activity Conference, North Adams, MA.

## Posters

\*\* Wilson, S., **Caselli, A. J.**, & Machia, L. V. (2020, April). *Effect of Intergroup Conflict on Perceived Election-Related Stress and Depression for the 2020 Presidential Election*. Poster presentation at National Conference for Undergraduate Research, Virtual Conference.

**Caselli, A. J.** & Ogolsky, B. (2022, February). *An Examination of Conflict in Interracial Relationships: A Consideration of Constructive Accommodation*. Poster presentation at the annual conference for the Society for Personality and Social Psychology, San Francisco, CA.

\*\* Wilson, S., **Caselli, A. J.**, & Machia, L. V. (2020, April). *An Examination of Mental Health among Partners in Interracial Relationships*. Poster presentation at the annual conference for the Society for Personality and Social Psychology, San Francisco, CA.

\*\* Alina Rodriguez, C., **Caselli, A. J.**, & Machia, L. V. (2022, February). *The effects of Attachment Style on Relationship Quality for People in Interracial Relationships*. Poster presentation at the annual conference for the Society for Personality and Social Psychology, San Francisco, CA.

\* Watt, S., **Caselli, A. J.** & Machia, L. V. (2022, February). *The Effects of Conflict Resolution Styles on Perceived Relational Self-Concept Change*. Poster presentation at the annual conference for the Society for Personality and Social Psychology, San Francisco, CA.

\*\* Alina Rodriguez, C., **Caselli, A. J.**, & Machia, L. V. (2021, April). *The effects of Attachment Style on Relationship Quality for People in Interracial Relationships*. Poster presentation at Syracuse University's Annual Undergraduate Research Festival, Virtual Conference.

\*\* Corrado, H., **Caselli, A. J.**, & Machia, L. V. (2021, April). *The Effects of Race and Gender on Depression among People in Interracial Relationships*. Poster presentation at Syracuse University's Annual Undergraduate Research Festival, Virtual Conference.

\*\* Watt, S., **Caselli, A. J.** & Machia, L. V. (2021, February). *An Investigation of Conflict and Coping Mechanisms on Relationship Quality*. Poster presentation at Syracuse University's Annual Undergraduate Research Festival, Virtual Conference.

\* Wilson, S., **Caselli, A. J.** & Machia, L. V. (2021, February). *When Perspective Taking Does Not Promote Interracial Closeness: A Quasi Experiment*. Poster presentation at Syracuse University's Annual Undergraduate Research Festival, Virtual Conference.

\*\* Corrado, H., **Caselli, A. J.**, & Machia, L. V. (2021, April). *The Effects of Race and Gender on Depression among People in Interracial Relationships*. Poster presentation at National Conference for Undergraduate Research, Virtual Conference.

**Caselli, A. J.** & Machia, L. V. (2021, February). *Discrimination is not just Black and White in Romantic Relationships: A Consideration of Perspective Taking and Self-Expansion*

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\* Mentored undergraduate researcher (i.e., first author is undergraduate mentee)

\*\* Mentored undergraduate researcher on their own independent research or capstone project

*among Interracial Partners*. Poster presentation at the annual conference for the Society for Personality and Social Psychology, Virtual Conference.

- \*\* Watt, S., Caselli, A. J. & Machia, L. V. (2021, February). *An Investigation of Conflict and Coping Mechanisms on Relationship Quality*. Poster presentation at the annual conference for the Society for Personality and Social Psychology, Virtual Conference.
- \* Wilson, S., Caselli, A. J. & Machia, L. V. (2021, February). *When Perspective Taking Does Not Promote Interracial Closeness: A Quasi Experiment*. Poster presentation at the annual conference for the Society for Personality and Social Psychology, Virtual Conference.
- \*\* Chavez, A., Caselli, A. J., & Machia, L. V. (2020, April). *The Influence of Pets on the Mental Health of Military Spouses*. Virtual poster at Undergraduate Research Festival, Syracuse, NY.
- \*\* Davids, B., Caselli, A. J., & Machia, L. V. (2020, April). *Mental Health and Conflict amongst Military Couples*. Virtual poster at Undergraduate Research Festival, Syracuse, NY.
- \*\* Watt, S., Caselli, A. J., & Machia, L. V. (2020, April). *An Examination of Conflict, Coping and Relationship Quality*. Virtual poster at Undergraduate Research Festival, Syracuse, NY.
- \*\* Wilson, S., Caselli, A. J., & Machia, L. V. (2020, April). *An Examination of Mental Health among Partners in Interracial Relationships*. Virtual poster at Undergraduate Research Festival, Syracuse, NY.
- \* Janczuk C. C., Caselli, A. J., & Machia, L. V. (2019, May). *Can we use a condom? Understanding the Impressions Attributed to a New Sexual Partner*. Poster presentation at annual conference for Social Psychologists Around Western New York, Syracuse, NY.
- \* Brown, O., Caselli, A. J., & Machia, L. V. (2019, May). *Self-Presentation and Condom Advocacy: Exploring the Impressions of Condom Use*. Poster presentation at Syracuse Psychology Department's Undergraduate Poster Session, Syracuse, NY.
- Caselli, A. J., Sargent, R. H., Newman, L. S., Machia, L. V., & Stanley-Murphy Brown, A. (2019, February). *Changes in Anticipated Police Officer Behavior in the Presence of White or Black Civilians*. Poster presentation at the annual conference for the Society for Personality and Social Psychology, Portland, OR.
- Caselli, A. J. & Machia, L. V. (2018, July). *Self-Presentation and Sexual Interaction*. Poster presentation at International Association for Relationship Research, Fort Collins, CO.

## MENTORSHIP

### Undergraduate Student Mentorship

Mentor Undergraduate Independent Research Projects and Capstones

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| 1. Alina Rodriguez, C. – <i>The Influence of Attachment Style and Constructive Accommodation on Relationship Quality</i>             | 2020-Present |
| 2. Wilson, S. – <i>An Examination of the Black Lives Matter Movement</i>   | 2021-Present |
| 3. Corrado, H. – <i>The Effects of Race and Gender on Depression among People in Interracial Relationships</i>                       | 2020-2021    |
| <b>*Recipient of the SOURCE Expansion Grant: \$150, 2020</b>   |              |
| 4. Watt, S. – <i>An Investigation of Conflict and Coping Mechanisms on Relationship Quality</i>                                      | 2020-2021    |
| <b>*Recipient of the SOURCE Expansion Grant: \$958, 2022</b>   |              |
| 5. Gardner, D. – <i>The Influence of Dyadic Coping on Conflict and Mental Health among People in Interracial Relationships, 2020</i> | 2020         |
| 6. Davids, B. – <i>Mental Health and Conflict amongst Military Couples</i>   | 2020         |

7. Chavez, A. – *The Influence of Pets on the Mental Health of Military Spouses* 2020
8. Wilson, S. – *An Examination of Mental Health among Partners in Interracial Relationships* 2019-2020
9. Brown, O. – *Self-Presentation and Condom Advocacy: Exploring the Impressions of Condom Use* 2019
10. Janczuk, C. – *Can we use a condom? Understanding the impressions attributed to a new sexual partner* 2019

Mentor to Undergraduate Research Assistants 2018-Present

Mentor Undergraduate Capstone Project 2020  
*Capstone Title: Mental Health and Conflict amongst Military Couples*

### Graduate Student Mentorship

First-Year Graduate Student Mentor 2020-Present

Teaching Mentor 2019-Present

Mentor to First Year Teaching Assistants ( $N = 15$ ) 2018-2019

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## COLLOQUIA & INVITED TALKS

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**Caselli, A. J.** (2022, April). *Does racial discrimination always harm healthy romantic relationships? Considerations for Interracial Relationships*. Invited research talk at Eastern Connecticut State University, Virtual; Willimantic, CT.

**Caselli, A. J.** (2021, September). *Does racial discrimination always harm healthy romantic relationships? Considerations for Interracial Relationships*. Social Psychology Departmental Brownbag, Syracuse, NY.

Machia, L. V. & **Caselli, A. J.** (2020, November). *Discrimination is not just Black and White*. Brownbag Presentation; Reis Lab Meeting, Rochester, NY.

**Caselli, A. J.** (2020, October). *Differences in Cognitive Closeness: An Interaction between Race and Political Orientation*. Social Psychology Departmental Brownbag, Syracuse, NY.

**Caselli, A. J.** (2019, October). *Can we be friends—fast? A modified version of Aron et al.'s Fast Friends procedure*. Social Psychology Departmental Graduate Student Data Blitz, Syracuse, NY.

**Caselli, A. J.** (2019, September). *Discrimination Buffering: A Model for Partners in Interracial Relationships*. Social Psychology Departmental Brownbag, Syracuse, NY.

**Caselli, A. J.** (2019, April). *Discrimination is Not Just Black and White: A Consideration of Perspective Taking and Self-Expansion*. Social Psychology Departmental Graduate Student Data Blitz, Syracuse, NY.

**Caselli, A. J.** (2019, April). *Self-Presentation & Sexual Interaction: Understanding the Impressions Attributed to a New Sexual Partner*. Social Psychology Departmental Brownbag, Syracuse, NY.

**Caselli, A. J.** (2018, April). *Influence of Cognitive Interdependence on Identity Threat within an Interracial Relationship*. Social Psychology Departmental Brownbag, Syracuse, NY.

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## GRANTS

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### Internal Grants-Funded

Graduate Travel Award (Graduate Student Organization at Syracuse University, \$500) 2021

Graduate Student Organization Academic/Professional Fund Recipient (\$155) 2020



Graduate Travel Award (Graduate Student Organization at Syracuse University, \$140)	2020
Graduate Travel Award (Graduate Student Organization at Syracuse University, \$350)	2018

### External Grants-Funded

The International Society for Self & Identity Research Grant (\$1,000)	2021
The Love Consortium Graduate Student Research Grant (\$10,000)	2021
Graduate Travel Award (Society for Personality and Social Psychology, \$500)	2018
Graduate Travel Award (International Association for Relationship Research Conference, \$150)	2018

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## HONORS & AWARDS

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Love Fellow: Graduate Student Research Grant Awardee	2021-Present
Nominee of the Faculty Impact Award for Term 5 – <i>Post University</i>	2021
Nominee of the Faculty Impact Award for Term 4 – <i>Post University</i>	2021
Research Excellence Doctoral Funding Fellowship – <i>Syracuse University</i>	2020-2021
Certificate in University Teaching – <i>Syracuse University</i>	2020
Recipient of the Outstanding Teaching Assistant Award – <i>Syracuse University</i>	2019
Psychology Department Honors with High Distinction – <i>Eastern Connecticut State University</i>	2017
Graduated Summa Cum Laude – <i>Eastern Connecticut State University</i>	2017

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## RESEARCH EXPERIENCE

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Close Relationship Lab – <i>Syracuse University</i>	2017-2022
Love Fellow: Graduate Student Research Grant Awardee	2021-2022
Research Excellence Doctoral Funding Fellowship – <i>Syracuse University</i>	2020-2021
Honors Thesis – <i>Eastern Connecticut State University</i> Supervisor: Carlos Escoto, Ph.D.	2015-2017
Research Assistant – <i>Eastern Connecticut State University</i> Supervisor: Madeleine Fugère, Ph.D.	2017
Research Independent Study – <i>Eastern Connecticut State University</i> Supervisor: Kristalyn Salters-Pedneault, Ph.D.	2016
Summer Research Institute – <i>Eastern Connecticut State University</i> Supervisors: Carlos Escoto, Ph.D. & James Diller, Ph.D.	2016

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## PROFESSIONAL DEVELOPMENT

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Quality Matters Training: Designing Your Online Course – <i>USAO</i>	2022
Women in Science and Engineering (WISE) Program – <i>Syracuse University</i>	2020-2022
Prejudice Research Discussion Group – <i>Syracuse University</i>	2020-2022
Future Professoriate Program – <i>Syracuse University</i>	2018-2022
R Training and Statistics Workshops – <i>Syracuse University</i>	2018-2022

Grant Writers' Seminars and Workshops: Write Winning NIH Grant Proposals	2021
Grant Writers' Seminars and Workshops: Write Winning NSF Grant Proposals	2021
Managing Bias Training – <i>Syracuse University</i>	2020, 2021
Scientific Writing Workshop – <i>Syracuse University</i>	2020
Blackboard Training Course – <i>Post University</i>	2020
Dyadic Data Workshops – <i>Syracuse University</i>	2020
Future Professoriate Program Annual Conference – <i>Syracuse University</i>	2018
Safer People Safer Spaces Training – <i>Syracuse University</i>	2018
SURIG: Close Relationships Journal Club – <i>Syracuse University</i>	2017-2018

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### **SERVICE & COMMITTEES**

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Teaching Mentor Selection Committee – <i>Syracuse University</i>	2020
Sesquicentennial Celebration Task Force Committee – <i>Syracuse University</i>	2020
Psychology Action Committee: Social Area Representative – <i>Syracuse University</i>	2019-2020
Graduate Student Organization: Social Area Senator – <i>Syracuse University</i>	2018-2019
Diversifying Psychology Weekend Volunteer – <i>Syracuse</i>	2018
Psychology Action Committee: Graduate Student Organization Representative – <i>Syracuse University</i>	2017-2018
Graduate Student Organization: Clinical Area Senator – <i>Syracuse University</i>	2017-2018

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### **CLINICAL & VOLUNTEER EXPERIENCE**

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Artworks Expressive Art Therapy Intern – <i>Norwich, CT</i>	2016-2017
Women's Center Intern, – <i>Eastern Connecticut State University, CT</i>	2017

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### **MEMBERSHIPS**

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Society for Self and Identity	2021-Present
Society for Personality and Social Psychology	2018-Present
International Association for Relationship Research	2018-Present
American Psychological Association	2018-Present
National Science Teachers Association	2018-Present
Psi Chi, National Honor Society in Psychology	2016-2017
Omicron Delta Kappa Leadership Honor Society	2015-2017

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### **AD HOC REVIEWER**

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Personal Relationships
SAGE Publishing, textbook reviewer

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### **SPECIALIZED SKILLS**

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- General data analysis (*R* Studio, Excel, Minitab, Mplus)
- Organize and lead groups, organizations, or committees
- Select, administer, score, and interpret psychological tests
- Independently administer lectures, activities and facilitate discussions
- Grade assignments and exams, while providing constructive feedback
- Independently administer lectures, activities and facilitate discussions
- Deliver tailored reviews on a one-on-one basis outside of classroom
- Prepare and create various assessments (i.e., exams and assignments)
- Independently create course content for both in person and online instruction
- Expert in Blackboard, Microsoft Word, PowerPoint
- Experience conducting class on Zoom