

# **INDEX**

abusive relationships, 73 anal sex, 397-398 Actor-Partner Interdependence Model (APIM), 106-108 analysis and interpretation adaptation confirmatory analyses, 114 interdependence process, 71–72 exploratory analyses, 115 Addo, Fenaba, 223-224 mediators, 111-112 adrenaline, 316-317 moderators, 109-111 anonymity of published data, 115 affection deprivation, 372, 373 affection exchange theory, 362 apologies, 304 affectionate communication, 362-374 applied research, 6 affectionate touch, 364 approach motivation in relationships, 374-375 consequences of, 371-374 arginine vasopressin (AVP), 22 deceptive affection, 371 arranged marriage, 227-228 artistic ability, 139 excessive affection, 374 expressing affection in stigmatized relationships, 370 asexuality, 27 how we communicate affection, 363-367 romantic relationships and, 384 love languages, 365-367 assortative mating, 150-151 supportive affection, 364 attachment anxiety, 62-64, 214-215, 391 Trait Affection Given Scale, 367-368 partner specific, 194 tripartite model, 364-365 reactions to relationship conflict, 281 unwanted affection, 371-372 attachment avoidance, 62-64, 215 verbal affection, 364 reactions to relationship conflict, 281-282 who expresses affection, 367-371 attachment behavioral system affectionate touch, 364 interaction with other behavioral systems, 59 affirmative consent, 409-410 attachment love, 205-206 Affleck, Ben, 200 attachment styles, 61-63 anxious attachment, 62-64, 194, 214-215, 281, 391 partner preferences, 142-143 attachment strategies and, 64-66 avoidant attachment, 62-64, 215, 281-282 aging grey divorce rate, 421-422 control-system model of attachment, 64-66 Ainsworth, Mary, 53, 62 deactivation of the attachment system, 64 Algoe, Sara, 357-358 dimensions of attachment, 63-64 alternatives hyperactivation of the attachment system, 64 biased perceptions and relationship maintenance, in action, 64-66 insecure attachment, 62-64 biased perceptions of one's partner's alternatives, 267-268 partner-specific attachment anxiety, 194 consequences of biased perceptions of one's alternatives, predictors of relationship dissolution, 426 265-267 secure attachment, 62 devaluation of attractive alternatives, 264-265 attachment theory, 43-44, 52-66 inattention to attractive alternatives, 262-264 attachment behavioral system, 53-55, 59 partner surveillance, monitoring, and snooping, 268 attachment behaviors in children and adults, 58-59 perceptions in non-monogamous relationships, 269 attachment figures, 55-56 threat to relationship stability, 262-263 attachment styles, 61-63 why biased perceptions protect relationships, 265-266 attachment styles in action, 64-66 benefits of attachment across the lifespan, 55 romantic appeal of, 140-141 consensual non-monogamy and, 57-58 altruistic love. See compassionate love critiques of, 66



attachment theory (cont.)	role of familiarity, 149–150
cultural bias, 66	role of proximity, 148–149
dimensions of attachment, 63-64	role of reciprocity, 151–153
effects on children of caregiver separation or loss, 53-54	role of sexuality, 400–401
features of attachment bonds, 55-56	role of similarity, 150–151
focus of separation distress, 56-57	sex differences in desire for physical attractiveness, 135
individual differences in attachment, 59-66	sexual orientation, 142
interactions of behavioral systems, 59	signaling good genes and partner traits, 130-135
internal working models of attachment, 60-61	social and situational factors, 147-153
non-human entities as attachment figures, 57	social status and, 137–138
normative processes of attachment, 53–59	traits as indicators, 126–127
parent-child separations at the Mexican-US border, 53-54	trustworthiness and, 139-142
proximity-seeking, 55–56	two-dimensional model, 126
safe haven needs, 55–56	vignette (love at first sight), 123
secure base needs, 55–56	warmth and, 139–142
secure base script, 60	women's reproductive cycles and partner preferences,
attraction	154–155
altruism and, 140–141	attributions about a partner, 254–256
beautiful-is-good effect, 128–129	attrition in studies, 91
colorism in, 129–130	autism spectrum disorder (ASD)
complementarity (opposites attract), 150	initiating romantic relationships, 175–176
dealbreakers, 145–146	avoidance relationship goals, 374–375
desiring a partner of a particular gender, 142	r O ,
desiring a partner of an ideal age, 142–143	basic research, 6
domain-general rewards, 128–129	BDSM (bondage, discipline, domination, submission/
education and, 138–139	sadomasochism), 398
effect of physiological arousal, 153–154	beautiful-is-good effect, 128–129
effects of, 123–124	behavioral couple therapy, 457–469
facial attractiveness, 130–133	cognitive behavioral couple therapy (CBCT), 461–465
fatal attractions, 127	integrative behavioral couple therapy (IBCT), 465–469
features of an attractive body, 133–134	traditional behavioral couple therapy (TBCT), 458–461
goal-directed models, 125–126	behavioral synchrony, 356
golden ratio and beauty, 132–133	behavioral uncertainty, 172
heroism and, 140–141	belonging needs, 7–15
humor, 127	paths to fulfillment, 19
ideal partner preferences, 124–125	prevalence of loneliness, 36–37
influence of context, 153–155	belongingness hypothesis, 9–10, 11–12, 15
instrumentality of, 126	benevolence, 162
intelligence and, 138–139	bereavement
kindness and, 139–142	consequences for health and well-being, 35–36
knowing what we don't want in a partner, 145–146	Berscheid, Ellen, 5
love at first sight, 126, 128, 156	better-than-average effect, 242
measuring attraction, 135–136	Better Together Program, 484
mere-repeated-exposure effect, 148–149	between-subjects experimental design, 93
misattribution theory, 154	biased expectations of the future, 261–262
partner preferences as a means to an end, 124–127	biased memory of the past, 257–258
partner preferences as a means to an end, 121 127 partner preferences in short-term relationships, 141–142	biased perceptions
physical attractiveness and vitality, 128–137	influence of contextual factors, 269–271
predictability of, 123	mental health and self-verification in relationships, 252
preferences in face-to-face attraction, 146–147	motivated cognition, 238
real-world preferences, 146–153	truth and bias, 240–242
olia preferences, 110 100	



vignette (Tony Stark and Pepper Potts), 237–238	brain
who benefits from biased cognition, 270–271	effects of falling in love, 208
who engages in biased cognition, 269–270	break-up decision
biased perceptions of alternatives, 262–269	investment model of commitment, 72–74
biased perceptions of one's partner's alternatives, 267–268	break-up sex, 447
consequences of biased perceptions of one's alternatives,	break-ups
265–267	consequences for health and well-being, 35–36, 418
devaluation of attractive alternatives, 264–265	See also divorce; relationship dissolution.
inattention to attractive alternatives, 262–264	Brinberg, Miriam, 201
infidelity and, 265–267	Burke, Tarana, 409
partner surveillance, monitoring, and snooping,	Buss, David, 51
268	Buzzella, Brian, 485
perceptions in non-monogamous relationships, 269	
why they protect relationships, 265–266	capitalization, 358–361
biased perceptions of the partner, 242–256	Captain America (Steve Rogers), 257
attributions about a partner, 254–256	caregivers
benefits of positive illusions, 248–250	perspective on providing support, 339–341
consequences of positive illusions, 248–252	caregiving behavioral system, 59
dealing with unfortunate truths, 253–256	casual relationships, 19
flexible ideal standards, 253–254	catfishing, 182–183
good partner traits, 244–245	Catron, Mandy Len, 211–213
importance of being seen accurately, 250	causation
partner enhancement, 243	distinction from correlation, 88
physical attractiveness, 243–244	Chand, Dutee, 197, 198, 207, 218, 222
positive illusions about a partner, 243–247	Chapman, Gary, 366–367
projecting one's ideal and one's self, 245-247	chemistry, 185
Realistic accuracy model, 244–245	childfree (childless-by-choice) partners, 229
self-enhancement, 242–243	chronic illness
biased perceptions of the present, 258–259	social support for, 339–340
biased perceptions of the relationship, 256–262	chronic strain model of relationship dissoloution, 442–444
biased expectations of the future, 260–262	chronosystem, 75
biased memory of the past, 257–258	cisgender individuals, 26
biased perceptions of the present, 258–259	Clinton, Bill and Hillary, 430
perceived relationship superiority, 258–259	Clooney, George and Amal, 230
social comparisons, 259–260	close relationships
big data, 105–106, 192	commitment and, 18–19
Biles, Simone, 311–312	features of, 15–19
biological basis for relationships, 21–22	interdependence and, 15–19
hormones and neuropeptides involved, 24	mutual intimate knowledge, 17–19
in humans, 22–24	mutual self-disclosure, 18, 20
neurobiological mechanisms, 22	See also romantic relationships.
non-human animals, 22	closeness
biological sex	breaking intimacy, 427–428
definition of, 25	building in a relationship, 208–216
diversity in romantic relationships, 25–26	building intimacy in context, 210–211
Bird, Sue, 260	cognitive interdependence, 214–215
bisexuality, 27	emotional self-disclosure, 209–210
Blackburn, Kate, 437	intimacy, 208–209
Blunt, Emily, 123	partner responsiveness, 210
booty-call relationships, 141, 217, 383	perceived partner responsiveness, 210
Bowlby, John, 53, 60, 62, 336	self-concept change in new relationships, 213-216



closeness (cont.)	confounds in studies, 91
self-disclosure, 209–210	consensually non-monogamous relationships, 21, 378
thirty-six questions for intimacy building, 211–213	attachment in, 57–58
cognitive behavioral couple therapy (CBCT), 461-465	perceptions of alternatives, 269
cognitive interdependence, 215	consent
cognitive reorganization of the self-concept, 213	in the era of the #MeToo movement, 409-410
cognitive uncertainty, 172	conspicuous conservation, 162
cohabitation, 221–226	conspicuous consumption, 161
as a permanent alternative to marriage or singlehood, 224	construct validity, 102-103
as a pre-marital arrangement, 224-225	consummate love, 205
as an extension of dating, 224	contempt, 289, 426
divorce and the cohabitation effect, 225-226	context
marriage bar, 225	influence on attraction, 153–155
serial cohabitation, 224	influence on bias and illusion in relationships, 269-271
trial marriage, 224–225	influence on intimacy building, 210–211
Cohen, Philip N., 423–424	influence on relationship dissolution, 432–435
collectivist orientation, 32	influence on relationship initiation, 191
colorism in attraction, 129–130	influence on relationships, 7, 75–77
commitment	shared stressful contexts, 320–323
breaking commitment, 428–432	control condition, 92
building in a relationship, 217–220	control-system model of attachment, 64–66
contemplating and communicating, 217–218	convenience sampling, 103–104
definition of, 18	cooperative courtship, 191
effect of relationship transitions, 217–218	correlation
features of, 217	distinction from causation, 88
in close relationships, 18–19	correlational designs, 86–91
investment model of, 72–74	cortisol, 24, 317
meeting your partner's family, 217	costly signaling theory, 47, 162
relational turbulence model, 217–218	counterbalancing in experimental designs, 94
relationship talk, 217–218	Couple Commitment and Relationship Enhancement (CARE)
risk regulation model, 217	
	program, 476–477
saying "I love you," 217	Couple Coping Enhancement Training (CCET) program, 477
social network effect, 218–220	couple relationship education programs, 475–480
triangular theory of love, 203–205	Couple Commitment and Relationship Enhancement
commitment readiness, 159–160	(CARE) program, 476–477
commitment uncertainty, 436	Couple Coping Enhancement Training (CCET) program,
communal-relationship path to belonging, 19	477
communal sexual motives, 391–392	effectiveness of, 479–480
commuting partners, 228	for low-income couples, 480
companionate love, 203–206	mindfulness, 477–479
companionship needs	Prevention and Relationship Enhancement Program
sources of fulfullment, 20	(PREP), 475–476
comparison level (CL)	research-based programs, 475–477
satisfaction and, 67–68	couple therapy, 454–474
comparison level of alternatives (CL <sub>alt</sub> ), 68	behavioral couple therapy, 457–469
compassionate love, 205–206	Better Together Program, 484
complementarity (opposites attract), 150	cognitive behavioral couple therapy (CBCT), 461-465
concealed ovulation, 154	effectiveness in reducing relationship distress, 472–474
confederates, 92	emotionally focused couple therapy (EFCT), 457, 470-471
confirmatory analyses, 115	Esther Perel podcast, 453
conflicts of interest. See interdependence challenges	for sexual minority partners, 482–483



increasing access to, 481–482	demand-withdraw pattern, 296–300
integrative behavioral couple therapy (IBCT), 465-469	demands-rewards perspective
intercultural partners, 467–469	parenthood, 204–232
online interventions, 481–482	demographic variables
Rainbow CoupleCare, 484	influence on romantic relationships, 25–30
rates of seeking, 455–456	dependence problem, 69
Relationship Checkup intervention, 481	dependency, 68
speaker-listener technique, 458–460	dependency paradox, 337
therapeutic approaches, 457	dependent variable, 91
traditional behavioral couple therapy (TBCT), 458-461	depression
#CoupleGoals	seeking self-verifying negative feedback, 252
social comparisons, 259–260	destiny beliefs, 463–464
Couples Satisfaction Index (CSI), 95–96	Dhowre, Sabrina, 123
covariation between variables, 87-88	diagnostic situations
COVID-19 pandemic	conflicts, 276–277
effects of social distancing, 9	differential parental investment, 47-48
impact on relationships, 77	directional hypothesis, 85
creativity, 139	disaffection, 427
crisis model of relationship dissolution, 442-444	disillusionment, 427–428
criticism, 289, 426	dissolution consideration, 436
cross-case analysis, 468	diversity and inclusion
cross-cultural research, 31–32	colorism in attraction, 129-130
cross-sectional studies, 87-88	expressing affection in stigmatized relationships, 370
CrowdFlower, 105	in relationship science, 7
crowdsourcing websites, 105	interventions for sexual minority partners, 482-483
culture	mental health and self-verification in relationships, 252
collectivist orientation, 32	relationship initiation in people with ASD, 175-176
definition of, 32	relationship programs for low-income couples, 480
individualistic orientation, 32	sampling bias, 104–105
influence on relationships, 7	social support in chronic illness, 339-340
influence on romantic relationships, 31-32	diversity in romantic relationships, 24-25
cyberstalking by an ex-partner, 448	biological sex, 25–26
	culture, 31–32
dad bod, 134	demographic variables, 25-30
daily-diary method, 90	gender, 25–26
Dark Triad of personality traits, 31	influence of individual differences, 24–32
predictors of relationship dissolution, 425-426	intersectional approach, 30
sexual desire and, 383	personality traits, 30–31
Darwin, Charles, 44, 45	race, 28-29
dating	sexual orientation, 26–28
accuracy and idealization of partner perceptions, 250–251	socioeconomic status (SES), 29
dating scripts, 171	divorce
de Rossi, Portia, 123	cohabitation effect, 225–226
De Silva, Julian, 133	consequences for adult children of divorced parents,
dealbreakers, 145–146	445–446
death of a partner, 442	consequences for health and well-being, 35-36
deception	grey divorce rate, 421–422
use during relationship initiation, 182–183	rates of, 419, 420
deceptive affection, 371	risk related to socioeconomic status (SES), 320–321, 418
defensiveness, 289, 426	See also relationship dissolution.
DeGeneres, Ellen, 123	divorce ideation, 436



divorce-stress-adjustment perspective, 436, 441	video recording of participants during the study, 112
domain-general rewards, 126	evolution
physical attractiveness and, 128–129	advantages of belonging, 10
domain-specific evolutionary goals, 126	evolutionary mismatch theory, 84–85
dopamine, 24	evolutionary theories, 43–52
dopamine reward system, 23, 24	applications in relationship science, 44
dual staircase model, 177	basic premises, 44
Durkheim, Émile, 39	critiques of, 51–52
dyadic relationships, 6	life history theory, 50
dyadic sampling, 106-109	natural selection process, 44
	parental investment theory, 47-48
ecological systems theory, 75-76	sexual selection theory, 44-47
economic distress	sexual strategies theory, 48-49
impacts on romantic relationships, 29	exosystem, 75
education	experience sampling, 89–90
influence on attraction, 138-139	experimental designs, 86, 91–94
educational interventions to prevent relationship distress, 475–480	between-subjects design, 93
effect size, 93	confederates, 92
eharmony, 169	control condition, 92
Elba, Idris, 133, 136, 140, 148	counterbalancing, 94
Eldridge, Kathleen, 467–469	dependent variable, 91
emotional capital, 346–347	effect size, 93
emotional divorce, 428	external validity, 94
emotional needs	independent variable, 91
fulfillment in romantic relationships, 21	internal validity, 94
emotional reasons for engaging in sex, 390-391	null hypothesis statistical testing (NHST), 93
emotional self-disclosure, 209-210	random assignment of participants, 93
emotional support, 310	within-subjects design, 93-94
emotional support animals, 332–333	exploration
emotionally focused couple therapy (EFCT), 457, 470-471	responsible support for, 336–338
empathic accuracy, 327	exploratory analyses, 115
empathic joining, 466	exploratory behavioral system, 59-60
empathy, 305	external validity of studies, 94
empirical articles	extradyadic needs satisfaction, 21
how to read and interpret, 115–118	eyes
empiricism, 83	attractive features of, 132
empty love, 205	
engagement, 226–227	face-to-face attraction
environmental influences	partner preferences and, 146-147
life history theory, 50	facial adiposity, 131–132
esteem support, 310	facial attractiveness, 130–133
ethics, 112–115	facial averageness, 131
conducting research with human participants, 112–113	facial sexual dimorphism, 131
informing participants of the data to be collected, 112	facial symmetry, 130
informing participants of what the study involves and	falling in love, 207–208
potential risks, 113	See also love.
power imbalance between researcher and participant, 112	familiarity
replication crisis in psychology, 113–114	role in attraction, 149–150
reponsibilities of researchers, 112	families
reproducibility of studies, 113–115	consequences of romantic relationships, 39–40
role of the Institutional Review Board (IRB), 112	effect of lack of support for a relationship, 218–220
	== *



fatal attractions, 127	Healthy Marriage and Relationship Education Initiative
fatuous love, 204	(HMREI), 480
fertility asymmetries, 48	heroism
fight-or-flight response, 316–317	romantic appeal of, 140–141
financial stress	heterosexuality, 27
role in relationship dissolution, 432–433	high openers, 183
Five Factor Model of personality traits, 31	homosexuality, 27
flexible ideal standards, 253–254	hook-ups, 217, 391
flirting, 181–185	hook-up sex, 396–397
flooding during partner conflict, 456	hormones
Floyd, Kory, 363	involvement in relationship formation, 24
fMRI (functional magnetic resonance imaging), 100–101	hostile conflict behavior
forgiveness, 304–306	consequences for romantic relationships, 291–295
four horsemen of the apocalypse (threats to relationships),	hostile sexism in men, 285
288–289	humor, 127, 139
friends-with-benefits relationships, 190, 217, 383	sharing a laugh, 357–358
friendship	use in relationship initiation, 181
companionship needs fulfillment, 20	hypothalamus-pituitary-adrenal (HPA) axis, 316–317
intimacy needs fulfillment, 20	hypothesis development and testing, 85–86
friendship-first relationships, 189–190	hypothesis development and testing, 65 00
including hist relationships, 107-170	iGen (Gen Z)
gender	prevalence of loneliness, 37–39
definition of, 25	Implicit Associations Task (IAT), 136
diversity in romantic relationships, 25–26	implicit resociations 143k (1717), 150
gender minority individuals, 26	implicit measures, 96–98
gender roles	incarceration
relationship initiation, 171–172	
_	role in relationship dissolution, 432–433 inclusion. <i>See</i> diversity and inclusion
general-approbation path to belonging, 19	inclusion of other in self, 213, 214–215
ghosting, 440, 463	
Girme, Yuthika, 338	incompatibility, 428
Go/No-Go Association Task (GNAT), 97–98, 135–136	independent variable, 91
goal-directed models of attraction, 125–126	individual differences
Golden Fleece Awards, 5	attachment, 59–66
golden ratio and beauty, 132–133	effects on level of loneliness, 39
good news	internal working models of self and other, 60–61
sharing, 358–361	individual sampling, 106–109
good partner traits	individualistic orientation, 32
positive illusions about, 244–245	infatuation, 204
Gottman, John, 287–289	infertility
gratitude	relationship dissolution and, 433
expression of, 361–362	infidelity
grey divorce rate, 421–422	perceptions of alternatives and, 265–267
group membership path to belonging, 19	reasons for, 430–431
growth beliefs, 464	relationship dissolution and, 429–432
	theoretical views of, 43
Hadid, Bella, 133	influence
handicap principle	domains of, 17
costly signaling theory, 47	informational support, 310
Hatfield, Elaine, 5–6	insecure attachment, 62–64
health and well-being	insecurity
consequences of romantic relationships, 33–39	motivation for engaging in sex, 391



Institutional Review Board (IRB), 112	sexual interdependence dilemmas, 410–412
instrumental support, 310	Specific Affect Coding System (SPAFF), 287–289
instrumentality	stonewalling, 289
social and situational factors in attraction, 147-153	topics of disagreement, 277-279
instrumentality of attraction, 126	transactive goal dynamics theory, 275
integrative behavioral couple therapy (IBCT), 465-469	vignette (Jim and Pam, The Office), 273-274
Integrative model of relationship maintenance, 240	interdependence theory, 43–44, 66–75
intelligence	adaptation, 71–72
indicatiors of, 139	critique of, 74–75
influence on attraction, 138–139	interdependence processes, 71–72
intercultural partners	interdependence structure, 69–71
couple therapy, 467–469	investment model of commitment, 72–74
intercultural queer partners	outcome matrices, 69–71
intersectional approach to understanding, 30	problem of dependence, 69
interdependence	SABI model of social interactions, 69
definition of, 15–16	transformation of motivation, 71
domains of influence, 17	internal validity of studies, 88, 94
duration of, 16–17	internet
frequency of, 16	online research studies, 105
in close relationships, 15–19	interpersonal attraction, 124
incompatibility, 428	interpersonal chemistry model, 185
strength of, 16	interpersonal coordination, 187–188
interdependence challenges	Interpersonal exchange model of sexual satisfaction, 403
	interpersonal process model of intimacy (IPM), 208–209
apologies, 304	
conflicts as diagnostic situations, 276–277	interpersonal synchrony, 187–188
conflicts of interest, 275–276	interracial marriages, 28–29
consequences of having frequent conflicts, 286	intersectional approach
consequences of hostile conflict behavior, 291–295	romantic relationships, 30
consequences of intimacy and problem-solving, 295–296	intersexual selection, 45–47
consequences of withdrawal, 296–300	interventions
contempt, 289	behavioral couple therapy, 457–469
criticism, 289	Better Together Program, 484
defensiveness, 289	cognitive behavioral couple therapy (CBCT), 461-465
demand-withdraw pattern, 296–300	Couple Commitment and Relationship Enhancement
experience of relationship conflict, 280–282	(CARE) program, 476–477
features of conflict discussion behaviors, 287–292 forgiveness, 304–306	Couple Coping Enhancement Training (CCET) program, 477
four horsemen of the apocalypse, 288–289	couple relationship education programs, 475-480
hostile sexism in men, 285	couple therapy, 454–474
how they may arise, 275–276	educational interventions to prevent relationship distress,
hurtful behaviors, 302–303	475–480
impact of individual stressors on relationships, 317-320	effectiveness in reducing relationship distress, 472-474
managing relational conflicts, 286-302	effectiveness of couple relationship education programs,
Marital Interaction Coding Scheme (MICS), 289-290	479–480
partner transgressions, 302–306	emotionally focused couple therapy (EFCT), 457, 470-471
power in romantic relationships, 284–285	for low-income couples, 480
prevalence of conflicts in romantic relationships, 282–284	for sexual minority partners, 482–483
principle of least interest, 285	increasing accessibility for couples, 481–482
reactions to relationship conflict, 280–282	influence of destiny beliefs, 463–464
recovery following conflict, 301–302	influence of growth beliefs, 464
sacrifice, 300–301	integrative behavioral couple therapy (IBCT), 465–469
	* ***



1. 1. 1	71.37
intercultural partners, 467–469	Li, Norman, 49–50
mindfulness, 477–479	life events checklist, 312
online interventions, 481–482	life history theory, 50, 164
Prevention and Relationship Enhancement Program	limbal rings, 132
(PREP), 475–476	living apart together (LAT), 228–229
Rainbow CoupleCare, 484	loneliness
rates of seeking couple therapy, 455–456	effects of individual differences, 39
Relationship Checkup, 481	prevalence in iGen (Gen Z), 37–39
relationship distress, 454–455	prevalence of, 36–37
research-based couple relationship education programs,	long-distance partners, 228
475–477	long-distance relationships, 434–435
research-based therapeutic interventions, 454	long-term relationships
speaker-listener technique, 458–460	pursuit of, 162–163
therapeutic interventions to reduce relationship distress,	longitudinal studies, 88–91
454–474	Lopez, Jennifer, 200
traditional behavioral couple therapy (TBCT), 458–461	love
vignette (couple therapy podcast), 453	attachment love, 205–206
intimacy, 208–209	building love in a relationship, 202–208
consequences for conflict in romantic relationships,	companionate love, 203–206
295–296	compassionate love, 205–206
influence of context on building intimacy, 210–211	consummate love, 205
interpersonal process model (IPM), 208–209, 379	empty love, 205
self-expansion theory, 213–214	endurance of passionate love, 206–207
thirty-six questions for intimacy building, 211-213	falling in love, 207–208
See also sexual intimacy.	fatuous love, 204
intimacy needs	infatuation, 204
sources of fulfillment, 20	passionate love, 203–206
intimate knowledge	role in sustaining relationships, 202–203
definition of, 17	saying "I love you," 217
in close relationships, 17–19	triangular theory of, 203–205
intrasexual competition, 46–47	types of, 203–206
intrasexual selection, 45–47	love at first sight, 123, 126, 128, 156, 204
investment model of commitment, 72–74, 429	love languages, 365–367
Ioannidis, John, 113	Love on the Spectrum (Netflix), 176
Iron Man (Tony Stark), 237–238	love-the-emotion, 356
	Loving v. Virginia case (1967), 28
jealousy, 267	low-income couples
John, Elton, 3	couple relationship education programs, 480
Jonason, Peter (PK), 145	
	Machiavellianism, 31, 425
Kalai, Caroline, 467–469	machine learning, 192
kindness	Mallory, Allen, 406
influence on attraction, 139–142	Marital Interaction Coding Scheme (MICS), 289–290
sex differences in desire for, 140	marriage, 226–228
kissing, 398, 401	accuracy and idealization of partner perceptions, 250–251
Krasinski, John, 123	age of first marriage, 227
Kurtz, Laura, 357–358	arranged marriage, 227–228
	cohabitation as a permanent alternative to, 224
latent profile analysis (LPA), 392–393	cohabitation as trial marriage, 224–225
laughter	cost of a wedding, 225
sharing a laugh, 357–358	engagement, 226–227



marriage (cont.)	motivated cognition, 238
proposal rituals, 226–227	biased perceptions of the partner, 242-256
suffocation of marriage model, 340–341	devaluation of attractive alternatives, 264–265
marriage bar, 225	inattention to attractive alternatives, 262-264
marriage effect, 33–34	influence of contextual factors, 269-271
relationship quality and, 34-35	relationship maintenance strategy, 240-242, 264
Martin, Ricky, 123	who benefits from biased cognition, 270-271
matching hypothesis, 150–151	who engages in biased cognition, 269-270
mate-copying, 153	See also biased perceptions.
mate poaching, 189–190	motivation principle, 213
mate preferences, 48	multidisciplinary nature of relationship science, 6
mating motives, 160	Murray, Sandra, 245, 247–248
mating strategies	Murzello, Elena, 124
sexual strategies theory, 48–49	musical skill, 139
mating tactics, 160–161	, , , , , , , , , , , , , , , , , , , ,
measuring attraction, 135–136	narcissism, 31, 391, 405, 425
measuring variables, 95–103	natural selection, 44
comparing measurement strategies, 101–103	needs fulfillment
construct validity, 102–103	outside of romantic relationships (extradyadic), 21
implicit measures, 96–98	within romantic relationships, 20–21
observational measures, 98–100	neurobiological mechanisms of pair-bonding, 22
physiological measures, 100–101	neuroimaging, 100–101
reverse scoring, 95	neuropeptides
self-report measures, 95–96	involvement in relationship formation, 24
socially desirable responding, 102	neuroticism, 405
trade-offs in research decisions, 101–102	non-experimental designs, 86–91
Mechanical Turk (MTurk), 105	non-human animals
mediators, 111–112	biological basis for relationships, 22
mental health	non-monogamous relationships. See consensually non-
self-verification in relationships, 252	monogamous relationships
mere-repeated-exposure effect, 148–149	nubility, 134
mesosystem, 75	null hypothesis statistical testing (NHST), 93
meta-analysis, 115	nun nypothesis statistical testing (141151), 75
#MeToo movement, 409–410	Obergefell v. Hodges case (2015), 27
Michaelangelo phenomenon, 337	observational measures, 98–100
microsystem, 75	OKCupid, 169
Milano, Alyssa, 409	on-again/off-again relationships, 200, 448
military partners, 228	one-night stands, 383
mimicary (mirroring) in romantic interactions, 187–188	online couple relationship interventions, 481–482
mindfulness, 477–479	online dating, 148, 167–168
minor-sociability path to belonging, 19	catfishing risk, 182–183
	paradox of choice, 170–171
minority stress, 29, 321–322	•
misattribution theory, 154 moderators, 109–111	partner surplus, 169–171 use by shy and socially anxious people, 175
Modern Love, 417	use of deception, 182–183
	online research studies, 105
monogamy in non-human animals, 22, 58	
	open relationships, 57
serial monogamy, 22	open science, 114–115
social monogamy, 22	opening gambits, 180–181
See also consensually non-monogamous relationships.	operationalizing variables, 95
Morelli, Lauren, 42, 52–53	optimal matching model of stress and social support, 327



oral sex, 397–398	personality traits
orbiting, 440	Dark Triad traits, 31, 383, 425-426
ovulatory-shift hypothesis, 154–155	Five Factor Model (Big Five), 31
oxytocin, 22, 23, 24	influence on romantic relationships, 30-31
oxytocin receptors, 23	predictors of relationship dissolution, 424-426
	pet therapy, 332–333
Page, Regé-Jean, 133	phase model of relationship dissolution, 437
pair-bonds, 22	phubbing, 81
pansexuality, 27	physical attractiveness and vitality, 128-137
Papp, Lauren, 280	eyelash length and darkness, 132
paradox of choice	facial attractiveness, 130–133
online dating, 170–171	features of an attractive body, 134
parasocial relationships, 14	features of the eyes, 132
parent-child separations at the Mexican-US border,	golden ratio and beauty, 132–133
53-54	influences on attractiveness judgments, 136–137
parental investment theory, 47–48	limbal rings, 132
parenthood, 204–229	long hair, 132
childfree (childless-by-choice) partners, 229	measuring attraction, 135–136
demands-rewards perspective, 204–232	positive illusions about, 243–244
experiencing new parenthood, 204–231	sex differences in desire for physical attractiveness, 135
pathways to, 229–231	signaling good genes and partner traits, 130–135
single parents by choice, 231	physical health
parenting challenges	consequences of romantic relationships, 33–39
relationship dissolution and, 433–434	physiological arousal
partner enhancement, 243	effect on attraction, 153–154
Partner GNAT, 98	physiological measures, 100–101
Partner Phubbing Scale, 95	physiological measures, 100–101 physiological synchrony, 356
partner responsiveness, 210	pick-up lines, 180–181
partner responsiveness, 210	Pinkett Smith, Jada, 57
responses to, 167–168	play, 354
_	
partner-specific attachment anxiety, 194	playfulness, 354–355
partner surveillance, monitoring, and snooping, 268	playing hard-to-get, 152
partner transgressions, 302–306	polyamory, 57, 58, 164, 378
apologies after, 304	perceptions of alternatives, 269
forgiveness, 304–306	pornography, 398
hurtful behaviors, 302–303	positive illusions
responses to, 304–306	about a partner, 243–247
passionate love, 203–206	accuracy and idealization in dating versus marital
endurance of, 206–207	relationships, 250–251
Pennebaker, James, 437	benefits of, 248–250
perceived partner responsiveness, 210	consequences of, 248–252
perceived relationship superiority, 258–259	dealing with unfortunate truths, 253–256
Perceived Stress Scale, 315–316	good partner traits, 244–245
Perel, Esther, 453, 459, 463, 474	importance of being seen accurately, 250
permissiveness, 386	in concrete abilities versus abstract traits, 251
personal growth	physical attractiveness of self and partner, 243–244
motivation to explore, 333	positive interpersonal processes
responsive support for exploration, 336-338	building emotional capital, 346-347
supportive relationships and, 334-336	capitalization, 358-361
personality	co-experiencing positive emotions, 355-362
definition of, 30	communicating affection, 362-374



positive interpersonal processes (cont.)	race
consequences of affectionate communication, 371–374	diversity in romantic relationships, 28–29
dimensions of positive and negative experiences, 345–346	socioeconomic status (SES) and, 29
excessive affection, 374	racism
expressing affection in stigmatized relationships, 370	colorism in attraction, 129-130
expressing gratitude, 361–362	Rainbow CoupleCare, 484
how partners spend shared time, 350–352	random assignment of study participants, 93
how we communicate affection, 363–367	Rapid Marital Interaction Coding System (RMICS), 99–100
interplay of positive and negative experiences, 346-347	Rapinoe, Megan, 260
leveraging shared time with self-expanding activities,	rapport building, 183–188
352–355	Realistic Accuracy Model of person perception, 244–245
love languages, 365–367	rebound relationships, 450
play and playfulness, 354–355	rebound sex, 450
prevalence of shared time in close relationships, 348-350	reciprocity
relational regulation theory, 348	role in attraction, 151–153
role of approach motivation, 374-375	rejection, 193-194
shared leisure time, 350-352	of a partner's sexual advances, 410-412
sharing a laugh, 357-358	relational regulation theory, 348
sharing good news, 358-361	relational turbulence model, 217–218
shift toward, 345–347	relationship
spending and leveraging time together, 347-355	definition of, 15
uniqueness of positive and negative experiences, 345-346	Relationship Attribution Measure, 254–255
value of time apart, 355	relationship-based stigma, 218-220
vignette (This Is Us), 343	Relationship Checkup intervention, 481
who expresses affection, 367-371	relationship coordination and strategic timing (RECAST)
positivity resonance, 357	model, 200–201
post-sex period, 403	relationship development
power in romantic relationships, 284–285	role of sexuality, 400–405
principle of least interest, 285	relationship dissolution
practical support, 310	breaking commitment, 428–432
prairie voles	breaking interdependence, 428
model for monogamy, 22	breaking intimacy, 427–428
predicted outcome value theory, 174	break-up sex, 447
premarital dyadic formation model, 177	chronic strain model, 442–444
premarital sex	consequences for adult children of divorced parents,
attitudes toward, 386–387	445–446
pre-registration of study plans, 114-115	consequences of, 441–446
Prevention and Relationship Enhancement Program (PREP),	crisis model, 442–444
475–476	cyberstalking by an ex-partner, 448
principle of least interest, 285	death of a partner, 442
problem-solving behavior	differences in attachment orientation, 426
consequences for conflict in romantic relationships,	disaffection and, 427
295–296	disillusionment and, 427–428
Prolific Academic, 105	divorce rates, 419, 420
propinquity. See proximity	emotional divorce, 428
proximity	experience of, 435–446
role in attraction, 148–149	explaining diverse post-dissolution consequences,
Proxmire, William, 5	444–445
psychological well-being	financial stress and, 432–433
consequences of romantic relationships, 33–39	forging a new, separate self, 449–450
psychonathy, 31, 425	frequency of, 419–423



from "we" to "me," 437–438	relationship trajectories, 198–202
ghosting, 440, 463	vignette (Dutee Chand), 197
grey divorce rate, 421–422	relationship-guarding behaviors, 267, 268
how relationships end, 436–441	relationship initiation, 159
immediate, short-term consequences, 441-442	accessing partners, 167–171
incarceration and, 432-433	barriers to, 167–176
incompatibility, 428	commitment readiness, 159-160
infertility and, 433	cooperative courtship, 191
infidelity and, 429–432	dating scripts, 171
influence of friends and family, 434–435	different-sex relationships, 171–172
influence of the social network, 434–435	failure of, 191–195
life after, 447-451	influence of social context, 191
long-distance relationships, 434–435	mating motives, 160
longer-term consequences, 442–444	mating tactics, 160–161
loss of emotional closeness, 427–428	online dating, 167–171
marital relationships, 420	paradox of choice, 170-171
new romantic relationships, 450-451	partner shortage, 167–168
non-marital relationships, 423	partner surplus, 169–171
on-again/off-again relationships, 448	people with autism spectrum disorder (ASD), 175-176
orbiting, 440	predicted outcome value theory, 174
parenting challenges and, 433-434	pursuit of long-term relationships, 162-163
personality traits and, 424–426	pursuit of short-term relationships, 161–162, 163
phase model, 437	rejection, 193–194
post-dissolution growth, 449-450	relationship readiness, 159–160
post-dissolution relationship with ex-partners, 447-448	romantic motivations, 160-163
predictors of, 424–435	same-sex relationships, 172
problem habits and behaviors, 426	shyness and social anxiety, 174-175
problems with context, 432–435	singlehood preferred to a relationship, 195
problems with "me" or "you," 424-426	sociosexuality, 164-167
problems with "us," 427–432	success rate, 191–193
process of breaking up, 436-438	timing aspect, 159–160
reflection in language used, 437-438	traditional gender roles, 171-172
stalking by an ex-partner, 447-448	uncertainty in, 172–174
strategies for ending relationships, 439-441	uncertainty reduction strategies, 172-174
unwanted pursuit behaviors from an ex-partner, 447-448	unrequited love, 194–195
vignette (Modern Love), 417	vignette (Star Wars relationships), 158
widowhood effect, 442, 443-444	why people initiate, 159–167
relationship distress, 454–455	relationship initiation process
educational interventions to prevent distress, 475-480	catfishing risk, 182–183
rates of seeking couple therapy, 455-456	chemistry, 185
therapeutic interventions to reduce distress, 454-474	critique of stage models, 188
relationship establishment	direct overtures, 179–181
building closeness, 208–216	divergent paths to relationships, 188-190
building commitment, 217–220	dual staircase model, 177
building love, 202-208	early models, 176–178
childfree (childless-by-choice) partners, 229	flirting, 181–185
cohabitation, 221-226	friends-with-benefits relationships, 190
common transitions, 220–233	from friendships to committed relationships, 189–190
living apart together (LAT), 228-229	from friendships to sexual relationships, 190
marriage, 226–228	from primarily sexual to long-term relationships, 190
parenthood, 204–229	indirect overtures, 181



relationship initiation process (cont.)	relationship trajectories, 198–202
interpersonal coordination, 187-188	accelerated-arrested trajectory, 200
interpersonal synchrony, 187–188	accelerated trajectory, 200
mate poaching, 189–190	insight into relationships and relationship diversity,
mimicry, 187–188	200-201
opening gambits, 180–181	intermediate trajectory, 200
pick-up lines, 180–181	on-again/off-again relationships, 200
premarital dyadic formation model, 177	plotting romantic evaluations over time, 198-199
self-disclosure, 183–185	prolonged trajectory, 200
social penetration theory, 177	relationship coordination and strategic timing (RECAST)
Stage 1 (appraisal of initial attraction), 177–178	model, 200–201
Stage 2 (decision to make an overture), 177–181	texting trajectories, 201–202
Stage 3 (self-presentation), 182–183	turning points, 198
Stage 4 (rapport building), 183–188	relationship transitions
use of deception, 182–183	effect on commitment, 217–218
use of humor, 181	relationships
relationship loss	biological basis for, 21–24
consequences for health and well-being, 35–36	casual relationships, 19
relationship maintenance	close relationships, 15–19, 20
dealing with unfortunate truths, 253–256	types of, 15
Integrative model of relationship maintenance, 240	See also romantic relationships.
motivated cognition, 240–242	religiosity
need for, 239	forgiveness and, 305
role of sexuality, 400-405	repeatability of research findings, 113
strategies for, 239–240	replication crisis in psychology, 113–114
through biased perceptions of alternatives, 262-269	representative sampling, 103–105
through biased perceptions of the partner, 242–256	reproducibility of studies, 113–115
through biased perceptions of the relationship, 256-262	research
relationship quality	analysis and interpretation, 109-112
consequences for health and well-being, 34-35	applying scientific techniques, 83-84
definition of, 34	empiricism, 83
relationship readiness, 159–160	ethics, 112–115
relationship receptivity theory, 160	how to read empirical articles, 115-118
relationship science	hypothesis development and testing, 85-86
current directions, 6-7	measuring variables, 95-103
early developments, 4–6	meta-analysis, 115
goals of, 6	open science, 114–115
multidisciplinary nature, 6	positionality statements, 469
present status of the discipline, 6	pre-registration of study plans, 114-115
shift toward positive interpersonal processes, 345-347	process overview, 83–84
skepticism about research on relationships, 4-5	replication crisis in psychology, 113-114
why we study romantic relationships, 32-40	reproducibility of studies, 113-115
relationship stability	sampling, 103–109
role of sexuality, 402–405	selecting a study design, 86-95
threat of potential alternatives, 262-263	technoference question, 84–85
relationship status	trade-offs in research decisions, 117-118
definition of, 33	researcher spotlights
impact on health and well-being, 33-34	Fenaba Addo, 223–224
marriage effect, 33-34	Philip N. Cohen, 423–424
single people, 34	Kory Floyd, 363
relationship talk, 217–218	Yuthika Girme, 338



Elaine Hatfield, 5–6	convenience sampling, 103-104
Peter (PK) Jonason, 145	diversity and inclusion, 104–105
Norman Li, 49–50	dyadic sampling, 106–109
Allen Mallory, 406	generalizable sample, 103–105
Sandra Murray, 247–248	individual sampling, 106–109
Lauren Papp, 280	online research studies, 105
Sarah Stanton, 94–95	representative sampling, 103–105
T. Joel Wade, 186–187	WEIRD participants, 104
Sarah Whitton, 485	satisfaction
restricted sociosexual orientation, 164	comparison level (CL) and, 67–68, 412
reverse-causal relationship, 88	See also sexual satisfaction.
reverse scoring, 95	secure attachment, 62
risk regulation model of relationships, 152, 217	secure base script, 60
romantic attraction. See attraction	security needs
romantic jealousy, 267	fulfillment in romantic relationships, 20–21
romantic love. See passionate love	self-adulteration, 216
romantic motivations, 160–163	self-concept
	*
romantic relationships	change in new relationships, 213–216
companionship needs fulfillment, 20	consequences of romantic relationships, 32–33
consensually non-monogamous relationships, 21	definition of, 32
consequences for families, 39–40	forms of change, 215–216
consequences for health and well-being, 33–39	internal working models of self and other, 60–61
consequences for society, 39–40	projecting one's ideal and one's self, 245-247
consequences for the self-concept, 32–33	two-dimensional model of change, 215–216
demographic variables, 25-30	self-contraction, 216
emotional needs fulfillment, 21	self-control, 265
impacts of economic distress, 29	self-degradation, 216
influence of individual differences, 24–32	self-disclosure, 183–185, 209–210
intersectional approach, 30	in close relationships, 18
intimacy needs fulfillment, 20	self-enhancement, 242–243, 250
needs fulfillment outside of (extradyadic), 21	self-enhancement needs
needs fulfillment within, 20–21	fulfillment in romantic relationships, 20-21
researcher bias toward, 19-20	self-expanding activities
security needs fulfillment, 20-21	leveraging shared time with, 352-355
self-enhancement needs fulfillment, 20-21	self-expansion, 216, 263
sexual needs fulfillment, 21	cognitive interdependence, 214-215
types and dimensions of diversity, 24-25	inclusion of other in self, 213, 214–215
uniqueness of each relationship, 24–32	self-expansion residue, 449
why we study them, 32–40	self-expansion theory, 213–214
Romeo and Juliet effect, 220	self-presentation, 182–183
Ross, Jaclyn, 298	self-pruning, 216
Rusbult, Caryl, 69	self-report measures, 95–96
, om, , or	self-verification in relationships, 250
Sabathia, CC and Amber, 308	mental health and, 252
SABI model of social interactions, 69, 424, 427	Seraj, Sarah, 437
sacrifice, 300–301	serial cohabitation, 224
same-sex relationships, 26–27	serial monogamy, 22
relationship initiation, 172	serotonin, 24
sampling, 103–109	Sex
bias in, 104–105	biological sex, 25–26
big data, 105–106	sexting, 398
DIE data, 103-100	ocame, 570



sexual activity	sexual minorities
consent in the era of the #MeToo movement,	use of online dating, 167–168
409–410	sexual minority partners
initiating in casual contexts, 407-410	relationship interventions for, 482-483
initiating in committed relationships, 410-412	sexual motivations, 387–395
rejection of a partner's sexual advances, 410-412	approach motives, 391
sexual desire discrepancies in couples, 410-412	autonomous reasons, 392
sexual interdependence dilemmas, 410-412	avoidance motives, 391
sexual scripts, 407–409	break-up sex, 447
sexual attitudes, 385–387	communal sexual motives, 391-392
permissiveness, 386	diversity of reasons for engaging in sexual activity,
toward casual sex, 386	387–388
toward premarital sex, 386-387	emotional reasons, 390–391
sexual behavioral system, 59	for pleasure, 388
sexual behaviors, 395–400	high-level structure, 391–395
anal sex, 397–398	insecurity reasons, 391
BDSM (bondage, discipline, domination, submission/	latent profile analysis (LPA), 392–393
sadomasochism), 398	nonautonomous reasons, 392
definitions of "having sex," 395	other-oriented, 391–392
frequency of sex, 398–400	rebound sex, 450
hook-up behaviors, 396–397	self-oriented, 391–392
kissing, 398	specific motives and their consequences, 387–391
oral sex, 397–398	to achieve specific goals, 388–390
pornography consumption, 398	sexual needs
rough sex, 398	fulfillment in romantic relationships, 21
sexting, 398	sexual orientation
sexual debut, 395–396	critique of evolutionary theories, 51-52
sexual communal strength, 404-405, 411-412	desiring a partner of a particular gender, 142
sexual communication, 404	diversity in romantic relationships, 26–28
sexual compatibility, 405	sexual overperception bias, 407
sexual debut, 395–396	sexual pluralism theory, 164
sexual desire, 380–384	sexual satisfaction, 403–405
asexuality and, 384	sexual scripts, 407–409
biological bases for, 380-381	sexual selection theory, 44–47, 140
Dark Triad traits and, 383	sexual self-efficacy, 409
discrepancies in couples, 410-412	sexual strategies theory, 48-49
sexual arousal, 381	sexuality
sexual inhibition, 381	desirability of being good in bed, 401-402
variability in, 381–383	dimensions of, 379–380
sexual frequency, 398-400, 402-403	post-sex period, 403
sexual inexperience, 389–390	relationship stability and, 402-405
sexual interdependence dilemmas, 410-412	role in attraction and partner selection, 400-401
sexual intimacy	role in initiation and partner selection, 401-402
dimensions of sexuality, 379-380	role in relationship development and maintenance, 400-405
diversity of approaches to, 379	sexual frequency, 402–403
sexual attitudes, 385–387	sexual satisfaction, 403–405
sexual behavior system, 379-380	shared leisure time, 350-352
sexual behaviors, 395-400	shared stressful contexts, 320-323
sexual desire, 380–384	short-term relationships
sexual motivations, 387–395	pursuit of, 161-162, 163
vignette (features of a satisfying sex life), 378	shift in partner preferences, 141–142



shyness	social network
relationship initiation and, 174–175	influence on relationship dissolution, 434-435
similarity	influence on relationship initiation, 191
role in attraction, 150–151	social network effect
single parents by choice, 231	relationship commitment and, 218–220
single people	social penetration theory, 177, 427
diversity of circumstances, 34	social rejection, 10–11
single readiness, 160	social status
singlehood	influence on attraction, 137–138
preferred to a relationship, 195	sex differences in desire for, 137–138
sexual satisfaction and, 405	social support
situational factors	being responsive, 339–341
influence on attraction, 147–153	benefits of support, 309–311
situationships, 217	chronic illness carers, 339–340
skin tone trauma, 130	dependency paradox, 337
Smith, Will, 57	emotional support animals, 332–333
Smith, Willow, 378-379	enacted/received support, 323, 325–332
Snapchat, 167	forms of, 323
snooping, 268	invisible support, 331
social acceptance	Michaelangelo phenomenon, 337
importance of, 10–12	optimal matching model of stress and social support, 327
social affiliation model, 15	perceived partner responsiveness, 309–311
social anxiety	perceived support availability, 323–325
relationship initiation and, 174–175	personal growth in supportive relationships, 334–336
social baseline theory, 323–325	responsive support for exploration, 336–338
social comparisons	role in stress and adversity, 323–333
#CoupleGoals, 259–260	secure base support, 336–337
social context	seeking when stressed, 328–329
influence on relationships, 75–77	social integration, 323–325
social disconnection	suffocation of marriage model, 340–341
health risks associated with, 36	support-provider perspective, 339–341
social distancing	types of support, 309–311
effects during the COVID-19 pandemic, 9	unsupportive (negative support) behaviors, 329–330
social ecological theories, 75–76	vignette (CC and Amber Sabathia), 308
social exchange theory, 67–68	social surrogacy hypothesis, 14
social exclusion	social surrogates, 14
damaging effects of, 8–9	socially desirable responding, 102
features of, 10	society
social factors	consequences of romantic relationships, 39–40
influence on attraction, 147–153	sociocultural context
social homeostasis, 15	critique of evolutionary theories, 52
social integration	socioeconomic status (SES)
definition of, 36	definition of, 29
importance for health and well-being, 36	diversity in romantic relationships, 29
social isolation	divorce risk and, 320–321
damaging effects of, 8–10	influence on couples' demand-withdraw behavior,
social media	298–300
intrasexual competition, 47	stress related to, 320–321
social media use	sociosexual attitudes, 166
impact on in-person interactions, 37–39	sociosexual behaviors, 166
social monogamy, 22	sociosexual desire, 166
social monogamy, 22	SUCIUSEXUAI UESITE, 100



sociosexuality, 164–167	suicide vulnerability
solitary confinement	link with lack of social connection, 39
effects of, 8–9	relationship quality and, 35
speaker-listener technique, 458–460	supportive affection, 364
Specific Affect Coding System (SPAFF), 287–289	survival of the fittest, 44
speed dating, 146–147, 152	swinging, 57
stalking by an ex-partner, 447–448	sympathetic-adreno-medullar (SAM) system, 316–317
Stanton, Sarah, 94–95	
Star Wars relationships, 158	tangible support, 310
Stark, Tony (Iron Man), 237–238	technoference, 81–82
stigma	evolutionary mismatch theory, 84-85
relationship-based, 218–220	testosterone
stigmatized relationships	challenge hypothesis, 24
public displays of affection, 370	texting trajectories, 201–202
stonewalling, 289, 426	The Office, 273–274
strategic pluralism theory, 49	Thematic Apperception Test (TAT), 153–154
stress	theories in relationship science
consequences for close relationships, 317–323	attachment theory, 43–44, 52–66
consequences for individuals, 316–317	common features, 77–79
fight-or-flight response, 316–317	ecological systems theory, 75–76
health effects of the stress response, 316–317	evolutionary theories, 43–52
impact of individual stressors on relationships,	interdependence theory, 43–44, 66–75
317–320	key principles, 77–79
life events checklist, 312	life history theory, 50
minority stress, 321–322	parental investment theory, 47–48
objective stressors and psychological stress, 311–315	role of theories, 43–44
optimal matching model of stress and social support,	sexual selection theory, 44–47
327	sexual strategies theory, 48–49
Perceived Stress Scale, 315	social ecological theories, 75–76
physiological measures, 100	social exchange theory, 67–68
quantifying stress exposure, 312–315	vulnerability-stress-adaptation model, 76–77
related to socioeconomic status (SES), 320–321	third variables, 88, 91
role of social support in adversity, 323–333	This Is Us, 343
seeking social support, 328–329	Tinder, 106, 167, 169, 182
shared stressful contexts, 320–323	Tóth-Király, István, 392–393
Transactional stress model, 312–315	traditional behavioral couple therapy (TBCT), 458–461
vulnerability-stress-adaptation model, 317	Trait Affection Given Scale, 367–368
stress inoculating hypothesis, 322–323	traits as indicators, 126–127
stress-related growth, 449	Transactional Stress Model, 312–315
stress response, 316–317	transactive goal dynamics theory, 275
strong ties, 19	transformation of motivation
study designs, 86–95	interdependence process, 71
attrition in studies, 91	transgender individuals, 26
confounds, 91	triangular theory of love, 203–205
correlational designs, 86–91	tripartite model of affectionate communication, 364–365
cross-sectional studies, 87–88	Trump, Donald, 53
experimental designs, 86, 91–94	trustworthiness
longitudinal studies, 88–91	influence on attraction, 139–142
non-experimental designs, 86–91	sex differences in desire for, 140
third variables, 88, 91	truth and bias, 240–242
suffocation of marriage model, 340–341	two-dimensional model of attraction, 126
Juniocation of marriage mouth, J40-J41	two-unitensional moutl of attraction, 120



uncertainty	what makes for a satisfying sex life?, 378
in relationship initiation, 172–174	vulnerability-stress-adaptation model, 76–77, 211, 317
uncertainty reduction theory, 173-174	
unrequited love, 194–195	Wade, T. Joel, 186–187
unrestricted sociosexual orientation, 164	waist-to-hip ratio in women, 134-135
unwanted affection, 371–372	warmth
unwanted pursuit behaviors from an ex-partner,	influence on attraction, 139-142
447-448	sex differences in desire for, 140
US Administration for Children and Families (ACF), 480	weak ties, 19
	wedding
validity	cost of, 225
internal validity, 88	Weinstein, Harvey, 409
Van Lange, Paul, 69	WEIRD participants, 104
vasopressin, 22, 24	what-is-beautiful-is-good stereotype, 128-129
vasopressin gene (Va1R), 22	Whitton, Sarah, 485
vasopressin receptors, 23	widowhood effect, 442, 443-444
verbal affection, 364	Wiley, Samira, 42, 52–53
vignettes	Windsor, Harry and Meghan, 219
biased perceptions (Tony Stark and Pepper Potts),	withdrawal
237–238	consequences for romantic relationships, 296-300
couple therapy (Esther Perel podcast), 453	demand-withdraw pattern, 296–300
diversity and universality of relationships (Elton John), 3	within-subjects experimental design, 93-94
interdependence challenges (The Office), 273-274	women
love at first sight (Idris Elba), 123	attractiveness during ovulation, 155
positive interpersonal processes (This Is Us), 343	ovulatory-shift hypothesis, 154-155
relationship endings (Modern Love), 417	partner preferences and reproductive cycles, 154-155
relationship establishment (Dutee Chand), 197	waist-to-hip ratio, 134-135
relationships in Star Wars, 158	working models of self and other, 60-61
social support (CC and Amber Sabathia), 308	
technoference, 81–82	Yosef, Jwan, 123
what makes a relationship function (Samira Wiley and	
Lauren Morelli) 42	Zuckerherg Mark 81–82