

A Model for Predicting Dating Violence: Anxious Attachment, Angry Temperament, and Need for Relationship Control

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Structural equation modeling (SEM) was used to test a model incorporating anxious attachment, angry temperament, and attempts to control one's partner as predictors of the severity and frequency of dating violence. To date, these concepts have not been clearly established as having direct or indirect effects on dating violence. It was hypothesized that anxious attachment and angry temperament would influence the need for and attempts to control one's partner which, in turn, would predict a person's actual use of force. College students (213 males; 199 females) completed measures assessing these constructs. Cross-validation was accomplished through using two successive freshmen samples. Statistics indicated the application of the model fit well to both samples. All specified paths were significant except for the direct path from anxious attachment to need for control in the second sample. While exploratory, this model seemed satisfactory for explaining potentially causal relationships of attachment, anger, and attempts to control one's partner leading to dating violence.

Keywords: abuse; intimate partner violence; dating violence; sexual abuse

Ever since violence among intimates became a focus of national concern, there has been speculation about and research into the causal factors of this type of violence. Theories as to why violence between intimates occurs have ranged from biological theories to sociopolitical theories to interpersonal systems theories to intrapsychic explanations. While early studies of intimate violence investigated aspects of marital abuse, researchers began to examine the prevalence of dating violence beginning in the 1980s. The numbers of students reporting involvement in physical force when dating (e.g., Bernard & Bernard, 1983; Cate, Henton, Koval, Christopher, & Lloyd, 1982; Makepeace, 1981; Sigelman, Berry, & Wiles, 1984; White & Koss, 1991; Witt, 1989) has averaged 30% to 35% across the samples. As a result, a separate focus developed to determine whether violence among dating partners differed from marital violence. As early as 1987, Carlson identified some ways in which dating violence was different from spouse abuse (e.g., milder forms of violence in dating relationships, no children, no economic bonds, little involvement with partner's family, different sources of disagreement, and lack of a legally binding relationship), suggesting that dating violence should be studied separately from marital violence. However, these differences are mostly structural and do not seem to be explanatory as to why violence might occur. DeMaris (1992)

concluded that courtship violence may have some different factors involved in its etiology in comparison with the etiology of domestic violence, and that there may be “particular stresses and pressures unique to [dating] liaisons.” However, while the stressors of married versus dating couples might differ, Laner and Thompson (1982) identified commonalities which seem more likely to lay the foundation for conflict and aggression: a substantial amount of personal information exchanged leading to potential emotional vulnerability; high levels of emotional investment and involvement; and a presumed right to influence the other partner.

As with many new areas of research, much of the early investigation into dating violence was conducted without a clear conceptualization of this complex area. In any one study, investigators tended to study only one or two variables in relation to dating violence. Riggs and O’Leary (1989) were among the first to conceptualize courtship aggression and proposed a two-component model of interpartner aggression based on earlier ideas of O’Leary and Arias (1987). They proposed a number of contextual or background variables which represented the modeling effects on a person who witnessed or experienced aggression in early childhood as well as the effects those experiences can produce (e.g., use of aggression in other relationships; attitudes accepting of violence as a response to conflict). These variables were theorized to predict who would become aggressive based on the development of a particular temperament or development of particular attitudes due to the early experience of witnessing or experiencing abuse. In addition to the background variables, Riggs and O’Leary (1989) considered a second component, situational variables, to predict when or in what situations a person with a propensity toward aggression would actually become aggressive in a dating relationship. Examples of situational variables included relationship problems, relationship satisfaction, problem-solving skills, and alcohol use.

Although the Riggs and O’Leary (1989) model suggested that early experiences contributed to a propensity toward aggression, it did not elaborate on how this propensity developed. For men and women in their sample, attitudes accepting of relationship aggression, a previous history of aggressive behavior and higher levels of relationship conflict significantly predicted current relationship aggression. However, childhood experiences of witnessing parental aggression or being a victim of parental aggression were not found in this research to be strong predictors of attitudes toward or previous history of aggression. Therefore, it is difficult to understand how the person more likely to be violent in a dating relationship developed his/her attitudes towards the use of force, why the person had a more general history of aggression, and why he/she experienced more conflict in dating relationships.

The purpose of this study was to suggest and then test a model for predicting the use of physical force in dating relationships by building upon research to date which attempts to conceptualize the progression from early experiences to personality constructs to the use of force in intimate relationships. First, the relevant literature which suggests theoretical connections will be discussed. Then, the model to be tested in this study will be proposed and the specific hypotheses for the model will be stated.

Relevant Literature

Although researchers have suggested some differences between marital and dating violence, it is only through the intensive treatment of batterers that some clear theoretical models linking early experiences, personality constructs, and the use of force in intimate relationships have been made. While studies have hinted at potentially related constructs, only the literature based on treatment of batterers has suggested developmental models

based on personality constructs leading to the use of force toward intimates. Thus, this literature will be relied upon for the purposes of developing a model. Because the same personality constructs would be considered to be at work for those using force within dating or marital relationships, research literature comparing marital violence with dating violence or using married subjects of the age of college students (e.g., DeMaris, 1987; Laner & Thompson, 1982; Moffitt, Krueger, Caspi, & Fagan, 1999) would suggest that the constructs would apply for both relationship contexts. This seems particularly true in light of the stated differences between dating and marital relationships appearing to be more structural aspects of relationships (e.g., no children, different sources of disagreement). Where there appears to be literature about dating violence to support the marital violence constructs, it is included.

Dutton and his colleagues (e.g., Dutton, 1998; Dutton & Golant, 1995) have conceptualized the development of violent behavior in intimate relationships as arising from problems in early attachment. Problems in attachment at an early age could arise in families with or without aggression being present. Based on both research findings and ideas derived from clinical experiences, Dutton suggests that a large percentage of men involved in treatment programs for batterers may be described as having characteristics consistent with borderline personality organization. Dutton speculates that, based on early attachment difficulties, this group of battering men developed internal working models of relationships which led to hypersensitivity to cues which they believe signal imminent abandonment or rejection in adult romantic relationships. These threats, whether real or imagined, may produce feelings of terror, grief, and/or rage, leading the battering male to resort to extreme measures to reduce the threat. As a way to handle the anxiety related to a potential loss of a relationship, the person converts anxiety into anger as well as into controlling behaviors meant to regain stability in the relationship with the romantic partner. When the person is unable to gain assurance that the relationship is stable, Dutton (1994, 1998) postulated that the anxiously-attached person is likely to become hypersensitive to subsequent cues that the relationship the person needs might be threatened, use primitive defenses, and have difficulty regulating his/her own affect. Building on this idea, West and George (1998) hypothesized that individuals who experienced attachment problems at an early age are more at risk for disorders characterized by eruptions of anger and are more likely to view themselves as vulnerable to abandonment. This would result because the inability of infants and children to get their needs satisfied results in the development of an insecure, inconsistent, and/or negative view of oneself, along with an inability to soothe oneself when distress arises from the thwarted attachment. The individual who had unsuccessful attachment experiences at an early age looks to the parent (as a child) or the partner (as an adult) to provide the emotional connection to allow the person to feel more stable and soothed.

Dutton's approach to conceptualizing the development of an anxious interpersonal style which results in expressions of anger and a willingness to use control/force on a partner appears more parsimonious than Riggs and O'Leary's (1989) model for explaining the use of force in intimate relationships. Anxious attachment and the ensuing emotional reactions and mental schemas can explain the potential development of an angry temperament regarding interpersonal relationships and interactions. In addition, attempts to control one's partner is considered an important variable for predicting whether one actually expresses violence toward one's dating partner. Attempts to control one's partner can be viewed as mediating between the experience of anger and actually using force in a dating relationship because controlling the partner's behavior would serve, in the

view of the anxiously attached individual, to keep the partner attached. The use of physical force could then be viewed as either an extreme form of controlling one's partner or an expression of anger when control efforts are not successful.

There is support in the current research literature for the relationship of attachment, experience of anger, controlling behaviors toward a partner, fear of abandonment, and expression of anger to intimate violence. Along the lines of attachment styles, Holtzworth-Munroe and Smutzler (1996) found that battering men were more fearful and preoccupied than nonviolent nondistressed men and nonviolent distressed men, respectively. The battering men were also less trusting and expressed more ambivalence about the dependency they felt toward their wives. A related study (Gortner, Gollan, & Jacobson, 1997) suggested that perpetrators were more angry and hostile, both overtly and covertly, especially when reacting to marital situations of abandonment. Holtzworth-Munroe and Hutchinson (1993) found violent men to be more likely to interpret their wives' actions as being carried out with hostile intent. Murphy, Meyer, and O'Leary (1994) conducted a study indicating that physically abusive men are higher in interpersonal dependency, both in general and specifically toward their spouses.

Some research has identified the variables of control and dominance to be related to commission of interpersonal violence. Rouse (1990) found a moderate relationship between dominance scores and an index of physical abuse. In a study of dating violence among college students, Follingstad, Bradley, Laughlin and Burke (1999) found that the best discriminators between those individuals who had a greater frequency of using force in dating relationships from those who had never or infrequently used force were frequent attempts to control one's partner, difficulty controlling one's anger, a higher likelihood of expressing one's anger, and higher levels of jealousy. The only factor (from among 11 factors previously found to be correlated with dating violence) which distinguished those individuals who had engaged in more severe forms of dating violence from those never using force or only using the "mildest" forms was the frequency of and range of attempts to control one's partner. In a related study, Stets (1993) reported that college students attempt to increase control over their dating partners in response to threats of conflict or when they consider themselves to be unable to accurately infer how the partner felt about them or the relationship.

Current Study's Proposed Model

Based on the research stated above, this study formulated and tested a model to predict the use of physical force in dating relationships from early experiences and resulting personality variables. This model incorporated three factors: anxious attachment style, angry temperament, and attempts to control one's partner. Specifically, however, an important aspect of this model was to predict how angry temperament and controlling one's partner might be linked to attachment and what the potential pathways might be for these constructs to lead to the use of physical force. Up until now, relationships between controlling behaviors, anger, and attachment, as well as the direct or indirect effects the concepts might have on the use of physical force have only been speculated upon in dating relationships, although they have at times been investigated more directly with married batterers.

Based on Dutton's conceptualizations (1994, 1998), this model was expected to test whether the development of anxious attachment would result in an angry temperament (due to the perception of having needs thwarted as well as to anticipating separation and loss of a relationship). In turn, the model would assess whether the anger experienced by the person would lead to the person handling the anger through attempts to

exert control over his/her dating partner. Because it is uncertain whether a person who experiences anxiety around attachment and relationship issues necessarily becomes angry, this model also assesses whether anxious attachment can also predict the need for and attempts to control one's partner without the mediating construct of experiencing anger.

The constructs of anxious attachment and angry temperament are expected to influence a person's attempts to control, but attempting to control one's partner is considered to be the important construct in this model for directly predicting the use of physical force. Efforts to control one's partner was considered the mediating variable because experiencing anger does not necessarily lead to the expression of it. Upon an arousal of anger resulting from anticipated loss and abandonment, a person could choose alternative ways of handling the anger, such as leaving the relationship, withdrawing from the partner, or handling the anger through constructive discussion with the partner. However, the anxiety fueling the anger is focused on preventing separation and abandonment, and, thus, the need to keep the partner remaining within the relationship is paramount. Therefore, the willingness to control and frequency of controlling one's dating partner in a variety of ways was expected to predict the use of physical force (both in terms of frequency and severity). This is because physical violence has been viewed as the ultimate form of control, possibly utilized when lesser forms of control fail.

One way to simultaneously assess the relationship of the concepts of anxious attachment, angry temperament, attempts to control, and the use of physical force is to use structural equation modeling (SEM). SEM reduces the influence of measurement error of the constructs being proposed which thereby provides a clearer picture of the relationships among the constructs. Rather than just examining correlational relationships, the purpose of using this form of analysis is to be able to make a stronger statement regarding the direction of causality and to have a better idea as to how the progression of causality occurs. SEM results should be viewed cautiously, however, because models are impacted by the strength of the constructs, the measurement tools used, and the order of the constructs.

The model was tested on college students who range in their use of physical force in dating relationships from those who have never used physical force, to those who have used it infrequently and in milder forms, to those individuals who have a more extensive history of dating violence. The latent variable of violence included both constructs of frequency and severity of physical force. For the purposes of cross-validation and to strengthen the ability to draw causal relationships from the results (due to the exploratory nature of this analysis), participants from freshmen classes in two successive years were utilized. The model was therefore tested on the first sample and then cross-validated on the second sample.

Hypotheses

It was hypothesized that anxious attachment would have indirect effects on a person's attempts to control his/her dating partner, which in turn would lead to the use of physical force. The indirect effect of anxious attachment on efforts to control one's dating partner was expected to be mediated through the degree of angry temperament which a person exhibited. Active attempts to control one's dating partner was the construct which was hypothesized to be the mediating construct necessary for the actual use of physical force to occur. See Figure 1 for the schematic representation of the expected relationships of the variables.

METHOD

Participants

Participants consisted of 422 college freshmen (males = 223 ; females = 199) attending a large southeastern university. Initially, all college freshmen from two successive years were screened for having used any form of physical force on a dating partner. An item to this effect was embedded in a 27-item questionnaire. All of the students reporting a history of physical force in a dating relationship (approximately 30% of the freshman class of 2,500 each year) were recruited for an intervention study through flyers mailed to them. A random sampling of the students with a nonviolent history (approximately 300 of 1,750 students each year) were also mailed flyers for participation in completing questionnaires. All participants were paid \$25 for the completion of the questionnaires. Due to the fact that only a limited number of individuals who could participate in the intervention study, each year the first 200 volunteers were selected. Approximately 80 students had a history of using dating violence, approximately 80 were considered at-risk for using dating violence due to having witnessed parental figures using force or to having serious physical force directed toward them as a child, and 40 were considered not at risk for using physical force. However, only those students with a history of having perpetrated physical force were placed in the physically forceful category. Students' scores on the Conflict Tactics Scale (see Measures section) which delineated types and frequency of physical force they perpetrated in their dating relationships were used as the final determinant as to whether participants were placed in the appropriate group. Questionnaires were completed in small groups at times designated for this purpose. All participants were assessed at the end of their first semester as freshmen.

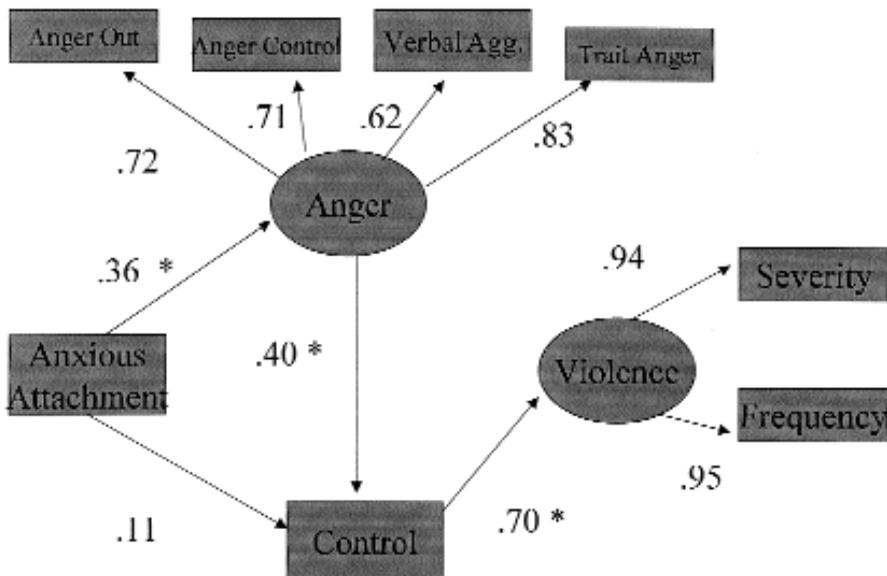


Figure 1. SEM model for cohort 1.

The racial breakdown of the sample consists of 53% Caucasian and 47% African American. This racial breakdown corresponds roughly to the demographics of the university entering freshman class in which approximately 60% are Caucasian and 30% are African American with negligible percentages comprising other ethnic groups. The sample was slightly overrepresented percentage-wise by African Americans, but for the intervention study from which this data was obtained, this was desirable for statistical comparisons. Only seven participants reported that their race was other than Caucasian or African American. A criterion for selection for this study on dating violence was that participants had to be single and could never have been married. Two cohorts of students from two successive entry classes were selected, resulting in Cohort 1 and Cohort 2. To be included in the analyses, participants had to have complete data, that is, scores on all of the measures.

Measures

Measure of Anxious Attachment. Participants completed the Relationship Scales Questionnaire (Griffin & Bartholomew, 1994) which has been used as a measure of attachment style. Because this study wished to measure anxious attachment, rather than other styles such as preoccupied or dismissive, the five items from this scale which have been found specifically to load highly on an anxiety dimension (Brennen, Clark, & Shaver, 1998) were used for the present analysis. These items measured the respondent's concern about being abandoned, fear that others do not value the respondent as much as she or he values the other person, worry about whether others accept him or her, fear that the partner will not stay, and the belief that the respondent's desire to merge with a dating partner scares others away. Because these five items were summed to represent a total score on anxious attachment, and no other anxious attachment scales were given, this construct represents a manifest variable.

Measures of Angry Temperament. Participants completed the State Trait Anger Expression Scale (STAXI), a 44-item measure with questions assessing the intensity of anger felt as an emotional state and typical reactions to feelings of anger which are viewed as trait-like (Spielberger, Jacobs, Russel, & Crane, 1983). Reliability data indicates that the STAXI has excellent internal consistency (Cronbach's alpha = .84-.93; Corcoran & Fischer, 1987). Several subscales are generated on the STAXI. For purposes of this study, the Trait Anger subscale (coefficient alpha = .84), the Anger Control subscale (coefficient alpha = .84), and the Anger Out subscale (coefficient alpha = .85) were used. In addition, a fourth variable was added to this latent construct. Participants' score on the Verbal Aggressiveness Scale (Infante & Wigley, 1986) was included because it measures "verbal aggressiveness as a *trait* [italics added] that predisposes people to attack the self-concepts of others" (Corcoran & Fischer, 1987, p. 351). Corcoran and Fischer (1987) reported that the VAS has good internal consistency (coefficient alpha = .81) and stability (test-retest correlation = .82), as well as fairly good concurrent validity.

Measure of Controlling Behavior. Participants completed the Need for Control Scale (NCS; Follingstad, Rutledge, McNeill-Harkins, & Polek, 1988) which is a 52-item questionnaire assessing the frequency of the use of controlling behaviors in romantic relationships (coefficient alpha = .95). The types of content in the CS included controlling one's partner through: monitoring and checking due to jealousy; monopolizing the partner's time and preferences; determining the partner's contact with other people; deciding aspects of the partner's appearance; forcing disclosure of past information; threats; and verbal coercion. The total score of the scale was used in the SEM model, making this a manifest variable.

Measures of Violence. Participants completed a modified version of the Conflict Tactics Scale (CTS; Straus, 1979) which assessed only physical abuse and threats of abuse (Follingstad, Wright, Lloyd, & Sebastian, 1991). Instruction to the participants indicated that they were to report the frequency with which they had used various types of physical force towards a dating partner. For clarification, participants were instructed not to include actions which were strictly self-defensive or which were done in a playful manner with no intent to cause harm, fear, or aggression (e.g., grabbing a girlfriend playfully to kiss her).

The two manifest indicators of “violence” were a severity index and a frequency index derived from the CTS items. Severity was determined by the most severe item in which the person reported as having engaged, with mild force scored as 1, moderate force scored as 2, and severe force scored as 3. Frequency was scored according to the highest frequency for any of the type of force used which the participant indicated.

Results

Data were analyzed using SAS 6.12 and were examined to ensure the assumptions of the analysis were met. Structural equation modeling was performed on the covariance matrix using the “proc calis” procedure with maximum likelihood estimation. The model tested (Figure 1) had one exogenous manifest variable (i.e., anxious attachment), two latent endogenous variables (i.e., temperament and violence), and one manifest endogenous variable (i.e., controlling behaviors). Because this was an exploratory analysis, the analytic strategy was to fit the model to a first cohort of data and replicate it on a second cohort.

In examining Figure 1, one can see that the measurement model for the latent variables was quite good for the first cohort. The manifest indicators for violence ranged from .94 to .95 and, ranged from .64 to .94 for angry temperament, suggesting that the variables

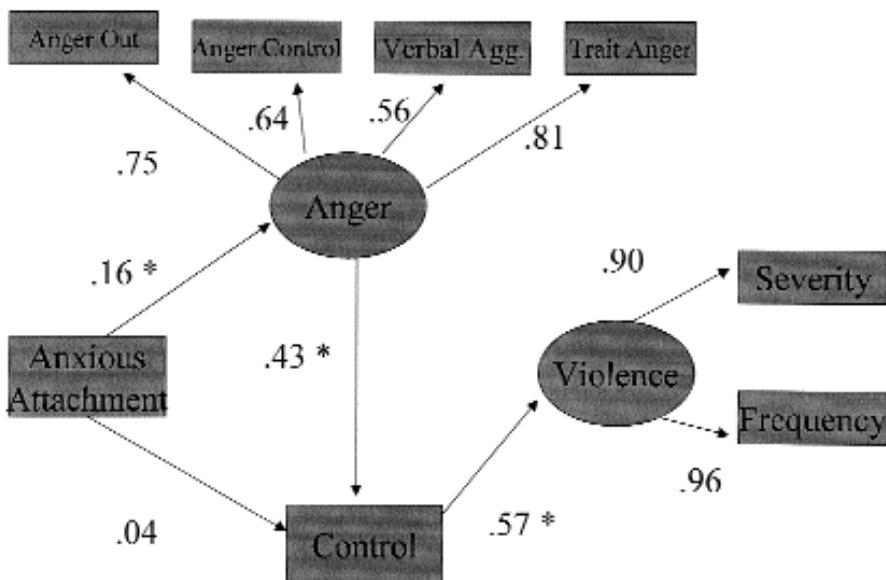


Figure 2. SEM model for Cohort 2.

used to measure these constructs appear to be measuring similar things. An examination of Figure 2 (i.e., the replication sample) showed similar relationships between the manifest and latent indicators for the model.

The fit statistics for the overall model to predict dating violence indicated that the model fit well for both samples. Kline (1998) reviewed the types of fit statistics appropriate for SEM analyses. The χ^2 test compares the tested model with the just-identified model. A low or nonsignificant value is desired. This test, however, is very sensitive to sample size and may be significant with a large sample even for an adequate fitting model. Therefore, the Bentler Comparative Fit Index (CFI), the Bentler-Bonett Non-Normed Fit Index/Tucker-Lewis Index (NNFI/TLI) are incremental fit indices which compare the proportion in the improvement of the overall fit of the tested model to the null model. The NNFI includes a correction for model complexity and the CFI is less sensitive to sample size than the NNFI. The Root Mean Squared Residual (RMSR) is a standardized summary of the average covariance residuals and when model fit is perfect, the RMSR equals zero. In contrast to the CFI and the NNFI/TLI, the Root Mean Squared Error of Approximation (RMSEA) is an absolute fit test, rather than an incremental one, which takes into account the complexity of the model in which values less than or equal to .05 are considered to indicate reasonable fit.

In both cohorts, all specified paths, except for the path from anxious attachment directly to control, were significant. Fit statistics for both models are provided in Table 1. There was evidence for adequate fit as evidenced by the CFI and NNFI/TLI being equal to or above .90 (1.00 and 1.03 for Cohort 1, and .96 and .94 for Cohort 2, respectively). The RMSEA was also less than .05 in Cohort 1 and equal to .08 in Cohort 2 which provides additional evidence for adequate fit. While the RMSR was not consistent with adequate fit, all other indicators suggested that the model fit well for both samples. Altogether, this model seemed to provide a reasonably good fit for the predicted paths of the model.

DISCUSSION

The proposed model for explaining the frequency and severity of dating violence provided good evidence for the importance and relationship of the hypothesized predictor variables. In addition, the model was confirmed on a second sample. Thus, while exploratory, this model seemed satisfactory for explaining potentially causal relationships leading to dating violence.

As suggested by Dutton and colleagues (1994, 1998), anxious attachment resulting from early life experiences and possibly subsequent relational experiences seems to be important for development of an angry temperament. In both samples of college students,

TABLE 1. Fit Statistics for the SEM for Cohorts 1 and 2

Fit Statistic	Cohort 1	Cohort 2
χ^2, df	10.53, 17	36.20, 17
$\chi^2, close$.97	.10
χ^2/df	.62	2.13
RMSR	2.80	1.75
RMSEA	0.00	0.08
CFI	1.00	.96
NNFI/TLI	1.03	.94

an angry temperament was significantly related to anxious attachment. This relationship adds support to Dutton's theorized relationship of a person's insecure attachment style leading to an angry temperament as the result of handling the anxiety generated by the desire to obtain and maintain a relationship while constantly anticipating rejection or abandonment by the significant other. It is important to note that anxious attachment was not directly related to attempts to control one's partner, but rather this relationship was mediated by the person's angry temperament.

Researchers measuring anxious attachment at the time this study was initiated were trying to measure discrete typologies that had been proposed to explain adult attachment styles. Thus, this study attempted to utilize the information from scales present at that time to select items to constitute a construct regarding anxious attachment. Since that time, measures have been devised to more specifically measure dimensions of attachment, such as anxiety about or avoidance of relationships, rather than discrete categories. New measures may more accurately reflect the concept of anxious attachment which may demonstrate more consistently a relationship between the individual's anxious attachment and attempts to exert control over a dating partner. It is expected, however, that better refinement in measuring anxious attachment will confirm this relationship of anxious attachment with the development of an angry temperament.

There are conceptual reasons which suggest that exploration of the relationship between anxious attachment in a person and subsequent attempts to control one's partner should continue. It is not difficult to speculate why an angry temperament stemming from early anxious attachment would result in controlling tactics toward a partner. A person with an angry temperament (as evidenced by a generally higher level of anger, a willingness to express anger both through outbursts as well as verbal aggressiveness toward others, and difficulty controlling angry feelings) who fears losing a relationship seems a likely candidate to use controlling tactics. The purpose of controlling tactics would be to insure that the dating partner would not abandon him/her or to punish the dating partner for acting independently or to prevent the dating partner from engaging in behaviors which would increase the possibility that a rival might appear on the scene. For example, the person might attempt to restrict their partner from going to events without him/her. However, it is also possible to speculate that the desperation which a person feels due to the fear of rejection or loss of the relationship (i.e., anxious attachment) could lead directly to the use of controlling behaviors without the person necessarily feeling angry. The relationship between anxious attachment and trying to control one's partner makes conceptual sense because the person would try to insure that he/she would not lose the dating partner through specific actions.

This study showed that the primary path leading to the use of force in dating relationships was initially due to the presence of anxious attachment influencing the development of an angry temperament which then leads to behaviors to control one's partner. The controlling behavior is, however, the significant mediator between the angry temperament and greater frequency and severity of dating violence. Therefore, a person experiencing anxious attachment or having an angry temperament would be less likely to engage in dating violence if he/she had did not make active attempts to control the partner. While there definitely appears to be a relationship between control and temperament, attempts to control one's partner seems pivotal for predicting that a person will use violence in dating relationships. While the concept of attempting to gain power and control is not a new idea for conceptualizing intimate violence, the significance and possibly pivotal aspect of this variable has never exactly been specified. While Follingstad, Bradley, Laughlin, and Burke (1999) demonstrated that

control was an important variable distinguishing those who used force at both greater frequency and severity from those who had a minimal use of force (i.e., one incident of a mild form) in dating relationships, no path analysis was conducted at that time.

The choice was made in this study to utilize the numbers of participants to support the strength of the model through cross-validation and thus, the model was not able to be tested to determine whether it would hold across gender. However, there is ample research to date to suggest that significant predictors and etiological variables for dating aggression by males and females are the same (Murphy & Blumenthal, 2000; Riggs & O'Leary, 1990, 1996; Ryan, 1998; Sharpe & Taylor, 1999).

Due to the centrality of the need to control one's partner in these results, focusing on the variable of control may be important for intervention programs with individuals engaging in dating violence. Certainly, some programs devised for battering men in marital relationships have focused on power and control as central foci for change. For example, Pence and Paymar (1986) devised an intervention program for battering men solely around the variable of the need for power and control with equality as the goal for the men. Other programs have included some type of "gendered analysis of battering . . . as a tool of male control of women in intimate relationships" as a focus of intervention (Edleson & Tolman, 1992). However, the majority of treatment approaches address anger management as the major variable of change. Thus, while a person's responses to anger may need to be addressed, the current study suggests that this component without focusing on the person's attempts to control his/her partner may not be sufficient to produce the necessary changes. Because this study suggested that a person's anger was mediated by his/her controlling of the partner to subsequently result in the use of force, the interpersonal aspect and behavioral aspect of controlling one's partner may be the most important variable to address, whether in treatment programs for battering men or for interventions with dating populations.

When considering potential intervention strategies for individuals using force in dating relationships, this study would suggest that focusing on problems with attachment may be a parsimonious approach for attempting to address a person's need to control his/her partner. Thus, interventions for persons using physical force may benefit from methods to address anxious attachment. Specifically, aspects of an intervention could include segments which address the insecurity a person feels regarding the stability of the relationship, the dependency a person desires yet fights against, and the rejection sensitivity or fears of abandonment a person experiences. Kilmann's (1999) study, for example, addressed issues of insecure attachment in a group format for college females with modest results over a six month follow up. Addressing attachment issues may also be especially important in preventive efforts with college students to help them resolve significant relationship concerns prior to a person actually using physical force or, if they have begun to use force, before the behavior becomes ingrained.

Because the study was an exploratory one, the results are presented while recognizing the need for further confirmation of the relationship of these concepts in predicting and explaining dating violence. Further investigation could determine whether there is a direct relationship between anxious attachment and controlling one's partner, especially in light of the recent refinement of measurement to accurately assess that dimension of attachment. Interventions with college students and other dating populations could address particular components of the model to determine the necessary elements of the treatment for reducing and eliminating dating violence. Psychoeducational interventions for anxious attachment, angry temperament, and need to control one's partner could be assessed separately and in combination. Changes in the male and female participants could be assessed, both

in terms of the personality aspects and traits reflected in the components as well as their use of force, in order to determine the practical and clinical utility of the significance of these variables and of directing intervention efforts toward these variables as a means of reducing dating violence.

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